

WSU Organic Farm ♦ 201 Johnson Hall ♦ Pullman, WA 99164-6420  
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WSU  
Organic Farm

FEEDING THE COMMUNITY  
TRAINING FUTURE FARMERS

## WALLA WALLA SWEETS

We are finally seeing the end of the green onions and moving on to the first of the bulb onions—the Walla Walla sweets. The Walla Walla's matured later this season due to the cool wet spring, but luckily there has been an abundance of green onions to tide us over. The Walla Wallas are seeded at the same time as the rest of the bulb onions, mid-February, but always mature first. In milder climates, including their namesake, they are planted in the fall and overwintered which produces an even earlier onion.

All the onions we grow are long-day varie-

ties, which mean they are appropriate for our northern latitude. This means they are day length sensitive and begin the bulbing process after the summer solstice. The important part is getting an early enough start so the plants are well established and have mature leaves before that break in the summer.

Walla Walla's can be harvested and eaten without curing but they will not store well. **Make sure you use these quickly and put in the refrigerator when you get them home.** I'll let you know when we get into the storage onions, which don't need refrigeration, but it will be at

least another month. Sweet onions, when grown with plenty of moisture and cooler temperatures will have less heat and bite (pyruvic acid) than regular storage type onions. They lend themselves well to eating raw but a real treat is to grill them on the BBQ for burgers. My family tries to cook dinner outdoors as much as we can this time of year to avoid heating the house, so the grill and Dutch ovens get a lot of use.

—Brad Jaeckel

## KALE, DELICIOUS KALE

I also want to give a plug for kale! You've probably realized by now that it is a staple on the Organic Farm along with Swiss chard. Kale has a knack for perseverance and seems to easily produce a continuous supply of beauty, great flavor, and nutrition. Yes, I said nutrition. Kale is considered a "super-food" for containing large amounts of vitamins A and C, potassium, calcium, and the same cancer preventing agents that all cabbages provide. We begin to see lots of kale put into the exchange box as the season progresses but I'd like to encourage you to take this wonderful vegetable home with you. It is incredibly easy to cook with in stir-fries, soups, baked dishes, and salads. I think you'll be surprised if you just give it a chance!

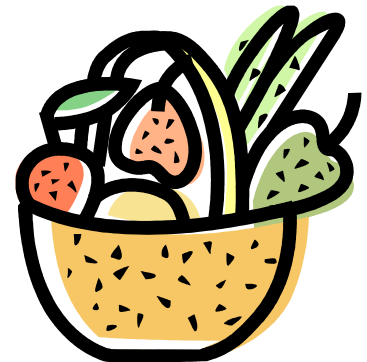
### Pick-up days and times

- **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.*

### Don't forget!

The U-Pick Flower Garden is now open on Friday afternoons during the CSA pickup.





I love Kale. No seriously, I absolutely love it. Not only is it delicious, but it is one of the most nutritious vegetables you can eat. It is full of vitamins A & C and is a good source of calcium and iron. I've never tried roasted kale, but have heard great reviews so I included a recipe. Enjoy!

—Marcia Gossard

## GRILLED WALLA WALLA SWEETS

Walla Wallas are good sliced raw in sandwiches, burgers, tacos, salads or sautéed with whatever you may be sautéing.

They are also delicious halved, drizzled with olive oil and grilled. They do not need to be peeled, but do not put them directly on the heat source (charcoal or gas). Grill for about 1/2 hour to 45 minutes until soft and browned on the cut side. Salt and pepper to taste after grilling. Done this way they are very sweet and go with a variety of grilled meats, and fish.

## ROASTED KALE

from [http://healthycooking.suite101.com/article.cfm/roasted\\_kale](http://healthycooking.suite101.com/article.cfm/roasted_kale) (you will also find two more kale recipes on this site).

4 cups firmly-packed kale  
1 tablespoon extra virgin olive oil

1 teaspoon good-quality sea salt,  
such as Maldon or Cyprus Flake

Preheat oven to 375 degrees. Wash and trim the kale: Peel off the tough stems by folding the kale leaves in half like a book and stripping the stems off. Toss with extra virgin olive oil. Roast for five minutes. Turn kale over. Roast another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately. Makes 2 servings.

## SAUTÉED KALE WITH GARLIC AND VINEGAR

from *Chez Panisse Vegetables* by Alice Waters

This is a basic method of cooking greens that works equally well with nearly all the leafy greens. It also makes a simple pasta dish: Put on some pasta to cook while you sauté, and when the noodles are done, toss them together with the greens, moistened with a little more olive oil and a ladle of the pasta cooking water.

2 bunches of kale (about 2 pounds)  
3 tablespoons olive oil  
Salt

2 cloves garlic  
1-2 tablespoons red wine vinegar

Strip the kale leaves off their stems and cut away the tough midribs of any large leaves. Chop coarsely and wash in plenty of water. Drain well, but do not spin dry.

Heat a large sauté pan and add the olive oil and enough kale to cover the bottom of the pan. Allow these greens to wilt down before adding more. When all the kale has been added, season with salt, stir in the garlic and cover the pan. The greens will take anywhere from just a few minutes to 15 minutes to cook, depending on their maturity. When they are tender, remove the lid and allow any excess water to cook away. Turn off the heat and stir in the vinegar. Serves 4 to 6.