

WSU ORGANIC FARM
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PULLMAN, WA 99164-6420

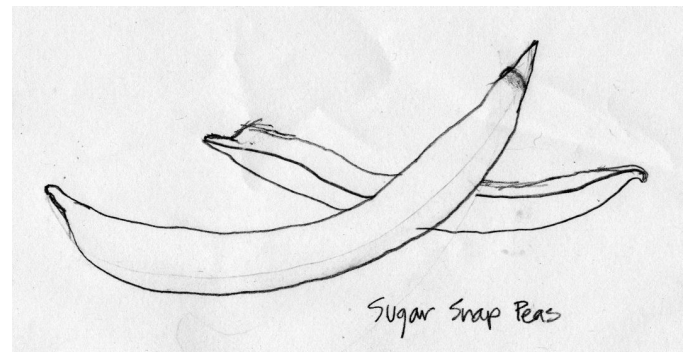
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We will be having our annual Field Day at the farm on Thursday July 24 between 9 and noon. This is an event that marks the end of our teaching season and is a way to highlight some of the student projects and take a look at the farm at the peak of the growing season. There will be snacks and cool drinks available. Feel free to bring family or friends to this informative event and see where your food is grown.

This will be the last week for our spring-grown cabbages and actually, the last crop of the early brassica plantings. We time these early plantings to be finished in early July as they have trouble growing into the hottest part of the summer. However, this past week and for the next couple weeks we will be seeding for the fall crops of broccoli, green cabbage, Napa cabbage, bok choy, and kohlrabi. It's taken a few years to get the timing right on these crops, and if this season doesn't throw us any more curveballs we should be harvesting the fall brassicas from late September through October. The thing to remember for those of you trying this at home is that if you don't get these crops started soon enough they will not mature before the onset of really cold weather and there's nothing more disappointing than having a beautiful crop of broccoli end up rotting in the field just before it produced heads. Broccoli is the one that I listed that will take the longest and would be important to start now. The other ones mature

quickly and we will seed those through the rest of July. Also, these are being seeded into trays that we will keep on a shady table at the farm until they are ready to transplant. Once transplanted we always cover our brassicas with a white fabric row cover to keep out the bugs!

--Brad Jaeckel, manager



Remember that the pick up times are:
4:30-6:00 Tuesday (Moscow)
3:00-6:00 Friday (Pullman)

Grant Morton has been taking the farm class since the spring and is working on a master's degree in sustainable and integrated agriculture through the Soils Department here at WSU. Grant has lived on the Palouse since 1981 when he first came to attend UI. He went on to grad school at WSU in regional planning and then worked as a planner with WSU and as a local realtor. He enjoys traveling with his family, fly fishing, and lucky for us, woodworking. Grant has been busy building all sorts of new additions for the farm that we wonder how we ever lived without.



His family loves salads and he recommends using the farm's greens in a chef salad. Their salads usually include cubed or shredded cheese, a meat (tuna, sliced turkey, or ground cooked chicken), garbanzo or kidney beans, pickled beets, and finally green onions if you like. A simple olive oil and balsamic dressing tops it off.

I apologize for missing a couple of key recipes last week. Brad does his best to let us know what is coming, but harvest day often brings surprises. However, one great thing about CSA food is that you're getting it fresh from the field, so if you still have goodies from last week in your refrigerator, they'll still taste great. I have to admit that my veggies often sit patiently in the refrigerator for weeks before I realize they're destined for a zip-lock bag in my freezer. Most leafy greens (except lettuce) freeze well if blanched first, as do peas and beans. Blanch in boiling water just a few seconds until they change color or start to wilt. This year I am thinking I may try freezing shredded cabbage. And next time Brad gives me a reliable forecast of Romaine lettuce in the share, I promise to include my Caesar Salad recipe! --Valeri

Red, White, and Blue

(adapted from archival recipes of the *Fairview Gardens CSA*)

This recipe is a great way to use up spare root vegetables; the name comes from a version that included beets, turnips, and blue potatoes.

A variety of root vegetables (beets, carrots, turnips, potatoes, etc.), cut into 1/2" cubes
Olive oil
Garlic cloves, either whole or coarsely chopped

Salt and pepper
Fresh rosemary (can substitute other herbs, but if not oven-hardy you'll want to mince them well to avoid scorching)

Preheat oven to 400 degrees. Toss vegetables, garlic, and rosemary with olive oil to coat well. Season liberally with salt and freshly ground pepper. Spread in a single layer on shallow baking pan or cookie sheet. Bake uncovered until lightly browned, approximately 35 to 45 minutes. Taste for salt; serve as-is or toss with balsamic vinegar.

Shaved Fennel and Parmesan Salad

(adapted from *Chez Panisse Vegetables* by Alice Waters)

I crave this salad every year but just can't get myself to pay what fennel bulbs cost in the grocery store. I am actually trying to grow them myself this year, with some success. This is something of an acquired taste, so make it twice.

Fennel bulbs
Lemon juice
Salt and freshly milled pepper

1 to 2 tablespoons extra virgin olive oil
Reggiano Parmesan

Cut the fennel as thinly as possible. Use only the bulb and not the feathery tops. Drizzle with olive oil and lemon juice. Grate or shave some parmesan on top and sprinkle with salt and pepper.

Chicken and Fava Bean Stir Fry

(from the Smith/Schillberg kitchen)

Cubed chicken breast
Minced garlic
1 to 2 tablespoons extra virgin olive oil
Lemon juice

Salt and freshly milled pepper
Reggiano Parmesan
Fava Beans
Pasta

Shuck the outer pod of the beans and discard. Fava beans also have an individual "shell" on each bean, which can be easily slipped off after par boiling or with your nail or by nibbling one end open with your teeth (these shells are also sometimes made more edible by frying the beans in oil until crisp, but that's another recipe...). The juicy tender beans inside are so delicious it can be hard to resist eating them raw (but on the other hand, if your favas are small and tender, you might be able to use them in this recipe without peeling the individual beans; taste them raw both ways before making the call).

Stir fry the chicken and garlic in olive oil. Add fava beans and stir until they change to a bright green. Add a splash of lemon. Simultaneously boil pasta (your favorite shape). When done mix everything together, salt and pepper to taste, and serve.