

**WSU ORGANIC FARM
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I'm excited to be packing the first bulbs of garlic into the CSA boxes this week! The harvest began last week with the two hardneck varieties and what you have this week is Korean Red. This is fresh garlic and has not been cured so please eat these bulbs within the next couple of weeks as they will not store well. You will notice the outer layers of skin have not dried out completely and thus will not seal out air and moisture which are the two big culprits in making your garlic go bad. You'll also notice a difference in flavor between fresh and cured garlic. The fresh is by far stronger...so easy at first. I will let you know as the season progresses which week's garlic will be cured and ready for winter storage.

If you remember, the garlic scapes were the precursors to the main garlic harvest. But how do we determine when the garlic is ready? One of the best indicators is the greenness of the leaves. I look for 4-5 green leaves still remaining before harvesting. Each brown leaf indicates a layer of skin around the bulb that has decomposed. If you wait too long to harvest all those protective layers of skin will have come apart and won't provide a good storage bulb. So once I see the bottom leaves browning I will go ahead and count the green ones on each variety because some varieties mature at different times. Then I'll actually dig some up and take a good look at how the skin is developing and

also how the individual cloves have developed. I want to see that each clove is separate from its neighbor and that they are of a good size.

Once I've decided we are ready to harvest, out come the digging forks and away the crew goes. This year our soil is in great shape due to last year's preparations and also to some timely spring watering during the dry spells. Almost every bulb needs to be dug but some have been coming up with a little pulling. From the field we brush the dirt off the roots and gently stack them in a garden cart and then take them to the harvest shed. Here they are bunched and tied with baling twine and then hung in the rafters to dry for at least a month. Keeping them out of the sun is critical and providing good air circulation will make a nice finished product. Over the rest of the summer we will clean the garlic when we have extra time...usually during the hot afternoons!

The you-pick flowers will start July 20 at the farm. This is free for CSA members. We will provide scissors and buckets. You can cut flowers from 3-6pm on Fridays, or call me to schedule another time.

Also remember the annual Field Day and Resource Fair is coming up on Thursday July 26 from 9-1. All are welcome to come and see your farm during the peak of the season.

-- Brad

Isaac Jahns is this week's featured student hailing from just outside Othello, WA. Isaac transferred to WSU last year from Big Bend Community College and is a new Organic Major with a Minor in Soils. Organic farming isn't new to Isaac as his family currently runs 700 acres of certified organic land for alfalfa, corn, and barley production. They also raise 175 organic beef cattle on the family farm. For fun Isaac enjoys anything outdoors (a common theme with our students!) but particularly fishing, mountain biking and gardening. Isaac loves fresh veggies and stir-fries everything. He enjoys using plum sauce, soy sauce and chicken to go along with the veggies.



Arugula Roll-Ups

(from *Greens Glorious Greens!* by Johnna Albi and Catherine Walthers)

- 1 bunch arugula leaves
- 1 large roasted red pepper (you can get these in jars at the Co-op)
- 4 large tortillas or flatbreads (8 inches in diameter)
- 4 to 6 ounces of Boursin cheese

1. Wash and dry arugula and remove any tough stems. No need to cut. Set aside.
2. Cut the red pepper into strips.
3. Lay one tortilla or flatbread in front of you. Spread a thin layer of cheese on half of the flatbread. Lay two lines of arugula leaves and one line of pepper strips on top of the cheese.
4. Starting with the filled half, roll up the tortilla. Insert a row of toothpicks about 1 inch apart. Cut the roll between each toothpick. Place on a serving dish.
5. Note: I would think you could substitute fresh basil leaves from your box for the arugula, or use both.



Gremolata-Ricotta Egg Salad

(from *Vegetable Heaven* by Mollie Katzen)

This egg salad features parsley and garlic.

- ½ cup finely minced parsley (or maybe try the basil from your CSA box instead?)
- 2 tablespoons grated lemon zest
- 1 tablespoon plus 1 teaspoon minced garlic
- 6 hard-boiled eggs, chopped
- ½ teaspoon salt, or to taste
- 2/3 cup ricotta cheese

1. Combine the parsley, lemon zest and garlic in a small bowl. (This is called “gremolata”).
2. Place the eggs in a larger bowl. Add half the gremolata, the salt and the ricotta cheese, and mix well.
3. Serve as a spread for crackers or bread. Sprinkle with extra gremolata.

Yunnan Cabbage

(from *Hot Sour Salty Sweet: A Culinary Journey through Southeast Asia*, by Jeffrey Alford and Naomi Duguid)

If you still have some cabbage from last week, here's a recipe!

- 1 pound Chinese cabbage or bok choy
- 1 tablespoon plus ½ teaspoon salt, divided
- 2 tablespoons peanut or vegetable oil
- 2 Thai dried red chilies
- ½ teaspoon minced ginger
- ½ cup vegetable broth or water
- 1 teaspoon cornstarch, dissolved in 2 tablespoons cold water

1. Cut cabbage or bok choy leaves lengthwise into thirds or quarters. (The pieces are supposed to be long).
2. Boil cabbage for one minute in a pot of water with 1 tablespoon salt added. Drain and set aside.
3. Heat a large wok over high heat. Add oil and spread it up the sides of the wok. Toss in chilies and ginger. Stir briefly, then add greens and stir-fry for 30 seconds, pressing greens against the sides of the pan to sear them. Add the broth and let it boil for about 30 seconds.
4. Stir the cornstarch mixture and add it to the wok along with ½ teaspoon salt. Stir-fry for another 15 to 30 seconds. Remove chilies and serve.

NEWSLETTER BY JYOTSNA “JO” SREENIVASAN

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GARLIC PICTURE BY ALICE SWAN