

July 26, 2010

THE WSU ORGANIC STANDARD

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Field Day and Flowers at the Farm

It's that time of year again for our annual Field Day at the farm. This Thursday, July 29, the farm will host an open house with presentations from the manager, WSU researchers and students, as well as a full walking tour of the farm. Cool beverages and snacks from the farm will be provided by the students and staff!

The Field Day marks the end of the summer session at WSU and a turning point for us at the farm. I've been teaching almost every Wednesday for 22 weeks starting back in mid February and am looking forward to some time off in August. Most of our student crew will be staying on at the farm, but some will take the next 3 weeks off until school starts back up the end of August. By now though, our crew is well trained and working very well together.

The farm is looking great and it's always nice to have an event this time of year to get us motivated to really clean it up and make it presentable. Much of the weeding is now under control and the stress of spring planting is well behind us. Hopefully the next 6 weeks will be warm enough to bring our lagging corn and winter squash to maturity.

For those of you new to the CSA, we always grow a large area of annual flowers for the members to cut on Fridays. Usually these flowers are blooming earlier in July, but like many of our crops this year, were late. The good news is that they are finally starting to come on and will be available soon for cutting at the farm. This week Jewlee will do the cutting and have flowers at the harvest shed on Friday. The first week in August, she's hoping to open up the garden for members to harvest.

Many farms charge their members for cutting flowers, but we've always included ours with the

CSA membership, and are glad to see people enjoy the beautiful selection of sunflowers and other annuals.

Each household in the CSA is allowed to cut one REASONABLE sized bouquet of flowers per week. We ask that everyone please be respectful of one another and not over pick as there are many that partake in this member privilege. Check with Jewlee or the staff on hand for help if you are new to the farm. Small buckets and scissors are available for your use at the harvest shed. And remember, "one bucket per household per week."

The flowers are available to all members, and are most convenient to cut on Fridays during the CSA pickup between 3-6 pm. If you are unable to make that time, feel free to set up an appointment with us for another time.

--Brad

Field Day this Thursday at The Farm!

What: An open house with presentations, a farm tour, and refreshments

Where: WSU Organic Farm

When: Thursday, July 29

Registration begins at 8am, tour starts at 8:30am

This is a great opportunity to stop in and see where your food is being produced, and hear about all the different projects going on at the farm. The event is free and open to the public. The tour lasts about 1 ½ hours, but you are welcome to just stop in anytime during the morning—we will be there until noon.

This week we'll be finding heads of Savoy Cabbage. Savoy is a mild and especially tender cabbage variety. It makes an especially good slaw or addition to a lettuce salad, and easily substitutes for green or red cabbage.

--Jamaica

O-Konomi-Yaki

This recipe for Japanese pancakes comes from The Tassajara Bread Book, by Edward Espe Brown. They can be made with or without meat, and Brown suggests serving them with a little soy sauce. While tasty hot out of the pan, they are also good cold.

¼ cabbage	1 egg, beaten
1 carrot	2 tablespoons brown sugar
½ onion	1 teaspoon salt
2 celery stalks	1 can evaporated milk
½ cup meat of fish pieces (optional)	Enough water to make batter
2 cups whole wheat flour	

Chop, shred, dice or thinly slice vegetables (and meat, if using). Pieces should be quite small so that the pancakes aren't too thick. Mix together the remaining ingredients to form a batter. Folk in the vegetables. Heat a griddle or large flat bottomed pan and cook as you would pancakes. If the pancakes are slow to cook in the middle, thin batter with more water and lower the heat.



Italian Stuffed Savoy Cabbage, or Casseola

As Savoy cabbage is thought to be native to the Savoy region of modern day French, Italy, and Switzerland border, here is an Italian dish, from the gardening and food website, www.davesgarden.com

1 ½ pounds of Savoy Cabbage	4 Tablespoons of extra virgin olive oil
3 carrots	½ cup of grated parmesan cheese
½ large onion	Salt and pepper, to taste
6 slices of bacon (or pancetta),	

Remove eight good looking outer leaves from the cabbage. Blanch them briefly in boiling water and lay on a paper or tea towel to drain. Chop the remaining cabbage, the carrots and the onion. Fry the bacon, drain any grease, then add the vegetables and sauté until wilted but not browned; season with salt and pepper. Place a well-drained cabbage leaf on a plate or chopping board, fill with ⅛ of the stuffing mix and sprinkle with half a tablespoon of parmesan cheese. Fold the sides towards the middle and roll the leaf up, place with folded side down on a baking sheet. Repeat until the ingredients have been used up. Sprinkle with the remaining parmesan. Bake 15 minutes at 350 degrees. Serves four.