

THE WSU ORGANIC STANDARD

AUGUST 17, 2009



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YUMMY TOMATOES

The hot weather keeps the good stuff coming! The tomatoes took off this week, both in plant size and tomato ripening. The good news is that everyone will now be enjoying tomatoes until October. This is absolutely my favorite time of year because I am a bit of a tomato freak. Salsas and bruchettas are my favorite ways to eat tomatoes although this summer I have become a huge fan of grilled quesadillas with fresh tomatoes and spinach (I think chard cut up small would be an excellent spinach substitute). A new addition to the mix this year is jalapeño and Anaheim chilies. I recently roasted both of those peppers and added them to my salsa and quesadillas for an added kick. The results were delicious!

Last week you received a jalapeño in your box. I hope you enjoyed this little treat and are looking forward to more because as long as those plants are producing you will get jalapenos. The Anaheims will hopefully be in the box this week. They are a long green pepper that has a milder flavor than the jalapeno. They are excellent roasted.

The bell peppers and eggplant are looking good but they are still a few weeks off. The corn is also looking wonderful but is still a few weeks away. The potatoes last week were a variety called Mountain Rose and are by far the most beautiful potato I have seen with their pink flesh and pink skins. Look forward to seeing these at least once before the season is over.

Some of you may have noticed that the salad greens have not been as plentiful lately. If you love the greens be patient, they will come back. The hot weather really slows down the greens germination and encourages bolting so we have less lettuce than we plan for. With all the good stuff you are receiving right now you should enjoy the break from the greens! If you love your greens and want to make the salad mix go farther add some cut up kale or chard or beet greens to the salad. It's a great way to use up the kale and chard if you still aren't using them!

—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

WSU Organic Farm

FEEDING THE COMMUNITY TRAINING FUTURE FARMERS



MANGO SALSA

This is a simple and delicious recipe from a good friend of ours. It is a good way to use any jalapeños you get in your box!

1 mango, peeled and diced
1/2 cup minced red onion
1/4 cup cilantro leaves, chopped

4 teaspoons fresh lime juice
1/2 seeded, minced jalapeño pepper

Combine ingredients, chill and enjoy! If you don't have a mango, use a peach or two. Or you can also use mango and peach together.

TOMATO AND BASIL BRUCHETTA

from *Chez Panisse Vegetables* by Alice Waters

Slice large, ripe tomatoes into thick slices and season well with salt and pepper. Fry thick slices of crusty country bread in a heavy skillet in 1/8 inch of olive oil until they are golden brown on both sides (or grill the bread over a fire). As the bread fries, you will need to add more oil to keep the pan from going dry. Remove the bread slices from the pan and drain them briefly on a towel. Rub the bread slices generously with garlic. Top each slice of bread with a thick tomato slice and a basil leaf, and season with salt and pepper. Drizzle a little extra-virgin olive oil over the tomatoes and serve.

ROASTED TOMATO SAUCE

from *Chez Panisse Vegetables* by Alice Waters

2 pounds ripe tomatoes
1/4 cup olive oil
1 large yellow onion
1 medium leek
1 small carrot

1 head garlic
1 bay leaf
1 sprig thyme
1 small bunch basil (about 1/4 pound)
Salt and pepper

Preheat oven to 350 degrees.

Cut out a cone at the stem end of the tomatoes to remove the core, and cut the tomatoes into quarters. Toss with half the olive oil. Put the tomatoes in a baking dish and roast them, uncovered, for 30 minutes, stirring a couple of times to encourage even cooking. The tomatoes are cooked when the flesh is very soft and the skin separates easily from the flesh.

Peel and slice the onion. Trim, wash, and dice the leek. Peel and dice the carrot. Cut the head of garlic in half horizontally.

Heat the remaining olive oil in a stainless steel or other nonreactive pot (aluminum reacts with the acid in tomatoes and spoils the flavor). Add the vegetables and the garlic and cook the vegetables over medium heat until completely soft, about 10 minutes. Add the roasted tomatoes and the herbs. Simmer, stirring frequently to prevent scorching, until the flavors come together, for 30 to 45 minutes. Pass the sauce through a food mill and adjust the seasoning with salt and pepper.

Makes about 1 quart.