

WSU ORGANIC FARM
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Wow! The end of the summer crops are finally shaping up. Tomatoes, eggplant, peppers, and hopefully corn this week are gracing us with their tasteful and glamorous flavors. I'm more than happy with the outdoor tomatoes and really happy that we were able to pull off growing those during such a strange year. We've been able to give all shares substantially more tomatoes from the beginning of the harvest this year with the addition of the outdoor crop. And the same is true with the peppers that many of you asked for last year. We are trialing a small purple pepper that tastes more like a standard green pepper and a chocolate pepper that hasn't ripened yet. But mostly we stuck with our favorite sweet red bell pepper called 'Red Ace.'

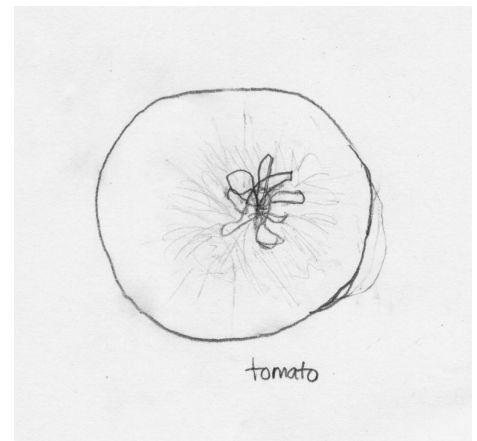
As for the eggplants the clear winner as far as productivity and early ripening go is 'Orient Express,' the long slender Japanese style eggplant. We also have tried two Italian types that are slowly getting there but don't show much promise. I had good success with 'Orient Express' last year in my hoop house at home but wanted to make sure there wasn't another variety that might be a good addition. So after working with our three choices this season we will cut the two worst varieties and

stick with only one. That way we will hopefully

be able to produce enough eggplant in the same amount of space to provide each CSA share more than one fruit per week. Please feel free to give us some feedback on how you like cooking with these guys as that really does help us determine what and how much to grow.

Don't forget the CSA Picnic is coming Sunday the 7th at the farm. If you didn't get a chance to RSVP to Francene please come on anyway. There will be plenty of good food for all. And please remember to bring back any plastic berry containers, twist ties, rubber bands, and ziplock bags that you may get through the CSA so we can reuse those items. We also appreciate any paper or plastic shopping bags for those many folks that either forget their bags or choose not to bring any. I'm very much opposed to purchasing brand new grocery bags when there are so many already in circulation so let's keep those bags in use!

--Brad Jaeckel, manager



Troy Wilson came to the farm last summer as a student in the field course but has stayed on this year as one of our much-appreciated volunteers. Troy works about 4 hours every Tuesday in exchange for a half share CSA but also is helping Brad get much of the farm production, sales, and purchasing data entered into computer spreadsheets. This has been a huge help for the farm but Troy is applying much of this work towards his PhD thesis, which covers our local food system. Try Troy's recipe below with those fresh eggplants.

We are in full tomato-processing mode at our house lately, buying boxes and boxes from the farmer's market to supplement what we get in the CSA. After being spoiled with vine-ripened tomatoes all summer, we dread buying the tasteless toms found in local supermarkets in February, so we sauce and dry all we can while the good ones are available. The sauce recipe below is our favorite "base" recipe, though we alter it by cooking it in large batches, adding plenty of roasted peppers (stems and seeds removed, then pureed), and simmering overnight to concentrate the flavors. It can then be eaten as-is as a soup (garnish with strips of roasted chilies and tortilla chips) or used in enchilada sauce, spaghetti sauce, bean chili, etc. To efficiently store in the freezer, ladle two-cup portions into quart-size zip-lock bags, stacked flat until frozen. --Valeri

Eggplant Pesto Makes one medium bowl.
(submitted by CSA volunteer Troy Wilson)

1 Medium eggplant, ends trimmed	3 T Olive oil (+ 2 T)
50g Walnuts, lightly toasted	4 T Parmesan, grated
3 Cloves garlic, chopped	Pepper, to taste
18 Large fresh basil leaves, coarsely chopped	Salt, to taste

1. Preheat the oven to 180°C (350°F).
2. Spread walnuts on baking sheet and toast until fragrant and lightly browned, about 10 minutes.
3. Let cool and then chop coarsely.
4. Fill a medium pan with salted water and bring to a boil
5. Add the entire eggplant and simmer covered until cooked through.
6. Drain the water from the pan and let the eggplant cool.
7. Heat 2 T olive oil in a small skillet over moderately high heat.
8. Add the garlic and sauté until light brown.
9. Add all ingredients into bowl of mixer and process until well blended and totally pureed.
10. When serving the pesto in a bowl, sprinkle a bit of extra olive oil over it.

Remarks:

You could very well use strong Provolone cheese instead of Parmesan. You can also roast eggplant in oven; it takes more time, but will add a smokey flavor to pesto. I use walnuts and sometimes pecans, but other toasted nuts work. Instead of using roasted garlic, you can also process it fresh. You can also make this pesto in a mortar, but it will be a bit messy thanks to the eggplant!

Grilled Tomato Sauce with Garlic

(from *Vegetarian Cooking for Everyone* by Deborah Madison)

2 1/2 pounds ripe tomatoes	15 garlic cloves, unpeeled
About 3 tablespoons vegetable oil	Salt
1 teaspoon dried oregano, preferably Mexican	

Toss the tomatoes with a little oil to coat them, then grill, broil, or sear in a heavy skillet until wrinkled and charred in places. Toast the oregano in a dry skillet until fragrant, then remove to a dish. Toss the garlic cloves with enough oil to coat lightly, then put them in the same skillet. Cover and cook over medium heat, shaking the pan occasionally, until browned on the outside and tender when pressed. Peel the garlic when cool enough to handle.

Puree the tomatoes and garlic in a blender until smooth. Heat 2 tablespoons oil in a wide, deep skillet over medium-high heat. Pour in the tomato sauce and add the oregano. Simmer the sauce, stirring frequently, until it's thickened, about 10 minutes. Season with salt to taste.