

WSU Organic Farm ♦ 201 Johnson Hall ♦ Pullman, WA 99164-6420
Project Manager: Brad Jaeckel ♦ jaeckel@wsu.edu ♦ 509-335-5893 ♦ www.css.wsu.edu/organicfarm

TOMATOES: ZAPOTEC AND SCOTIA

Many of the outdoor tomato varieties are now ripening and last week's tomato harvest was around 500 pounds! We've been experimenting over the last couple years to find good cultivars that can handle the farm's management style and our shorter growing season. Last season we tried growing all the outdoor varieties in large tomato cages but it's hard to find good cages that don't fall apart after one season. This year we tried using the cages just for the determinate, or shorter types, and a trellis system for the larger indeterminates. The trellis involves placing steel t-posts about every 10 feet along the row in line with the tomatoes spaced two feet apart. As the plants grow a natural twine string is stretched between the posts every vertical foot on either side of the

plants. The two lines of string hold the plant upright as it continues to grow keeping the mass of growth off the ground. We've had to add some smaller pieces of string at each level to tighten the longer strands so the plants don't fall over in the row.

As we're learning to implement this different system, it has become obvious that some varieties are better suited than others. Some cultivars have a much "bushier" growth habit and it seems like the ones that prefer to "vine" do better. All the plants need pruning and help staying within the twine, but overall I think this method will continue to work.

There are a couple new varieties that we're really excited about this year. Troy Wilson, one of our community volunteers and former student,

recommended an especially tasty heirloom from south of the border called "Zapotec." The wild-looking, pink, highly-ribbed tomato is on the table at the CSA pickups as we haven't grown enough of it to put in all boxes yet. Another hit is "Scotia," from Nova Scotia. It produces beautiful small round tomatoes just a little bigger than a cherry type. We're trying "Scotia" in the hoophouse and out to see where it does the best. These are just a couple that have really stood out for us and the rest of the new ones have yet to prove themselves. If they do make the cut they have the chance to make another appearance next year on our tomato line-up.

—Brad Jaeckel



WSU
Organic Farm

FEEDING THE COMMUNITY
TRAINING FUTURE FARMERS

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.*

Canning Tomatoes

Boxes of canning tomatoes are available for a reduced price.

Talk to Brad to set up an order.

CARROTS IN MANY COLORS

You've probably also noticed some of the unusual carrots varieties coming out of the field. Last year I was starting to hear a lot of buzz about different colored carrots coming back in style and as I perused the seed catalogs the carrot descriptions were just too much to pass up. I first trialed a mix of multi-colored carrots in one of my hoophouses at home and subjected my family to the taste tests. Many of our new crops get this treatment before making it to the WSU Organic Farm for full production. The carrots were a hit and we have grown three new varieties plus our standard orange carrots. The new ones are yellow, red, and purple and each has a little different carrot flavor and shape.

Carrots have a long history and the first ones to come into cultivation were actually deeply colored purples and reds. As farmers began to work with the breeding much of the colors were bred out of those earlier types. It really wasn't until the Dutch got serious about carrot breeding and worked aggressively to develop the now popular orange types that we now have. I hope you enjoy these new colors!



SAUTÉED BRUSSEL SPROUTS AND CARROTS

Adapted from *The Voluptuous Vegan* by Myra Kornfeld

This is one of my family's favorite vegetable side dishes. Enjoy!

- 1/2 pound Brussels sprouts
- Salt
- 1/2 pound carrots (2 medium or 4 small) cut in thick roll-cut pieces (2 cups)
- 2 tablespoons extra-virgin olive oil
- Freshly ground black pepper

Peel the outer leaves off the Brussels sprouts. Trim the stems, leaving enough to keep the heads intact. Cut the sprouts in half. (If using frozen, allow to thaw before trying to cut!).

Fill a bowl with ice water and set aside. In a pot of boiling salted water, blanch the carrots until they are cooked but crisp, about 2 minutes. Remove with a slotted spoon and refresh in the ice water to stop the cooking. Add the Brussels sprouts to the boiling water and blanch until crisp-tender, about 3 minutes. Add to the bowl of ice water to cool. Drain and set aside.

Heat a medium skillet until very hot. Add the oil to coat the bottom of the pan. Immediately add the Brussels Sprouts and carrots and sauté until lightly browned. Sprinkle with salt and pepper to taste (we use a generous amount of pepper).

FRESH TOMATO SAUCE

Adapted from *The Voluptuous Vegan* by Myra Kornfeld

In the August 17, 2009 newsletter, there is a recipe for a yummy roasted tomato sauce. This fresh tomato sauce recipe is lighter and easier to make. It is good over polenta, any pasta, or it can be frozen.

- 2 pounds fresh tomatoes, peeled and seeded*
- 3 tablespoons extra-virgin olive oil
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- Salt and freshly ground black pepper

Chop the tomatoes into 1/2-inch dice. In a medium saucepan combine the oil, garlic, basil and tomatoes. Cook over medium heat for 25-35 minutes, or until the tomatoes have released their juices and the water has cooked out. Add salt and black pepper to taste. You can puree the sauce in a blender, or serve it as is.

* Peeling and seeding tomatoes: Bring a pot of water to a boil. Cut out the core of the tomato by inserting the tip of a paring knife about 1 inch into the tomato at an angle just outside of the core. With a paring knife, cut around the stem, with blade angled inward, until you've made a cone around the stem. Lift it out and discard. Drop the tomatoes in boiling water and leave them 15 to 30 seconds, depending on ripeness. Ripe tomatoes will need less time. Remove the tomatoes with a slotted spoon and let them cool a minute. Skins should peel right off. To seed, cut in half and squeeze the seeds out of the tomatoes. Scoop out the remaining seeds with your fingers or a spoon.