

WSU ORGANIC FARM
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Thanks to everyone who made it out to the farm last Sunday for the CSA picnic to enjoy this fabulous early fall weather. Hopefully we will continue with the picnic in years to come. The cooler weather and, in particular, the cold nights have changed the harvests considerably. I actually heard from a friend with a garden plot at Koppel Farm they have had a killing frost and the squash has died back. We didn't get the frost but the cucumbers, summer squash, and green beans have all slowed down in production and will soon be done. I actually like this time of year and look forward to that first frost as that means the farm will begin to slow down!

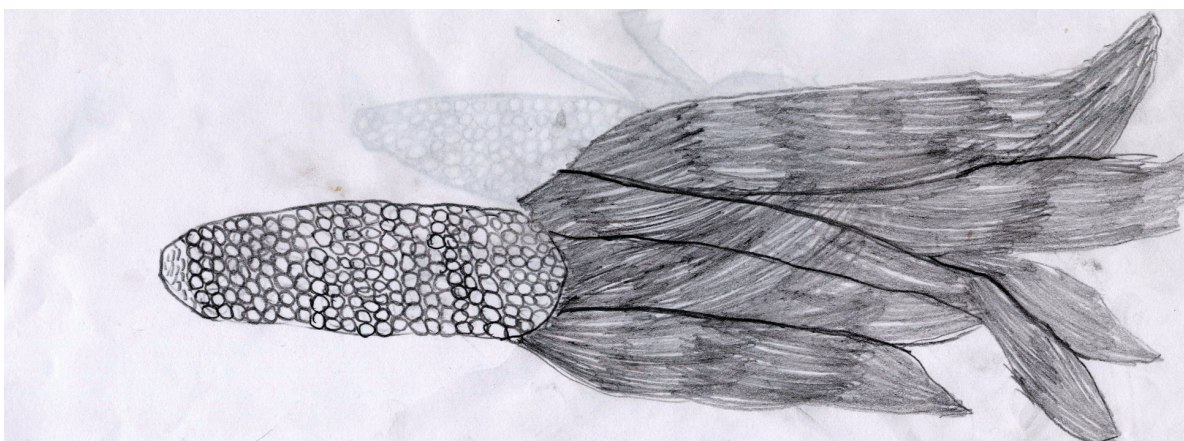
There have been lots of other veggies to harvest and the winter squash should make an appearance next week. I hope you're enjoying the sweet corn as this year's crop has proved to be the best yet. Last week we started harvesting 'Sugar Pearl' with the white kernels and 'Luscious' which is a bicolor corn. Both varieties are about 6 feet tall and are listed to mature in 72-75 days, which in actuality turns out to take longer but they are on the quicker end of the scale. Both of these were planted first and then followed by a planting of 'Spring Treat', which is a much shorter type that produces consistent yellow kernels. This second planting came about 10 days after the first but actually ripened about the same

time because it is a 66-day corn. I hope to have another week of harvest and the corn will tolerate light frosts if left on the stalk.

One of the amazing things about corn is that in order for the ears to have complete pollination every single silk at the tip of the ear must receive pollen from the tassel at the top of the stalk. The pollen falls from the tassels with the wind and lands on the newly emerged silks. After landing on the silk the pollen then travels down the silk and into the ear. Each silk represents a kernel on the ear and without proper pollination will not form. So when you find a blank spot on an ear you will now understand that there was a lapse in an incredible botanical process.

And how about those tomatoes?!? I think last week was probably the peak with a weekly total harvest of 360 pounds. We do have a surplus right now and are selling the extras to the Moscow Food Coop until the harvest begin to diminish. This is a great time to try fresh salsas, gazpacho, and all the other great recipes you can do with fresh ripe tomatoes. The garlic is now cured and will store well if left in a cool dry spot in your kitchen. The rest of the onions are now drying in the field and will also be good for storing after we get them boxed up in another week or so.

--Brad Jaeckel, manager



I am including the eggplant recipes that didn't fit in last week's newsletter. We doused our corn on the cob in water and threw them on the grill. When the outer layer was getting burnt we shucked them and enjoyed. You can also shuck, then boil or steam the corn for 5 minutes, and cut the kernels off the ear with a sharp knife, scraping any residuals into a bowl. Then spoon a useable amount into individual freezer bags and pop them into the freezer for later use. --Valeri

Sauteed Eggplant with Parsley and Pine Nuts

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

1½ pounds eggplant, peeled
Salt and freshly milled pepper
½ cup olive oil

¼ cup chopped parsley
1 large garlic clove
2 tablespoons toasted pine nuts

Cut the eggplant into ½-inch rounds, then into ½-inch cubes. Sprinkle with salt and set aside for 30 minutes, then blot dry. Heat the oil in a large skillet until nearly smoking. Add the eggplant and stir immediately to coat. Lower the heat to medium and cook, stirring occasionally, until the eggplant is golden and soft, about 15 minutes. Taste, then season with salt and pepper. Chop the parsley and garlic together and toss with the eggplant along with the pine nuts.

Roasted Eggplant Puree

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

1 pound eggplant
2 tablespoons extra olive oil
2 garlic cloves, put through a press or pounded
with salt

Salt and freshly milled pepper
Chopped parsley

Preheat the oven to 425 degrees. Slash the eggplant in several places so it won't explode. Put it in a pan and bake until it's soft to the point of collapsing, 30 to 40 minutes. Let cool for 15 minutes or so. Discard any bitter juices that may collect. Peel off the skin, then finely chop the flesh. Stir in the olive oil, garlic, and season with salt and pepper to taste. Mound it on a plate, garnish with the parsley, and serve with crackers or pita bread.

Basic Corn Bread

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

2 tablespoons butter
1 cup stone-ground cornmeal
1 cup all-purpose or whole-wheat pastry flour
½ teaspoon salt
2 teaspoons baking powder
2 eggs

¼ cup corn oil or butter, melted
2 to 4 tablespoons honey to taste
1 cup milk
1 cup fresh or frozen corn kernels

Preheat the oven to 425 degree F. Put the butter in an 8-inch square baking pan and set in the oven while it's heating. Meanwhile, stir the dry ingredients together and make a well in the center of the bowl. In another bowl, whisk together the wet ingredients. As soon as the oven is hot, remove the pan and brush the butter around the edges. Pour any excess into the wet ingredients. Quickly mix the wet and dry ingredients together, then pour the batter into the pan and bake in the middle of the oven until golden brown on top and beginning to pull away from the edges, about 25 minutes. Serve hot right from the pan.