

WSU ORGANIC FARM
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If you recall from last week's newsletter I wrote about hoping we didn't get any more curve balls with the weather. The night I wrote that we had a record-setting low temperature for July 11! The airport registered 31 degrees and when I woke up that morning I knew something wasn't quite right. I live in a low spot at the end of Orchard Avenue in Moscow and we are always colder than most areas but when I had to scrape the ICE off my windshield before heading to the Friday harvest I figured we would have some damage. At home my two winter squash varieties that I grow for seed were "burned" in spots, as were the tops of my potatoes and sunflowers, and almost all of the buckwheat cover crop was lost.

Talking with other area growers this was common for most. Yet another set back to an already late season. At WSU I didn't see any damage when I arrived that Friday morning as our site sits up high on a hill and has excellent ability to drain cold air away from the gardens. However, when we took a closer look on Monday there was in fact some damage to the field cucumbers, winter squash, pumpkins, and green beans. This is a real lesson in patience and in understanding which crops can handle mid-season extremes in temperature. I'm

also grateful that we have such a diversity of crops planted to ensure there is something to harvest each week even when we face unruly weather.

This is something we keep coming back to in class: farming is unpredictable! You can do the best planning for the known conditions but there will always be situations where you are forced to make sudden changes. Flexibility is critical. Developing back-up plans and creating diversity in the farm seem to smooth out the bumps that inevitably come our way. For example, this past week brought another surprise. The four-inch water line that supplies the farm's water cracked midday and got the management scrambling to make the fix. Garden hose had to be dragged through the orchard to provide water for cleaning the freshly harvested produce and Deb was quick to dig out the broken line and make the necessary repairs. Can't wait to see what happens next week!

You will notice that we have switched from green onions to fresh Walla Walla sweet onions. These are not cured and will not keep well. Use promptly to ensure freshness. And remember we will be hosting the annual field day this Thursday, July 24 from 9-noon.

--Brad Jaeckel, manager

Justin Smith joined the farm crew just this summer and is a PhD candidate in Environmental and Natural Resource Sciences. He's specifically working on food security in the context of global warming and political conflict in developing countries, but is very interested in seeing how our local food system is also developing. Justin and his family have been in Pullman now for a year and he enjoys reading, camping, and playing basketball.

We haven't had any students offering recipes with eggs so Justin offered one of his favorites. Sauté garlic scapes or fresh garlic, green onions, peppers, and chopped kale in olive oil. When cooked, add eggs and seasoning salt and scramble together. This makes a great breakfast main dish.



In the middle of summer when it gets hot I like to turn to bulgur salads as they are hearty, do not require much cooking, and are very refreshing. When the tomatoes start coming I will include my tabouleh recipe. With the coming of cucumbers we eat my modified version of pork strings that I remember eating in some form when I lived in Japan. In case you are beginning to get overwhelmed by the summer squash I promise to add a recipe soon. We have been slicing them in thin disks and drying them with kale on the food drier (for addition to soups later). You can also shred the squash and freeze a cup or two in zip-lock bags to add to muffin recipes later. Oh, and Brad asked us to point out that the new garlic included in the share this week hasn't been field-cured, so be sure to store it in the refrigerator and eat it soon! --Valeri

Bulgur and Green Lentil Salad with Chickpeas

(from *Vegetarian Cooking for Everyone* by Deborah Madison)

½ cup French green lentils, picked over	Grated zest of 2 lemons
1 bay leaf	6 to 8 tablespoons fresh lemon juice
Salt and freshly milled pepper	½ cup extra virgin olive oil
¾ cup fine or medium bulgur	1 teaspoon paprika
5 Scallions, including some of the greens, thinly sliced	1½ cups cooked chickpeas, rinsed if canned
2 garlic cloves	2 cups finely chopped parsley
	¼ cup chopped mint or 2 tablespoons dried

Cover the lentils with water in a small saucepan, add the bay leaf and ½ teaspoon salt, and bring to a boil. Lower the heat and simmer until tender but firm, about 25 min. Meanwhile, put the bulgur in a bowl, cover with water, and let stand until the liquid is absorbed and the grains are tender, 20 to 30 min.

Whisk together the scallions, garlic, lemon zest and juice oil, paprika, and ½ tsp. Salt in a large bowl. When the lentils are done, drain them and add them to the dressing. Press out any excess water from the bulgur and add it along with the chickpeas, parsley, and mint. Toss gently and thoroughly, then taste for salt and season with pepper. Serve warm or cover and set aside to serve later with a fresh sprinkling of paprika.

Variation: In summer include tomatoes, cucumbers, and peppers, all finely chopped.

Stir Fried Pork Strings with Hot Sauce

(adapted from *Pei Mei's Chinese Cook Book, Volume I* by Fu Pei-Mei)

10 oz. Pork chops	1 T. Apple vinegar (seasoning sauce)
1 Small can water chestnuts	1 T. Chinese hot bean paste (seasoning sauce)
2 T. Dry shitake mushrooms	½ T. Rice wine (seasoning sauce)
1 T. Soy sauce (to marinate pork)	1 t. Sugar (seasoning sauce)
1 T. Cornstarch (to marinate pork)	½ t. Salt
1 T. Cold water (to marinate pork)	1 t. Cornstarch
Peanut oil	1 t. Sesame oil
2 t. Chopped ginger (can substitute powdered)	¼ t. Black pepper
2 t. Chopped garlic	1 Cucumber, peeled and sliced in ¼" cubes
1 T. Chopped green onion (seasoning sauce)	10 oz. Soba noodles
1 T. Soy sauce (seasoning sauce)	

1. Cut pork string style, marinate with soy sauce and cornstarch about 15 min.
2. Soak the dried mushrooms in warm water about 15 min. then discard stems, slice them when expanded. Also slice the water chestnuts very thinly.
3. Heat oil in a frying pan over high heat, add pork strings and stir for ½ minute, then remove and put aside.
4. Heat another 3 T. oil to stir-fry garlic and ginger; then add water chestnut, mushrooms, and pork strings; stir thoroughly. Last, add the ready-prepared seasoning sauce and stir evenly.
5. Boil the soba noodles briefly and douse in cold water to stop cooking.
6. Serve noodles topped with fresh cucumbers and then with the pork strings.