

WSU Organic Farm
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Thanks to everyone who braved the heat last Thursday for our annual field day! We had a good showing of about 40 people throughout the morning and lots of good eats by Kate, Jewlee, and other students.

After a short presentation we took a great walk around the farm and talked about crops, tractors, and weeds. University farms typically put on a field day during a time that their farms are looking "good" and have time to show the public what they're up to. This is part of the educational work that research and teaching farms provide to the local communities.

If you didn't get a chance to come last week we will have another big event later in the season to celebrate the pumpkin harvest and that will be on a Saturday so it's easier for people to attend.

We have survived the recent heat and the tomatoes seem to be responding by starting to show some good red color. Shouldn't be long now! The garlic is all out of the ground and we'll hopefully have the shallots out by this week. These will all be hanging in the harvest shed while they cure so make sure to take a look.

The green beans are coming. It seems like we planted a lot and hopefully we can stay up

on the picking. We've spaced all our plantings over about 3-4 weeks so there should be an abundance through the summer. The first to come is Provider, a common bush variety.

I've been starting to get requests for summer squash recipes so Carol will start putting those in the newsletter. We had some great ones last season so stay tuned. The squash will keep on until they frost out in September.

Our summer session class has officially come to an end and I'd like to thank all the great students for their excellent help. We will be keeping quite a few on for the rest of the season and even getting some new ones for the fall. I can actually give credit to students during the fall semester for working on the harvest.

We are still taking volunteers though and would welcome help on Mondays, Wednesdays, and Thursdays. I usually send folks home with something good, too.

One more note on the CSA exchange table. Just a reminder: members are allowed to exchange for ONE item off the table. You can turn in as much as you want but to keep it as fair as we can for everyone please limit yourself to taking just one item of similar value. Thanks!

- Brad Jaeckel

Fennel has long been a favored food in Italy, according to Faith Willinger, author of *Red, White, & Greens: The Italian Way with Vegetables*. Our illustrator Alice Swan recommended this cookbook to me highly and she was right - the recipes are really good but also very easy. Willinger notes that fennel bulbs are eaten raw or pickled or cooked, that the leaves and flowers are used in salads or to flavor fish and other foods, and that the seeds often go in sausage. Even fennel pollen does not go to waste in one particular town in Italy.

Fennel and Orange Salad

(Red, White, & Greens)

3-4 servings as a side dish

1 large tart orange
2 fennel bulbs, quartered and thinly sliced
2-3 tablespoons extra virgin olive oil
Sea salt
Freshly ground pepper
Peel the orange, cut into quarters, and cut each quarter into thin slices.

Combine the sliced fennel and orange with the olive oil and the salt and pepper to taste.

Raw Fennel Pinzimonio

(Red, White, & Greens)

4-6 servings as a side dish

2-4 fennel bulbs
2-3 tablespoons extra virgin olive oil per person
Fine sea salt
Freshly ground pepper
Cut the fennel stalks off where they meet the bulb and discard tough outer layers. Cut bulb into half lengthwise and cut each half into 3 or 4 wedges.

Place the wedges on a platter. Pour extra virgin olive oil into individual ramekins or very small bowls. Each diner should add salt and pepper to taste, then dip fennel wedges in oil.

Serve a full-fledged *pinzimonio* appetizer by including celery, radishes, scallions, & artichokes.

The gargantuan zucchini surreptitiously dropped on an unsuspecting neighbor's doorstep has become a gardening urban myth - but a not baseless one. Zucchini, also known as summer squash, and which also come in yellow as well as green varieties - are very productive, to say the least. But they do taste best when small and cute.

We'll keep the recipes for them coming, and if you get behind and can't keep up, here's a tip: just grate them (peels too) and put them in the freezer in Ziploc bags or plastic freezer containers in 2 or 4 cup quantities. You can always thaw it out to make zucchini cake or bread around holiday time. You'll notice, when it thaws, there will look like there is a lot of water too. Use it all, liquid included, unless the recipe asks you to salt and drain the fresh zucchini, or to press the moisture out of it - otherwise you'll be short of liquid in your recipe.

Francesca's Zucchini Carpaccio (*Red, White, & Greens* by Faith Willinger) 4-6 servings, appetizer

2 small fresh zucchini
1/3 cup tightly packed arugula, roughly chopped
3 tablespoons extra virgin olive oil
1 teaspoon balsamic vinegar
Fine sea salt
Freshly ground black pepper
1 piece of Parmigiano-Reggiano, about 4 - 6 ounces

Trim the ends off the zucchini and slice into paper-thin rounds. Put the zucchini on a large serving platter. Chop the arugula and sprinkle it over the zucchini. Drizzle with extra virgin olive oil and the balsamic vinegar and season with salt and pepper. Shave curls of cheese directly over the platter to cover the zucchini and arugula. Serve immediately.

Franco's Pasta with Zucchini and Potatoes (*Red, White, & Greens*) 4-6 servings, first course

5-6 quarts water
1 large potato, peeled and cut into 1/2-inch cubes
2-3 tablespoons salt
2 medium zucchini, cut into 1/2-inch cubes
14-16 ounces spaghetti
2-3 tablespoons extra virgin olive oil
Freshly ground black pepper
2 tablespoons chopped Italian parsley or basil
1/2 cup grated Parmigiano

Bring water to rolling boil. Add the potato and 2-3 tablespoons salt. Cook the potato for 2 minutes, add the zucchini and the pasta, and cook until al dente and offering some resistance to the tooth. Bear in mind that the pasta doesn't cook with the sauce in this recipe.

Drain the pasta and the vegetables, reserving 1/2 cup of the cooking water. Put the pasta in a serving bowl, drizzle with extra virgin olive oil, season with pepper, add the herbs, 2-3 tablespoons cooking water, and the cheese. Add another spoonful or two of the cooking water if the pasta is too dry. Stir well to combine and serve immediately.