

THE WSU ORGANIC STANDARD



Summer is in Full Swing at the Farm with Garlic, Onions, and Tomatoes!

The last two weeks have been busy ones for the farm. The end of July marks the end of our summer session class and the annual field day. We've had a great crew this summer, which made getting ready for this big event pretty easy. There wasn't a whole lot more to do than a little tidying up and making the place shine for our visitors. There was a great turn out with a mix of local visitors plus some folks from farther away to see the research trials that the farm is hosting this season. The crop with the most interest this year was quinoa, an alternative small grain that Kevin Murphy is working on bringing to the northwest. While this crop has traditionally been grown in South America it is receiving some attention now in the north where adaptive varieties are slowly gaining ground.

Once we made it past the field day and end of classes the garlic needed some serious attention! While it had seemed to have grown well we weren't expecting the soil to have dried into an impenetrable surface. Usually the garlic needs to be pried out with digging forks and a little weight. This year the forks wouldn't begin to break the soil and we needed to cut grooves next to the garlic to get the forks started. I can't really describe the frustration and hard work that went into removing the garlic bulbs from the farm this year but be assured it wasn't without lots of sweat and blisters! I haven't had a chance to talk with a soil scientist yet about this phenomenon but we believe that the extended wet conditions this spring are to blame for the extreme hardening of the soils. Some of the bulbs were able to mature normally but many weren't able to form completely and are disappointingly small. However, we will begin to place these precious flavorful gems into your CSA boxes over the remaining weeks. If you do receive garlic in the next couple weeks it is fresh and needs to be eaten soon. The rest will be cured in the harvest shed and will be fine to use normally as needed.

Last week also marks the first appearance of the famous WSU Organic Tomatoes! We are extra happy to say this crop is doing fabulous and will be gaining speed quickly with the recent warm weather. The first varieties to ripen are the heirloom Moskovitch, an early eastern European favorite, and New Girl, a hoophouse hybrid. We will be harvesting these tomatoes from the hoophouses until the outdoor slicers and cherry tomatoes begin to (CONTINUED on next page).

Get out Your Jars and Lids...Canning Shares are on the Way!

This season, the farm will advertise canning shares of cucumbers, beans, basil and more on a first come, first serve basis. Announcements will go out on Mondays for pick-up on Fridays, so stay tuned!

(CONTINUED from front page) ripen, usually by the end of August.

I also want to begin to advertise for our canning shares. We started this optional program last year with an early registration process but found that part to be too cumbersome. We will again be offering the canning shares to the entire membership but on a first-come, first-serve basis. We have a great crop of pickling cucumbers which you have started to see in the shares that we would like to offer in 15-20# boxes with additional fresh dill. This will be advertised on a Monday with the usual harvest list. If you wish to participate please email back and reserve your share to be picked up at the farm on a Friday. Other shares will include bulk green beans, basil for pesto, canning tomatoes, salsa share, and an end-of-season storage share. Watch for details as these become available.

~Brad

Canning Resources-Books, Websites and Classes...

While this list is in no way exhaustive, if you are new to canning, or trying your hand at canning something new this season, here are a few places to go for tips and safety information. If you have others, forward them my way and we'll try to get it in the newsletter!

~Jamaica

The National Center for Home Preservation

<http://www.uga.edu/nchp/>

Based at the University of Georgia, the website provides comprehensive instructions and safety information on all manner of food preservation, from canning and pickling to drying and smoking. Also included are seasonal tips and countless recipes. This is a great go-to site with dependable information assembled by research scientists from ten different universities as well as state cooperative extension centers.

The Ball Blue Book of Canning and Preserving Recipes

Ghose Press (July 27, 2010)

Bibliophiles will especially appreciate this hardcover volume, which includes reproductions of the illustrated Ball guides going back to the turn of the 20th century.

The Ball Complete Book of Home Preservation

Robert Rose (April 14, 2006)

If you are interesting in canning, this is a tremendously useful resource to have on your cookbook shelf. The hardbound book contains photographs, comprehensive instructions, and over 400 recipes.

