

THE WSU ORGANIC STANDARD AUGUST 28, 2007

WSU ORGANIC FARM
201 JOHNSON HALL
PULLMAN, WA 99164-6420

PROJECT MANAGER: BRAD JAECKEL
JAECKEL@WSU.EDU; 509-432-3716
WWW.CSS.WSU.EDU/ORGANICFARM

This past week has been busy again with the university geared back up for fall classes. Some of our summer students are back in town and able to help out again on harvest days. We typically get a lull in student involvement between the end of summer session in July and the beginning of the fall term. We've managed to hold it together and are very happy to get the extra hands back as the fall harvests tend to get bigger. The root crops like potatoes, beets, and carrots all take extra long to wash and that, along with picking beans and strawberries, seems to make for a long harvest day.

The farm has also begun a weekly farm stand on campus in the main mall area near the CUB. This is something we've wanted to do for awhile but just haven't had the time or people to help make it happen. But this year the Sustainability Club along with Jewlee are making the farm stand a regular event every Wednesday between 11 and 1pm.

The Sustainability Club began about 2 years ago and has been searching for different

projects to take on that really represent their efforts to promote and strengthen sustainability at WSU. We are very happy they're taking the time to help put the farm stand together and manage the logistics of such an endeavor. The time slot seems perfect, too. I hadn't really been around the mall area during those times but there really are hundreds of students and staff flowing through. We're hoping this time and location will gain the farm some good exposure on campus, and we hope to recruit more students into the program and into the Sustainability Club.

The stand will be offering a good variety of produce but it will take a couple weeks to see what people are really interested in. The orchard will be sending fruit along, and right now that means peaches and plums. So, if you are on campus or know of others who are please spread the word that there is fruit and vegetables available during Wednesdays, 11-1.

-- Brad

Amy Snively-Martinez is this week's featured student and we are glad to have her back for the rest of the harvest season. Amy is a busy person, balancing grad school with raising a family. She is seeking her master's in Horticulture and Landscape Architecture while caring for her two-year-old son Luis with her husband here in Pullman. Amy's project addresses access to seasonally fresh fruits and vegetables for Latino migrant farm workers and she knows this situation well from living in many different farming areas in Washington State. When Amy does have free time, she loves being outdoors hiking or working in her garden plot at Koppell Farm.



She has lots of great ideas for using the farm veggies but thought this easy pesto recipe would be good while we still have basil. Take 2 bunches or handfuls of fresh basil, ¼ cup oven roasted walnuts, at least 2 cloves garlic (but she thinks more is better), 3 Tbs olive oil, and ¼ cup grated parmesan cheese. Combine all ingredients in a food processor with a little salt. Try adding a little water if you want a creamier consistency!

If you have a lot of carrots hanging around from all the wonderful carrots we have been receiving, the following recipes will help.

Herbed Carrot Soup

(from *Moosewood Cookbook New Revised Edition*, by Mollie Katzen)

This is a delicious soup. I use a blender rather than a food processor to puree the soup, because that makes the soup smoother.

2 pounds carrots, peeled and chopped
1 medium potato, peeled and chopped
4 cups water
1 tablespoon butter or oil
1 cup chopped onion
1 ½ teaspoons salt
2 medium cloves garlic, minced or crushed
½ teaspoon dried thyme
½ teaspoon dried marjoram or oregano
1 teaspoon dried basil
1 to 2 tablespoons lemon juice (optional)
Small amounts of fresh herbs, such as parsley, chives or mint, for topping the soup (optional)

1. Cook carrots and potato in the water until they are tender (10 to 15 minutes).
2. Meanwhile, sauté onion with the salt in oil until onion is soft (about 5 minutes). Add garlic and dried herbs and sauté a few more minutes – make sure the garlic does not burn.
3. Puree everything together in a blender. Transfer to a soup pot and simmer gently for 8 to 10 minutes.

Baked Carrot “Pancake”

(from *Sundays at Moosewood Restaurant*, by the Moosewood Collective)

1 ½ cups grated carrot
½ cup finely minced or grated onion
½ cup bread crumbs or wheat germ
4 large eggs
¾ cup milk
½ cup flour
1 to 1 ½ teaspoons salt
scant ½ teaspoon thyme, scant ½ teaspoon nutmeg, ¼ teaspoon ground cumin seeds, ground black pepper
1 tablespoon oil
sour cream, applesauce, and/or cranberry sauce, for toppings

1. Preheat oven to 450 degrees F.
2. Combine carrots, onions and bread crumbs or wheat germ in a bowl, and toss to mix.
3. Blend eggs, milk, flour and seasonings until smooth. You can use a blender or a hand-crank egg-beater.
4. Heat a tablespoon of oil in a heavy oven-proof skillet (9 to 10 ½ inches). When skillet is hot, pour in the pancake mixture, making sure carrots are evenly distributed.
5. Place skillet in oven and bake for 20 minutes.
6. Turn heat down to 350 degrees F, and bake for 10 to 15 more minutes. Pancake should be light brown, puffy and crisp.