

THE WSU ORGANIC STANDARD

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WSU
Organic Farm

FEEDING THE COMMUNITY
TRAINING FUTURE FARMERS

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FLOWERS LOVE THE HEAT

With this wave of summer heat the crops are growing like crazy. The tomatoes ripened over night and we harvested over two hundred pounds of summer squash! Unfortunately, the weeds like the heat as well and most of our hot summer days are spent weeding.

The flowers love this heat and are in full bloom. The flowers are open for you-pick any time we are at the farm, which is Monday through Friday 8-4. You don't have to wait until your pick-up day to come out and pick some flowers. I encourage the Wednesday pick-ups to come out and take advantage of the free flowers! I had a lot of fun planning and growing them this year. I put a lot of

time and thought into planting flowers that will look great on the farm and last in a bouquet. Some of the best bouquet flowers are the snap dragons and the zinnias because they last forever as a cut flower and add color to any room in the house. As usual there are a large variety of sunflowers. I have four favorites that I grow every year and one or two new ones that I trial. My standbys are Moulin Rouge, Autumn Beauty, The Joker, and Strawberry Blonde. This year I am trialing ProCut Bicolor. So far I am not impressed with it because it is a short plant that produces one large flower on the main stem and has very few side blooms. I chose plants that will put out

as many blooms as possible so that we can enjoy them until the frosts hit.

This year is exciting for flowers because we changed the location so they would showcase our new enormous hoop house. Instead of three sixty foot flower beds there are five seventy-five foot flower beds. This allowed me to plant new varieties and more quantity. So please come out and pick some flowers.

—Jewlee Sullivan

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.*

Submit a Recipe!

Do you have a favorite recipe you'd like to see in the newsletter? Email me at mgossard@nasw.org.

— Marcia



ASIAN GREEN BEANS

This is a simple, but flavorful way to cook green beans. It is one of my family's favorite!

Steam green beans until just tender. Heat 1 teaspoon of dark sesame oil in a frying pan over medium-high heat. Toss in green beans and stir quickly. Add tamari or Bragg's Aminos to taste. Sprinkle with 1 tablespoon sesame seeds, if desired.

POTATOES LIKE PRAGUE

A good friend of mine was visited by her mom while living in Prague. When her mom returned, she came up with this recipe to remind her of the delicious potatoes she'd eaten in Prague. If it is too hot to turn on the oven, wrap them in foil and toss them on the grill. Enjoy!

12-16 new potatoes

1 tablespoons olive oil

Paprika

Salt

Preheat oven to 400-425 degrees.

Quarter potatoes and place in a large bowl. Add olive oil and toss. Sprinkle liberally with paprika until well-coated. Add salt to taste.

Spread potatoes on a rimmed baking sheet. Bake for 30-45 minutes until browned and fork tender.

TOMATO SALAD

from *Chez Panisse Vegetables* by Alice Waters

Choose the best tomatoes you have that are fully ripe, but not too soft. Slice large tomatoes in wedges or slices, cherry tomatoes in half. Moisten with balsamic vinegar (how much will depend on the sweetness and acidity of the tomatoes), season with salt and pepper, and drizzle generously with fine olive oil. Mix gently to keep the tomatoes intact and garnish with any of the following, singly or in combinations; basil leaves, torn, cut into a chiffonade, or left whole; garlic croutons; slices of fresh mozzarella or the time bocconcini mozzarellas; sliced red onion; brandade and tapenade crutons.