Community Food Works' Preserve the Harvest Classes

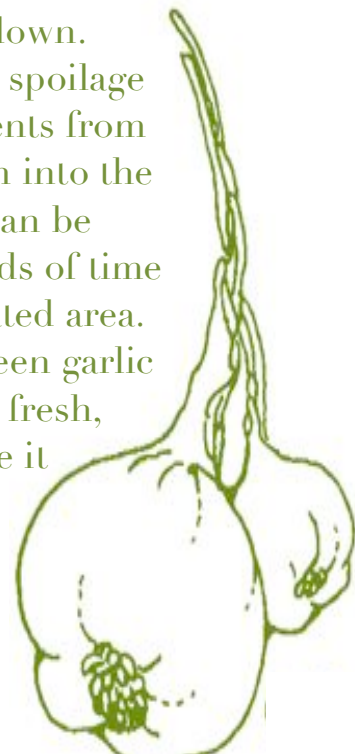
A joint effort of the Moscow Food Co-op and Backyard Harvest, the Community Food Works initiative is offering weekly food preservation classes on Saturday afternoons. Classes are \$15 and you go home with some of what you make (not to mention the skills to make more)! For more information, email education@communityfoodworks.org or visit the Moscow Food Co-op website's article at <http://www.moscowfood.coop/content/view/1954/203/>.

Green Garlic

Green garlic is freshly harvested garlic, typically with the leaves still in tact, all of which you can use. The flavor and use of the bulb is the same as garlic that's been dried, or "cured," but you'll find the flavor mild and a tad sweeter, while the cloves are crisp and juicy. Use the leaves as you would scallions, or substitute them for shallots. These fresh gems are an annual treat.

Most the year, we have cured garlic, or bulbs that have been allowed to fully dry down. This curing prevents spoilage and allows the nutrients from the leaves to go down into the bulbs. Cured garlic can be stored for long periods of time in a dark, well-ventilated area.

Because the green garlic we'll see this week is fresh, it's important to store it in a perforated plastic bag in the fridge. Make sure to use it in 1-2 weeks. And enjoy!



.....Garlic and Walla Walla Sweets.....

Heidi Swanson's Garlic Bread

This recipe comes from Heidi Swanson's food blog 101cookbooks.com, and the recipe is a take off on one of her dad's. This recipe is not for the faint of heart nor is it for vampires.

- 1 loaf French Bread or wide baguette**
- 1 2 heads of garlic**
- 1 2 sticks of unsalted butter**
- 1 bunch of chives (optional)**
- Zest of one lemon**

Slice the loaf of bread up the middle, mince or crush the garlic, mince the chives (if using), and zest the lemon. Place the butter in a small-medium sauce pan and melt over low heat. Add the garlic. Using a basting brush, slather the melted garlic-butter over both sides of bread. Be liberal about it and make sure the garlic chunks are evenly distributed. Sprinkle about half the zest over both halves. Bake the halves at 350 degrees for 10-15 minutes. Move to a broiler to brown it just a few minutes. Remove, sprinkle with the remaining zest and the chives. Slice and serve.

Grilled and Roasted Walla Walla Sweets

According to the Walla Walla Sweet Onion website (look it up at www.sweetonions.org), a French soldier brought the sweet onion seeds from Corsica to Washington and thank goodness! You can find many other interesting tidbits of info at sweetonions.org, as well as many recipes. Here is one that looks especially good. It comes from Tom Douglas of the Dahlia Lounge in Seattle. This recipe serves 2 as an entrée and 4 as an appetizer or side.

