

WSU ORGANIC FARM  
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**T**he cucumbers are here! Now the full shares will be thinking, “Yeah, I’ve been getting cukes for a few weeks,” but we now have cucumbers for all shares. The first ones that came on were the Tasty Jade Asian cucumbers that we grow in one of the hoophouses. These are usually very long “burpless” fruits that are also all-female and parthenocarpic. Wow, there are some new terms for you. Some cukes contain chemicals that make them bitter and hard to digest and the ones that don’t are referred to as “burpless.” Flowers growing on all-female cucumbers will all produce fruit and parthenocarpic means the fruit can set without pollination. This is an important trait if grown in a greenhouse or hoophouse where there are not as many insect pollinators as out in the field.

The Asian cukes are started earlier in the season as they are usually protected from cold weather in the hoophouse. This year we lost almost all of our first planting to a late-frost but were lucky to find replacements from Affinity Farm. The transplants are set at one foot spacing in a single 45 foot row in the hoophouse. Each plant is then trellised on orange poly-twine (salvaged from hay and straw bales) that is suspended from a steel wire that is stretched tight above the bed and attached to either end of the hoophouse frame. Once the plants are about 1 1/2 feet tall the twine is wrapped around the vine and allowed to climb vertically. This saves

greatly on space and encourages straighter growing fruit.

Out in the field it’s a different story! We are growing Market More, a standard American slicer, and Lemon, a small rounded pale yellow cucumber. These both come on later but will produce heavily through the remainder of the summer. We transplant these crops also in a single row but space 2 feet apart with no trellis. The vines are allowed to grow within the bed but not out into the pathways. All of our cucumbers are great slicers and we love them with fresh salads and sandwiches.

For those of you that missed the field day we are planning a Sunday afternoon picnic for all CSA members at the farm early in September. We haven’t set on a date yet but would like to ask for volunteers to help put this event on. So, for you CSA members that asked for more community-type events in last year’s survey this is your chance to have a hand in the organization. Please contact Francene Watson if you are interested in helping at: [fwatson@wsu.edu](mailto:fwatson@wsu.edu)

--Brad Jaeckel, manager

**The u-pick flower garden is now open! CSA members can pick one reasonably-sized bouquet per week while the flowers are in bloom. Friday afternoons are best (3-6pm) or you can schedule an appointment through Brad.**

Francene Watson is also this week’s featured student. She moved to Pullman last year to continue her education at WSU as a PhD candidate in Cultural Studies and Social Thought in Education. Francene was formally a high school English teacher in Seattle but brought her family to Pullman where they love just about everything outdoors. For her summer project she will be spearheading the September Farm Picnic coming up next month. Stay tuned as she will be letting you know more soon.



Francene has been loving all the great arugula this year and has mostly been adding it to her other salad greens with roasted beets, soft goat cheese, pine nuts, olive oil, and salt/pepper. A great summer salad!

Whenever we serve this pesto, people always ask for the recipe. As the name implies, it is not for the flavor- or calorie-averse! We usually make pesto in large batches, keeping a supply of small jars at hand for freezing. Note that the recipe below makes enough of the basic sauce for two batches (because we can't imagine making less than that!); you'll always want to add the cheese and fried garlic/nuts the day you serve it. Variations are easy: substitute other cheeses (e.g., feta or bleu) for part of the parmesan, arugula for the basil, scapes for the uncooked garlic, dried tomatoes (or a roasted red pepper) for the sugar. With the onslaught of beans we turn to what we call spicy lime dressing. We serve it with beef stir-fried in peanut oil and tossed with steamed green beans; you can also just put the dressing (with or without meat) on green salads, but serve immediately as the high salt content will quickly wilt the lettuce. --Valeri

### **Trent's Hearty Pesto**

(from the Smith/Schillberg Kitchen)

¾ C (firmly packed) fresh basil leaves  
2 heads (8-10 large cloves each) garlic  
1 C extra virgin olive oil  
½ C pine nuts

1 t sugar  
2½ C (loosely packed) freshly grated Parmesan  
cheese (approx. 1/3 pound)

Peel the cloves from one head of garlic and chop very coarsely (so each clove is sliced into 2-4 pieces). In a small saucepan, heat ½ C of the oil over medium-low heat and add the chopped garlic, stirring occasionally. When the garlic starts to brown, add ¼ C of the pine nuts. When garlic is crispy golden brown on the outside (but still chewy on the inside) and the nuts are just starting to turn brown, remove from heat and set aside to cool.

Add basil and sugar with remaining garlic (peeled, but no need to chop), olive oil, and pine nuts to a blender or food processor and puree until smooth. Transfer half of this mixture to a 4-ounce (½ C) jar, for storage in your freezer until the next time you make this dish. In a serving bowl, combine cheese, remaining pesto mixture, and the fried garlic/pine nuts/oil (now cool enough that it won't melt your cheese). Serve as a spread on bread, or combine with roasted walnuts or sautéed chicken breast and serve over pasta.

### **Thai Style Dressing (Spicy Lime Dressing)**

(adapted from a cooking class by Don Skipworth)

2-4 T good quality Thai or Vietnamese Fish Sauce  
½ C lemon or lime juice (about four limes)  
¼ C granulated sugar  
4-6 cloves garlic (bruised to remove peel and  
coarsely chopped)

4 (or more) Serrano chilies (stems removed,  
coarsely chopped)  
Salt  
¼ C oil (peanut, flax, or canola) (optional)

Pound the chopped garlic and chili together in a mortar and pestle to form a smooth paste; a pinch of salt helps. Combine the spice paste with the remaining ingredients and mix well to dissolve the sugar. Use more or less fish sauce and sugar according to personal taste for saltiness and sweetness, respectively. Refrigerate covered until ready to use. For best results, use the same day. Makes about 1 cup.

### **Sauteed Zucchini with Garlic and Lemon** serves 4 to 6

(from *Vegetarian Cooking for Everyone* by Deborah Madison)

2 tablespoons olive oil  
2 garlic cloves, sliced  
1 ½ pounds zucchini, thinly sliced or diced into  
small cubes

Salt and freshly milled pepper  
2 teaspoons finely grated lemon zest  
2 tablespoons chopped herbs, such as dill,  
marjoram, and basil

Heat the oil in a wide skillet, add the garlic, and cook over medium heat until it begins to color. Raise the heat, add the zucchini, and sauté until heated through. Lower the heat and continue to cook, turning occasionally, until tender and golden around the edges, 8 to 10 minutes. Season with salt and pepper, toss with the lemon and herbs, and serve.