

WSU ORGANIC FARM  
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Hopefully the farm crew has recovered from last week's field day and all the prep work that went into pulling off such an event. The farm is looking great and I really owe it to our hardworking crew! The field day always comes mid-season when we need an extra push to get things cleaned up and ready for the second half of the season, when we

start to slowly lose steam. So if you can get up to the farm, take a look around and admire the hard work our students have done so far. AND, remember the u-pick flowers are on for Friday



afternoon picking or by appointment.

The highlight for this year's field day was the resource fair component, which brought a great collection of organizations together to network and talk about our local food system. Most of these organizations have great connections with one another, and visitors to the farm were able to talk to individuals and make

new connections of their own. There are wonderful educational tools available for both traditional students and people wishing to gain more specific training or advice in sustainable agriculture. I'm very thankful for all the great work these groups are doing on the Palouse and the greater Northwest.

Thanks to the continued warm weather, our summer crops are doing great. The green beans started to come on last week and hopefully will make a showing this week along with the first tomatoes! These start off slow but will increase until every share gets some each week. Cilantro is back this week after a long break. This is one of the herbs that need to be reseeded after each harvest, and for some reason we ran out of room earlier than normal out in the field. But as the carrots continue to come out, we'll be able to replant some of the quicker growing crops like cilantro and arugula. The garlic is finally all out of the field and drying in the harvest shed. Haley Paul, our featured student this week, hopes to work on garlic braiding once she gets a lesson or two from Kate at Orchard Farm.

-- Brad

Haley is a senior this year at WSU and comes from Phoenix, Arizona. She is a Cultural Anthropology major and is also getting a Certificate in Organic Agriculture. (The certificate is similar to a minor.) Haley got interested in organics from a desire to eat healthier food and especially local foods. For the certificate and major in organic agriculture the students are required to do an internship, and we're lucky to have Haley working with Kate at Orchard Farm this summer. She's been a great help there with our gardens and small flock of children. For fun, Haley enjoys running for the WSU track and cross-country teams, writing for the *Daily Evergreen*, and being outdoors.

Here's a great recipe for Sweet Potato Lentil Stew. Start by boiling 2 cups lentils plus 1 sweet potato in water. Then sauté onion and garlic in olive oil and add a can of tomatoes, or fresh tomatoes, plus any available herbs. Add to the boiling water with broth and cook for an hour. In the last 10-15 minutes add any hearty green such as kale or chard cut in small pieces.

## **Sweet and Sour Beet Dip**

(from *Secrets of Healthy Middle Eastern Cuisine* by Sanaa Abourezk)

This sounds like a delicious accompaniment to pita bread or corn chips – something to serve alongside hummus or even instead of hummus.

4 beets  
1 tablespoon tahini  
2 cloves garlic, minced  
¼ cup lemon juice  
¼ cup nonfat yogurt  
Salt to taste

1. Boil and peel the beets, and mash them.
2. Mix together the tahini, lemon juice, garlic, yogurt and salt. Add the mashed beets and mix well.



## **Greek-Style Green Beans**

(from *Passionate Vegetarian* by Crescent Dragonwagon)

According to Crescent Dragonwagon, the following method of slow-cooking will result in meltingly tender green beans saturated with flavor.

1 ½ pounds green beans, tips and stems removed  
Cooking spray or oil for pan  
2 teaspoons to 2 tablespoons olive oil  
1 tablespoon finely chopped garlic  
1 juicy ripe tomato, chopped  
Salt and freshly-ground black pepper  
½ to 1 teaspoon dried dill weed  
A few dashes cayenne

1. Boil green beans in a large pot of water for two to four minutes (more for thick green beans, less for thin). Drain.
2. Spray or oil a heavy 10 to 14-inch cast iron skillet. The pan needs to have a tight-fitting lid. Place pan over very low heat.
3. Add oil, garlic, and green beans. Scatter tomato pieces on top of beans.
4. Cook over very low heat, uncovered, for 5 minutes. Do not stir.
5. Cover and cook for 30 minutes. Do not stir. Make sure the heat is low enough so the veggies don't burn.
6. After 30 minutes, lift lid and stir gently. If there is liquid in the skillet, raise heat to high, and cook, stirring occasionally, until liquid has steamed away.
7. Turn off heat. Season with salt, pepper, dill and cayenne. Stir and serve hot.