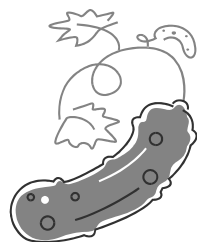


WSU ORGANIC FARM
201 JOHNSON HALL
PULLMAN, WA 99164-6420

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

Summer is still here and that means just a little more summer squash, cucumbers and green beans. These will be the first crops to be hit by a frost when it does come.



Meanwhile we have been busy planting fall brassica crops that are frost hardy and will be ready late this month or by October. This includes head cabbage, kohlrabi, bok choy, Napa cabbage, and broccoli. These five crops were seeded back in July to be ready to transplant in time

to produce a harvestable crop before the CSA ends.

For broccoli this has been a challenge for us for the last two years. I've tried a different variety than what we grew in the spring, and I hope it will mature more quickly. We also seeded it earlier this year so we could transplant it to the field with enough warm weather left to encourage strong initial growth. Three weeks after transplanting each of these crops, we weed and fertilize again to keep them

strong and healthy. In addition they are all covered with the white floating row cover to discourage insect damage and protect from fall frosts.

We will also have direct-seeded brassicas coming soon. These include turnips, radishes, more arugula, stir-fry mix, and broccoli raab! This first week of September is the last week of the year that we can successfully seed any of these quick maturing crops, and that is a welcome time of year for us.

Last week we seeded the last salad mix and cilantro beds and now as these crops are harvested, we will begin to get the beds ready for the winter. As enough space opens up we seed these areas to winter cover crops such as vetch, fall rye, or Austrian winter peas. These crops help protect the soils from wind and rain erosion during the winter and then provide needed organic matter when turned under in the spring. The farm begins to take on another face as we move into fall.

-- Brad

Kennon Kuykendall is our newest student on the farm, just coming on before the start of the fall semester. Kennon and his wife Liz have actually been CSA members since last season and it wasn't until he approached me about the class that I learned he was a grad student at WSU. He's currently working towards finishing a master's degree in sociology and has been focused on researching public opinions on nuclear power. Liz and Kennon currently live in Pullman and have just taken over a weedy plot down at the Koppel Community Gardens where they are putting some of Kennon's new skills to work. Check out his recipe for green beans on the back of the newsletter!



Sautéed Green Beans with Mushrooms

(From *Vegan with a Vengeance* by Isa Chandra Moskowitz)

1 tablespoon olive oil
3 cloves finely chopped garlic
1 ½ cups sliced cremini mushrooms
½ teaspoon dried oregano
2 teaspoons salt
a few dashes black pepper
½ cup vegetable broth
½ cup white wine
2 ½ cups green beans cut into 1 inch pieces

1. In a large nonstick pan over medium heat sauté the garlic in the olive oil for about 2 minutes, stirring frequently.
2. Add mushrooms, oregano, salt, and pepper, and sauté until the mushrooms begin to release moisture, about 2 minutes.
3. Add broth and turn the heat up a bit, bringing to a low boil. Simmer for about a minute.
4. Add white wine and green beans; cover and simmer for about 2 minutes. Uncover and cook for about 3 more minutes or until desired tenderness is reached.



Cream of Leek and Zucchini Soup

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

This is an absolutely delicious soup, and a great way to use up summer squash!

3 to 4 leeks, rinsed well and chopped
1 large onion, chopped
1 ½ tablespoons olive oil
1 ½ tablespoons butter
3 to 4 medium zucchini or summer squash, chopped
1 teaspoon salt (less if your vegetable stock is salted)
1 garlic clove, minced or pressed
1 tablespoon dried tarragon (I didn't have tarragon, so I used 1 teaspoon marjoram)
1 teaspoon ground fennel seeds
freshly ground black pepper to taste
3 tablespoons flour
3 cups vegetable stock
1 cup heavy cream, half-and-half, or milk (we used low-fat milk and it was great)

1. Sauté leeks and onions in oil and butter until onions are translucent – about 10 minutes.
2. Stir in zucchini, salt, and garlic. Sauté 10 more minutes, until zucchini is tender.
3. Add tarragon, fennel and black pepper. Cook for a few minutes. Remove half the vegetables and set aside.
4. Sprinkle flour into soup pot and stir until vegetables are coated. Whisk in the stock. Heat, stirring, until soup begins to thicken. Remove from heat.
5. Puree soup in blender or food processor. Return to pot. Add reserved vegetables and milk. Heat very carefully – do not let soup boil.