

# THE WSU ORGANIC STANDARD

JULY 27, 2009

WSU Organic Farm ♦ 201 Johnson Hall ♦ Pullman, WA 99164-6420  
Project Manager: Brad Jaeckel ♦ jaeckel@wsu.edu ♦ 509-335-5893 ♦ www.css.wsu.edu/organicfarm

## SUMMER SQUASH IS HERE!

With the last of the spring planted cabbages going out in the boxes last week we are now officially in our summer season. The warmer weather is finally ripening the tomatoes and they will begin to show up in the boxes next to all those wonderful cucumbers and summer squash. We grow two types of summer squash: a yellow straight variety and the classic green zucchini. I will be referring to these as the “summer squash” and will not differentiate between them in the harvest list.

Both varieties are grown in a single bed two feet apart and totaling 150 feet. These 75 plants will produce an amazing amount of squash over the next couple months with minimal care. We planted this row with ample room on either side for harvesters to maneuver a small garden cart down the path. This greatly eases the transport of the 60 - 100 pounds of squash each harvest as the fruit can be placed directly into a harvest tote within the cart. We use a small sharp paring knife to cut the

fruit from the plant, remove the yellow blossom from the end, and gently place the squash in a tote. The skin of a freshly harvested summer squash is amazingly thin and fragile. Our harvesters are trained to be as gentle as they can with this delicate vegetable to ensure a quality harvest. You should always refrigerate your summer squash and place any unused portions into a plastic bag.

—Brad Jaeckel



WSU  
Organic Farm

FEEDING THE COMMUNITY  
TRAINING FUTURE FARMERS

### 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.*

## WSU ORGANIC FARM FIELD DAY OPEN TO THE PUBLIC

This week is the last of the WSU Summer Session and the end of our lecture season. Although we will not continue to meet on Wednesday mornings, the students will continue to help on harvest days and at the markets through the remainder of the season. Our students have been busy completing their summer projects and getting the farm ready for our annual field day. The field day is a chance for us to show off the farm at the peak of the summer season and talk about the students work and new research. Most university farms host field days to highlight their research in an attempt to communicate their work with colleagues and other farmers. Our field day is a little more informal and will include presentations by the students and staff followed by a guided tour of the farm. We always have a nice spread of fresh farm snacks and cool drinks as the field day usually falls in the hottest part of the summer. This event is open to all and free of charge (see box at right for date and time).

### WSU Organic Farm Field Day Event!

Come discover the latest research and hands-on teaching methods being tested at the WSU Organic Farm.

**Date: Thursday, July 30**  
**Time: 9:30 a.m. -1 p.m.**  
**(registration is at 9 a.m.)**

Web: <http://css.wsu.edu/organicfarm/>  
Sponsored by Washington Tilth Producers

---

# WSU Organic Farm

FEEDING THE COMMUNITY TRAINING FUTURE FARMERS



I adore summer squash! And there are so many interesting varieties. The ubiquitous green zucchini is probably the best known. There are also yellow squashes that come either as straightneck or crookneck (you'll be seeing both zucchini and straightneck yellow squash in your boxes). At a farmers' market or at your favorite grocery you might also see pattypan or scallop squash or in white or yellow (also called sunburst squash), which are round with scalloped edges. And scallopini squash, similar to pattypan only rounder and green.

One of the great things about summer squash is that they can really be used interchangeably. So whatever you have on hand will work in any recipe that calls for summer squash. Enjoy!

—Marcia Gossard

## ZUCCHINI FRITTERS

from *Chez Panisse Vegetables* by Alice Waters

1 pound small green zucchini  
Salt and pepper  
1 clove garlic  
1 small bunch chives

Zest of 4 lemons  
1 tablespoon potato starch  
1 egg  
2 tablespoons olive oil

Grate the zucchini and salt them. Let stand for 30 minutes in a colander. Squeeze the zucchini dry with your hands or wring it out on a towel.

Peel and chop the garlic fine, chop fine about 1 tablespoonful of the chives, and grate the zest from the lemons.

In a large bowl, combine the zucchini with the garlic, chives, lemon zest, the potato starch, and the egg, lightly beaten. Heat the olive oil in a nonstick sauté pan over medium heat. For each fritter, pour a generous tablespoonful of the zucchini batter into the pan. They will look like little pancakes. Turn them over after about 3 minutes or when golden. Cook 2 minutes more on the other side. Drain on paper towels.

## SUMMER SQUASH AND CORN PASTA

from *Chez Panisse Vegetables* by Alice Waters

4 to 6 small summer squashes:  
zucchini, scallop, crookneck  
5 to 6 ears sweet corn  
2 cloves garlic  
1/2 jalapeño  
3 tablespoons olive oil

Salt and pepper  
1 handful cilantro leaves  
2 tablespoons unsalted butter  
4 tablespoons water  
1 pound fresh, thin fettuccine  
1/2 lemon

Cut the squashes into small dice. Cut the corn kernels from the cobs. Peel and chop the garlic fine and chop the jalapeño fine. Sauté the squash in the olive oil until tender and a little brown; season with salt and pepper. Add the corn, garlic, and jalapeño to the squash. Continue cooking a few minutes more. Finely chop the cilantro, reserving some leaves for garnish. Add the cilantro, butter, and water to the pan. Taste, and correct the seasoning. Boil the fettuccine, add it to the pan and toss all together. Add a squeeze of lemon if the corn is very sweet. Serve immediately, garnished with the reserved cilantro leaves.

Serves 4.