

WSU ORGANIC FARM
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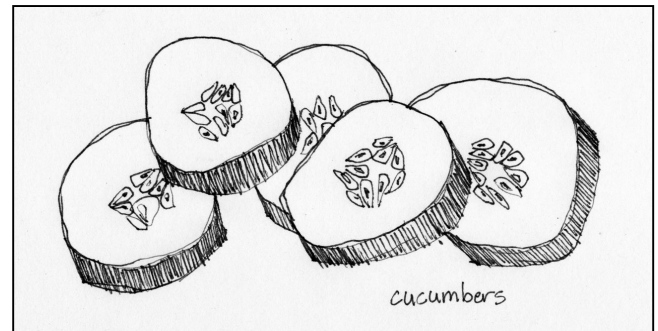
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Last week's hot weather has convinced the tomatoes that it's time to start ripening! We hope to start having tomatoes in the shares for sure by next week and we planted lots extra so let's hope they make it before summer is over. The extra heat has really helped many of the crops including the winter squash, corn, peppers, eggplant, and pumpkins. The pumpkins look great this year and we're already seeing the jack-o-lanterns turning orange. The sweet corn began to tassel two weeks ago and last week the silks at the tips of the ears began to show. We should have the first corn by the end of the month!

It's exciting to finally be into the great mid-season veggies but we are busy at the farm working on seeding and transplanting for the cool-season fall crops. Last week we transplanted the fall broccoli, a quick growing variety called Gypsy. And this week the kohlrabi and cabbages are going in next to the broccoli. These crops were all seeded early in July and will begin to get harvested in September and run through October.

We keep the young seedlings protected from the heat and intense sun with a canopy of shade cloth attached to the back side of the farm's tool shed. At about 3-4 weeks of age we slowly move the seedlings into full sun to harden them off before moving them to the field. This process is similar to what happens in the spring as we try to strengthen the plants before they are left to the rougher conditions of the field. The last plantings of salad mix, cilantro, arugula, radishes, and turnips will also go in this month. It's nice to be getting close to the end of planting and just focusing on harvesting and maintaining the gardens through the remainder of the season.

--Brad Jaeckel, manager



Kelly Uusitalo is this week's featured student and a relative newcomer to the Palouse. Kelly and her husband Mike (you'll hear more about him next week) moved to Pullman last August to enroll in the new



Organic Agriculture major. Kelly had been working at Bastyr University as a supervisor in the dispensary and wanted to learn more about the production of the botanical plants that she had been working with at Bastyr. She is also a dedicated "foodie" and loves cooking with organic foods. Cross country skiing and wild crafting herbs are high on Kelly's list for fun things to do.

The staff, students, and volunteers all take turns cooking lunch on harvest days at the farm and last week Kelly and Mike made a great anti-pasta bean salad. For the beans they used the remains of the farm's favas and another type of cooked dry bean. You can substitute steamed and chopped green beans.

The rest of the salad includes grilled summer squash, roasted red peppers, and sautéed onions and garlic. The dressing is a simple olive oil and balsamic vinegar mix.

Brad mentioned that we might get tomatoes this week, so I am including the Bruschetta recipe just in case. I couldn't pass up the first sight of them at the Farmer's Market and have already made the Bruschetta. I want you to be ready. This is a dish that really highlights a good tomato (of the sort now growing on the farm...), but do invest in a good loaf of bread for the occasion—you will not regret it! I was given this Indian cookbook as a gift this year and I have been waiting for the green beans to come to make this for Semolina as she loves Indian food and it has her name in the title. --Valeri

Bruschetta

(from the Smith/Schillberg Kitchen)

2-3 garlic cloves, peeled	Extra virgin olive oil, fruity and young
12 slices good, thick-crust bread, ½ to ¾ inches thick	2 T Balsamic vinegar
3-8 fresh, ripe tomatoes	Salt (optional)
Handful fresh basil leaves	Black pepper, ground fresh from the mill (optional)

Toast bread until surface is slightly browned and crusty. Rub one side of each slice with the garlic clove, so that garlic becomes infused in the bread. Drizzle each piece with a little olive oil and set aside. Dice the tomatoes and chop the basil, then combine with vinegar and more olive oil in a large bowl. Spoon a little of the tomato mixture over each slice of bread and serve immediately.

Semolina Noodles (with Vegetables and Lentils) serves 6 as a main course, 8 as a side dish
(from *Vig's Elegant and Inspired Indian Cuisine* by Vikram Vij and Meeru Dhalwala)

<i>Masala</i>	2 t turmeric
½ C canola oil	2 T ground coriander
½ T black mustard seeds	1 T chopped jalapeno pepper
2½ C finely chopped onions (2 large)	12 oz. Green beans, strings removed, chopped
⅓ C chopped tomatoes (half of 1 large)	

Heat oil in a medium frying pan on high heat for 1 min. Add mustard seeds, reduce the heat to medium, stir the seeds once and wait until you hear the first popping sound. Immediately add onions and stir well to make sure the seeds don't stick and burn at the bottom of the pan. When onions are golden, in about 5 min., add tomatoes, salt, turmeric, coriander and jalapeno pepper. Cook the masala for 2 or 3 min. Add green beans and cook for 5 min, stirring regularly. If you prefer softer vegetables, cook green beans for another few min. Turn off the heat.

<i>Lentils</i>	2 cups water
¾ C lentils	1 tsp salt

Wash and drain lentils 2 or 3 times. Place lentils, water and salt in a pot and bring to a boil on medium heat. Boil gently for about 10 minutes, or until lentils are tender but not mushy. Immediately drain lentils. Run cold water over lentils for 30 seconds, then drain for 5 minutes. Transfer to a small bowl and set aside.

<i>Noodles</i>	5 C water
2 T canola oil	1 t salt
5 oz. Semolina ("vermicelli") noodles, 2 in. long	

Heat oil in a medium pot on medium heat for 2 or 3 minutes. Add noodles and sauté for 3 to 4 minutes. When the edges of the noodles are browning and the noodles look darker overall, add water and salt. Cook, stirring occasionally, for another 5 minutes, or until much of the water has evaporated and the noodles are soft. Drain noodles over a large colander and run cold water over them for 30 seconds. Gently separate the noodles with a fork, then drain completely for another 5 minutes.

Add lentils and noodles to green beans and masala. Stir gently with a fork to ensure that everything is well mixed. Just before serving, heat on low, stirring gently but regularly, for 5 minutes. If the noodles start to stick to the pot, sprinkle 3 Tbsp of water into the pan.

NEWSLETTER BY VALERI, TRENT AND SEMOLINA
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