

WSU ORGANIC FARM
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As you probably noticed from last week's box, the onion selection is changing. Last week's leeks were a nice change for us at the farm and we'll be revisiting the leeks one or two more times. This week we are diving into the red-skinned cipollini onions! We've grown the yellow ones for the last couple of years and again this year but now have added a red one. The cipollini are, in my opinion, our



best tasting onion. They also have an interesting flat disk shape and will store very well when harvested later in the summer.

There are a few important steps in harvesting and keeping storage onions. The first is to bend over the necks of the onions once they start to fall over on their own. You can easily do this by just stepping on the necks without breaking them. At this point the onions don't need any

more water, so we make sure the irrigation is off.

In a couple of weeks the plants will have dried out and the necks need to shrivel down at the top of the bulb. Once this begins to happen we usually dig the onions out of the ground and lay them flat to continue drying in the sun. Hopefully the late summer rains hold off during this stage but if they don't, we bring the onions indoors to a shady location to finish drying. When the necks have fully dried, we cut them off with the roots and leave the debris in the field to be turned back into the soil. The onions can then be boxed or bagged in burlap or mesh and stored in a cool dark dry spot that does not freeze.

I will continue to let you know which onions and garlic will be good to keep or eat fresh. This week's onions will need to be eaten soon but the garlic should be OK to store now. The garlic is a hardneck called German Porcelain.

-- Brad

Troy Wilson is this week's featured student. Troy is in grad school here at WSU and is pursuing a PhD in Cultural Anthropology while struggling with grant writing to find continued funding. Sound familiar? Troy's project is looking at how food systems change and reproduce through time by looking at changes in the Washington apple industry over the last 100 years, and now looking closer to home at the small farm system on the Palouse. Originally from Spokane, Troy now resides in Colfax with his wife, and enjoys playing with his dog, Bagel, in his free time. Hiking, camping, and fly-fishing are up on the outdoor list, too. Troy has some quick and easy approaches to working with the farm produce...try raw turnip snacks, arugula sandwiches, and sliced kohlrabi on chicken pizza! All three of these vegetables will be returning to the boxes, so keep these ideas in mind!



Things to do with summer squash:

1. Add grated zucchini or summer squash to scrambled eggs or omelets.
2. Top pizza with grated zucchini, goat cheese, mozzarella cheese, red onion and basil.
3. Add sliced zucchini or summer squash to lasagna.
4. Make zucchini bread!

Zucchini Ankara

(from *New Recipes from Moosewood Restaurant* by the Moosewood Collective)

¼ cup olive oil
2 cups chopped onion
3 to 4 garlic cloves
3 zucchini and/or yellow squash, cut into half-moons about ½-inch thick (6 cups total)
1 teaspoon dried marjoram
1 cup cooked garbanzo beans
½ cup sliced, pitted black olives
1 tablespoon ground cumin, or 2 teaspoons dried mint
3 to 6 tablespoons fresh lemon juice
Salt and black pepper to taste
1 cup grated feta cheese (5 ounces)

1. Sauté the onions and garlic in the oil until onion is translucent.
2. Add squash and marjoram, and cook over medium heat, stirring often, until squash is just tender. Add ¼ cup water if the squash has not released enough juice in which to simmer.
3. Add the garbanzos, olives, cumin or mint, lemon juice and seasonings. (Salt lightly – the feta and olives add a salty flavor).
4. Continue cooking until everything is heated through.
5. Adjust lemon and herbs to taste. Ladle vegetables over rice, couscous or pasta. Top with feta cheese.

Calabacitas

(from *Passionate Vegetarian* by Crescent Dragonwagon)

“Calabacitas” means “squash” in Spanish. To this basic recipe you can add corn kernels or cooked beans.

2 teaspoons vegetable oil
1 onion, diced
1 finely minced Serrano or jalapeno pepper (optional)
½ teaspoon cumin seeds
1 tablespoon water or vegetable stock
6 small zucchini or other summer squash, cut into ¼-inch dice
¼ teaspoon salt, or to taste

1. Sauté onion in oil for about 2 minutes. Add hot peppers and cumin seeds, and sauté until onion is beginning to soften – 2 to 4 more minutes.
2. Add squash and water. Sauté, stirring often, until squash is crisp-tender – about 5 minutes.
3. Season with salt.