

THE WSU ORGANIC STANDARD

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WSU
Organic Farm

FEEDING THE COMMUNITY
TRAINING FUTURE FARMERS

SUYHO LONG CUCUMBERS

The cucumbers are on! Last week I was surprised to find enough cucumbers in the big hoop house for all members. This is a new variety for the CSA but one I've grown at home for a few years and really enjoy. Named "Suyho Long," the cucumber is long and ridged with small spines along the skin. We've been growing "Tasty Jade" inside the hoop houses, but switched this year mostly because it is not offered as organic seed. Suyho Long seems to be just as productive, but has a little different texture to its skin. The small spines that you will find can easily be rubbed off before eating, and the skins of these cucumbers are not bitter so peeling is optional.

Suyho Long is an Asian variety, as you may have guessed from the name, and comes from Japan. It is suited to hoop house production because it can be trellised on vertical lines suspended from the purlins in the steel framework. The plants were started in the greenhouse and then carefully transplanted at about one foot between each plant. This is a tight spacing, but when the plants start to grow vertically where they have much more room. This allows us to grow other crops close by without sacrificing the space. Some of the early fruit does not grow very straight because it was sitting on the ground but the ones that hang from the vine will. The other important trait for

this cucumber is it doesn't need an insect pollinator like most of the outdoor grown varieties, critical for indoor production where the plants have less exposure to natural pollinators. With the addition of the larger hoop house this season we were able to double production of our indoor grown cucumbers so there is more for everyone. We also are growing the same outdoor varieties: lemon and Marketmore. The lemon cucumbers are the small golfball-sized yellow ones and Marketmore is a standard American slicer.

—Brad Jaeckel

U-PICK FLOWER GARDEN IS OPEN!

Jewlee has now opened the u-pick flower garden for harvests on Fridays during the CSA pickup. She did a great job this year and we have more of everything. All CSA members are welcome to pick one regular sized bouquet (no monster bunches!) a week. We will provide scissors and buckets to pick the flowers and Jewlee can answer questions about the different varieties and how to properly pick.

Pick-up days and times

- **Wednesdays** 4:30 - 6:30 p.m. at the Pullman Fresh Farm Market in the Old Post Office parking lot in downtown Pullman
 - **Fridays** 3 - 6 p.m. at the WSU Organic Farm
- ** Please come a few minutes before closing time to bag up your vegetables.*

U-Pick Cherries!

The annual u-pick cherry sale will be this Friday and Saturday, July 24 and 25, at the Tukey Orchard.

Cherry Sale Hours

July 24, 11 am - 6 pm
July 25, 10 am - 4 pm

Or visit the orchard's Web site for more details:
<http://hortla.wsu.edu/orchard/index.html>



SAUTEED CUCUMBERS

from *Chez Panisse Vegetables* by Alice Waters

Peel the cucumbers and cut in half lengthwise. Remove the seeds if they are large and dice the cucumber. Sauté gently in butter with a little water, seasoned with salt, until just tender throughout but still intact. Finish with an addition of chives or chervil and, if you like, some peeled, seeded, and diced tomatoes. Serve with delicate-textured poached or baked fish.

CUCUMBER, MANGO, AND RED ONION SALAD

from *Chez Panisse Vegetables* by Alice Waters

This is a good salad to serve with spicy Mexican food. Peel and thinly slice cucumbers, mango, and sweet red onion—about the same amount of each, but exact proportions do not matter at all. Season to taste with freshly squeezed lime juice and salt, and garnish generously with cilantro leaves.

CRAN-BROCCOLI SALAD

This delicious sounding salad was submitted by CSA member, Anita Hornback. Cucumbers or summer squash from this week's harvest would also be a yummy addition.

Dressing

2 tablespoons balsamic Vinegar
1 teaspoon Dijon mustard
1 teaspoon maple syrup
1 clove garlic, minced
1/2 teaspoon grated lemon peel
salt and pepper to taste
1/2 cup canola or olive oil

Salad

1 large head broccoli, chopped to about 1 inch by 1 inch pieces
2 cups shredded cabbage, purple or green
1 carrot shredded
1/4 cup chopped green onions
1/2 cup dried cranberries
1/4 cup chopped pecans

Dressing: In a medium bowl whisk together the vinegar, mustard, maple syrup, garlic, and lemon zest. Gradually whisk in the oil while drizzling in a fine stream.

Salad: Blanch broccoli by bringing a large pot of water to a boil. Add the broccoli and cook for 1-2 minutes. Drain and immediately put broccoli into a bowl of ice water to stop the cooking. Let cool and drain.

In a serving bowl mix together cooled broccoli and the rest of the salad ingredients, except for the pecans. Pour the dressing over, toss to evenly coat. Chill for at least 15 minutes. Mix in pecans just before serving.