- 2 medium Walla Walla Sweets**
- ½ tablespoon of olive oil**
- ¼ cup plus 1 tablespoon pine nuts, toasted**
- 1 ½ tablespoons butter**
- ¼ teaspoon lemon zest**
- ¼ teaspoon fresh rosemary**
- pepper and salt, to taste**
- 1/3 cup freshly grated Parmesan cheese**
- lemon wedges and rosemary, if desired**

Fire up your grill and preheat oven to 375 degrees. Peel onions and cut in half, top to bottom. Brush onions with oil and place cut side down on the heated grill. Barbecue until grill marks form. Place on a cookie sheet and finish cooking in the oven until tender, about 25 minutes.

Meanwhile, make the pine nut butter by placing the ¼ nuts, butter, zest, salt and pepper, and rosemary into the

bowl of a food processor, and pulse until well blended. Spread the onions liberally with the butter. Return them to the oven to cook until the butter just melts about 2 minutes. Sprinkle with grated cheese and reserved tablespoon of pine nuts. Serve alone or over sautéed chard or other greens.



After the hard work of harvest, garlic bulbs hang in the shed to cure.

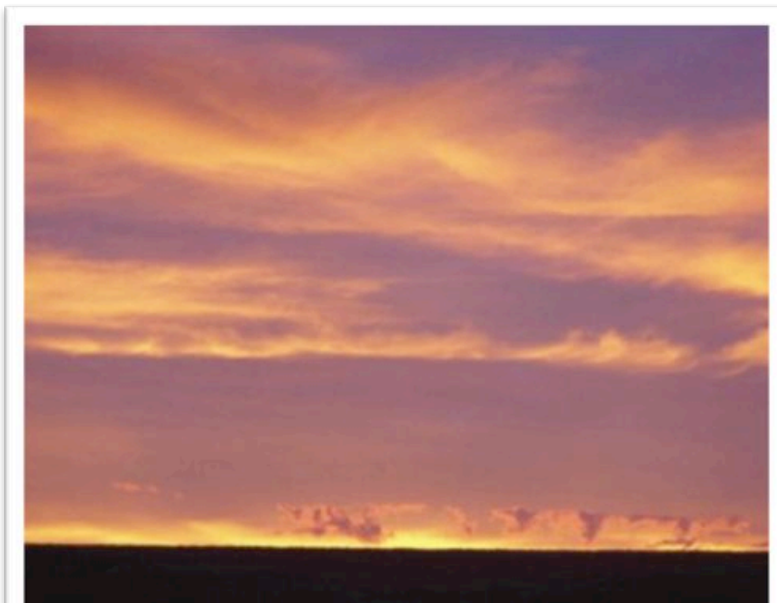
.....Recipes, continued.

Summer Panzanella

This is a summery salad recipe that incorporates many of the veggies and herbs we're receiving in our CSA these days. Panzanella (or Italian bread salad) recipes abound; this one is adapted from one found on the online version of *Saveur* (<http://www.saveur.com/>). Serves four.

½ cup extra-virgin olive oil
4 tablespoons butter
3 cloves garlic, peeled and sliced
half a wide baguette, or other good sourdough bread, cut into ½" cubes
4-5 ripe tomatoes
handful fresh basil, thinly sliced
2 tablespoons balsamic vinegar
salt and ground black pepper, to taste
any or all of the above: sliced cucumber, sliced onion, spinach or chard cut or
torn into bite-sized pieces, cubed fresh mozzarella, grated or shaved Parmesan

Preheat oven to 350 degrees. Heat ¼ olive oil and butter together in a large oven proof skillet over medium heat. When butter has melted, remove skillet and add garlic and bread cubes and mix well. Place skillet in oven and bake until bread crumbs are golden and crisp, 10-15 minutes. Remove skillet from oven and set aside to cool. Meanwhile, prepare the vegetables, herbs and cheeses and place together in a large salad or mixing bowl. Whisk together the remaining olive oil and vinegar, salt and pepper, and pour over the vegetables. Combine the toasted bread, and add more salt, pepper, garlic or basil as needed.



*Ah, Palouse summer evenings. Sunset snapped from the Jaekel's farm.
Photos courtesy of Brad.*