

WSU ORGANIC FARM
201 JOHNSON HALL
PULLMAN, WA 99164-6420

PROJECT MANAGER: BRAD JAECKEL
JAECKEL@WSU.EDU; 509-432-3716
WWW.CSS.WSU.EDU/ORGANICFARM

Last week's cooler weather was a welcome relief from the heat and gave us a chance to catch up on some much-needed field work. The crew was busy working on the summer squash and cucumber patch, making sure these two summer staples are doing well. Once these plants of the cucurbit family get big they tend to do a great job shading out the competing weeds, but they need some extra care early on while they are still small.

Hopefully everyone will have cucumbers in their boxes this week in addition to some dill flowers. Dill and cucumbers are a summer favorite when made into pickles. Now the cukes we grow are not great pickle size, but you can make easy refrigerator pickles with these two ingredients and some vinegar. Check out recipe on the back. The longer cukes are an Asian type grown in the hoophouse. The shorter green ones are an American classic, Marketmore. The lemon cukes aren't quite ready yet but when you find a small round light green sphere in your box, that's probably it.

The lemon cukes are a great size for snacking on and the skin is very tender and doesn't need to be peeled. There's no lemon flavor...the name is for the color and shape.

You will also be happy to know that the tomatoes are starting to ripen and might even make an appearance this week. The full shares will start out with these favorites but soon there will be plenty for all. Also the strawberries are beginning their comeback! That should be good news to all. We are going to have raspberries this summer, too, but I'm nervous about having enough time and labor to harvest green beans, strawberries, and raspberries plus all the regular crops for each week. The first three are all very time intensive to pick and tend to push our limits when these crops peak.

I'd like some feedback from you all as to whether you'd be interested in doing a u-pick option with the raspberries. This could either happen on Friday afternoons or by appointment. Please let Jewlee or I know what you think.

-- Brad

Courtney Bennett is our featured student this week and we're happy to announce that she will be doing her Master's Thesis on the farm's CSA program. Courtney is a second year grad student in the School of Earth and Environmental Science and is interested in sustainability with the CSA program. She got her B.S. in Biology from Fort Lewis College in Durango, Colorado, and is originally from Denver. Courtney has also worked in Washington State with NW Service Academy and the Dept. of Natural Resources and will be a TA for two Environmental Science classes this fall. She enjoys camping, hiking, skiing, cooking, and of course gardening!



A couple of recipes came to mind. Emerald Sesame Kale: Stir-fry kale, chard, or pak choi with ginger, garlic and sesame seed oil. And -- Turnip Gratin: make traditional potato gratin with ½ turnips and ½ potatoes.

You will probably be hearing more from Courtney this fall and winter as she begins work on her thesis with a formal survey for CSA members.

This week we have dill flowers in our boxes! Dill flowers can be used like dill leaves – to season dips, dressings, soup, etc. I would think the flowers would be good in potato salad.

Daylily Buds (or Cucumbers) and Dill Flower Overnight Pickles

(from www.sagekitchen.com)

Most pickle recipes I found called for pounds of cucumbers and quarts of vinegar. Here is a recipe using smaller amounts. Although this recipe was originally for daylily bulbs, the web site says that you can use the same recipe with other vegetables. Maybe – cucumber?? I would think you wouldn't need to cook the cucumbers first.

2 cups daylily buds (or 2 cups sliced cucumber)

4 stems dill flowers

¾ cup vinegar (white wine, rice or sherry)

¼ cup water

1/3 cup sugar or honey

1. Add daylily buds to boiling water and cook uncovered until barely tender, 3-5 minutes. Drain.
2. Pack daylily buds (or cucumber) with the dill flowers into a glass container with a lid.
3. Combine vinegar, water and sugar in a pot and bring to a boil. Stir until sugar is dissolved.
4. Pour hot liquid over daylily buds (or cucumbers) and dill flowers to cover them. Cover jar and shake to release any trapped bubbles.
5. Chill at least overnight and up to 2 week.

Salad of Cold Greens with Sesame Oil and Soy Sauce

(from *Vegetables* by James Peterson)

Leaves from 2 pounds of chard, spinach, and/or beet greens, stems removed

2 teaspoons Asian dark sesame oil

1 tablespoon plus 1 teaspoon Japanese dark soy sauce, or more to taste

2 teaspoons white sesame seeds

1. Steam or boil the greens for 5 to 10 minutes, until tender. Run greens under cold running water.
2. Gently squeeze out most water from greens. Chop if the leaves are large.
3. In a large bowl, toss greens with sesame oil, soy sauce and sesame seeds. Serve cold.

Basil-Parsley Pesto

(from *1,001 Vegetarian Recipes* by Carol Gelles)

1 cup packed basil leaves

1 cup packed parsley leaves

1/3 cup pine nuts

2/3 cup extra virgin olive oil

1 tablespoon garlic, minced

¼ teaspoon salt, or to taste

½ cup grated parmesan cheese

1. Process basil and parsley in a food processor until they are finely chopped. Transfer to medium bowl.
2. Place the pine nuts in the food processor and chop finely. Stir into the basil and parsley.
3. Stir in the oil, garlic, salt and parmesan.