

**WSU ORGANIC FARM  
201 JOHNSON HALL  
PULLMAN, WA 99164-6420**

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The green beans are on and the tomatoes are close behind. Last week was the first week we had beans for all shares and hopefully we'll continue to have enough for all shares for at least the rest of the month. Beans are frost sensitive and will die back once we get a frost, probably by mid-September. I know it seems a little early to be talking about frost but it's really not that far away. So enjoy summer while it's here!

Provider bush beans are the first beans that are ready and they are a low-growing bush type that is a traditional American variety and is very productive. To ensure a continuous harvest we have multiple plantings of beans. After the first of the Providers taper off we will get into the pole beans. We have the traditional Kentucky Wonder, which we saved seed from last season, and a French filet style bean called Fortex. Both of these beans need extra support, and we have installed a nice reusable trellis this season. With funding from the WSU BioAg program we were able to purchase 6' tall welded wire fencing and 8' T-posts to secure the fencing.

The process begins with planting the beans in a straight row and laying one line of drip tape over the beans for irrigation. After the beans have come up, we give them some good weeding and wait for them to form vines. They do this at about 6 inches and it's important to get the trellis up soon after. We put in the T-posts every 10' and then unroll the wire fencing between the posts and attach with heavy twine. Most of the beans will easily find the fencing and begin to wrap themselves upwards, but some of the plants need some training to get established onto the wire. Our first planting of pole beans is soaring over the top and coming back down the other side now. An impressive wall of green! The plants are full of flowers and will soon have beans to pick.

Oh, the picking...this is actually the hard part. We usually have a crew of 4 harvesters



working in the beans for an hour or two each harvest day. It takes a long time to individually pick each bean and we like to have at least 50 pounds per harvest. Once they are picked, they get weighed and then bagged at the scale. So the next time you're enjoying your summer green beans take a moment

and think about the pickers and other work that went into producing that one crop. Speaking of farm help, here is a photo of Haley, our featured student from last week.

OK, a little housekeeping. We are back into the strawberries and would love to get any of the empty pint containers back. These are easy to clean and reuse and if given care will hold up for many uses. I'd like to also ask that CSA customers please refrain from coming to their pickup sites early. The people setting up the sites usually are rushed to get the boxes set up and table ready and they would appreciate your patience at these times. I know many of you have busy schedules as well, but remember that the farmers are putting in 12 hour days on Tuesday and Friday and would appreciate your consideration. Tuesday pickup starts at 4:30 and Friday starts at 3:00. Also, the U-pick flowers have been popular, and I would like to remind people to keep their bouquets to a medium size, out of consideration for other pickers.

--Thanks, Brad

The Sustainable Table and local participating organizations the North-Central Idaho Food Sustainability Collaborative, Rural Roots, University of Idaho Extension, Moscow Food Co-op and the Palouse Clearwater Environmental Institute cordially invite you to spend an evening **At Home on the Range** with Nikki and Joe Eaton of Eaton's Natural Beef. Enjoy a bus tour of the ranch, a dinner of gourmet grass-fed BBQ & seasonal produce prepared by local chefs, live bluegrass music & a breathtaking view of Wawawai Canyon, WA.

**When:** Sunday, August 12. Tour begins at 4:00 pm, Dinner to follow at 6:00 pm.

**Where:** Eaton's Ranch is located at 11601 Wawawai Road, Colton, WA, 15 miles southwest of Pullman, WA and 28 miles north of Lewiston, ID. Vanpool and carpool options to be arranged. Call for details.

**Price:** sliding scale from \$12 to \$20 for adults, less for children.

For more information and to register, please visit the registration site at

<http://www.ruralroots.org/sustainabletable.asp>, call 208-883-3462 or e-mail [ariel@ruralroots.org](mailto:ariel@ruralroots.org)

### **Mixed Greens Frittata**

(adapted from *Moosewood Restaurant New Classics*, by the Moosewood Collective)

I have made this recipe many times, always with great results. You can use many kinds of greens here: chard, spinach, kale, etc. You can substitute other fresh herbs, or even green onions, for the parsley and basil. You can easily double the recipe if you have a larger skillet.

2 cups chopped greens

¾ cup chopped fresh parsley

¼ cup chopped fresh basil

1 ½ teaspoons olive oil

4 eggs, lightly beaten

¼ cup water

¼ teaspoon salt

½ cup grated feta, Parmesan or Cheddar cheese

1. Pour oil into a 10-inch oven-proof skillet (such as a cast-iron skillet). Stir-fry the greens and herbs until wilted and tender. Turn off heat and set aside.
2. In a bowl, whisk together, the eggs, water, and salt. Stir in ¼ cup of cheese.
3. Stir the egg and cheese mixture into the greens in the skillet. Sprinkle the top with the remaining cheese.
4. Cook over medium-low heat, without stirring, until the edges are firm (about 5 minutes). The frittata should be mostly cooked – only the top will still be slightly undercooked.
5. Place the skillet under the broiler for 3 to 5 minutes, until top is firm and beginning to turn brown.
6. Cut into wedges and serve.

### **Leek Bruschetta**

(adapted from *Passionate Vegetarian* by Crescent Dragonwagon)

This basically involves sautéing sliced leeks in butter, and then piling them on slices of toast made from French bread. The recipe recommends cooking the leeks slowly for 15 minutes, in order to partially caramelize them. Season with salt and pepper. One note about leeks: be sure to clean between the leaves, where there is often dirt or sand. An easy way to do this is to slice the leeks lengthwise and rinse between the leaves.