

WSU Organic Farm ♦ 201 Johnson Hall ♦ Pullman, WA 99164-6420
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WSU
Organic Farm

FEEDING THE COMMUNITY
TRAINING FUTURE FARMERS

FROST IS COMING...SO ARE WINTER SQUASHES

Last Tuesday morning I had to scrape the ice off my windshield at my home in Moscow before heading to the early morning harvest. I live in the bottom off a small valley and usually get a first frost about two weeks before the WSU farm in September. Even though there was ice on the cars and grass, my home garden was somehow spared. I always find this time of year exciting as the nights get colder and the summer crops struggle to reach maturity. Jewlee seems to think it's more of a sad time because those early morning harvests in the fall can be awfully cold.

For most of the summer crops the first frost will mean an end in production, and for us an end in a lot of harvesting. The winter squash, how-

ever, is still maturing and will only be harvested when we have six weeks left in the CSA. We plan to have a different winter squash variety each week for those last six weeks of harvest. Right now the squash patch is impenetrable and it's hard to see what's lurking underneath the large canopy of squash leaves. The first hard frost usually knocks down that canopy enough for us to get a better look and see which varieties are ready. The Butternuts and Delicatas often are not done by then, but continue to darken in color after the frost. Next week will be the beginning of the winter squash and we are excited to see what's under all those leaves!

The pumpkins are also coming along very nicely. Most have al-

ready turned orange and for the specialty pumpkins there will be a few reds, blues, and whites. The pumpkins are mostly all together this year at the bottom end of the farm in our new one acre field. It will be a little haul to move them up to the harvest shed but most will be left in the field for the Harvest Celebration coming up in October. We are planning the annual event this year for Saturday, October 17, so put it on your calendars. There will be the usual hayrides, apple cider, and u-pick pumpkins and apples.

—Brad Jaeckel

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.*

Harvest Celebration

Mark your calendars for Saturday, October 17. There will be hayrides, apple cider, and u-pick pumpkins and apples.

GOODBYE CORN, HELLO BELL PEPPERS

Last week was the last of the sweet corn. The first week of corn harvest everyone received the white kernel variety, Luscious, which came on strong. Last week you may have had more of that or some of Spring Treat, a bi-color corn. Spring Treat was our second planting and it had very poor germination and that is the reason everyone received less corn last week. It also means we will unfortunately not keep the corn standing for the corn maze this year. It's just not worth keeping up unless it's a very full stand.

New this week is the bell peppers! We've been waiting for these babies for quite awhile. You've been seeing Anaheims and Jalapenos in the boxes for the last few weeks but the bell peppers take longer as we allow them to change color and reach full maturity. This year you will see both red and orange peppers and a fully mature bell pepper means higher levels of vitamins. Most green sweet peppers you see haven't reached their true nutritional potential. Enjoy!



JAMACIAN COOK-UP RICE

from *The Global Vegetarian* by Jay Solomon

Cook-up rice is an island way to use leftover vegetables and rice, says the author of this cookbook. So feel free to experiment and use anything you have in your box!

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| 1 tablespoon canola oil | 1 1/2 cups white rice |
| 1 medium yellow onion, diced | 2 cups peeled, diced winter squash, sweet potato, or carrots |
| 1 medium green bell pepper, seeded and diced | 2 tablespoons dried parsley |
| 1 medium zucchini or eggplant, diced | 1 teaspoon dried thyme |
| 8-10 medium button mushrooms, sliced | 1/2 teaspoon allspice |
| 1/2 to 1 Scotch bonnet pepper or other hot pepper, seeded and minced (optional) | 1/2 teaspoon salt |
| 2 cups water | 2 cups chopped greens (Kale, Swiss chard, beet greens, or spinach) |
| 1 cup reduced-fat coconut milk (or water, for a lighter version) | 1 15-ounce can red kidney beans, drained |

In a large saucepan, heat the oil. Add the onion, bell pepper, zucchini, mushrooms, and chili pepper, if desired and sauté for about 7 minutes. Add the water, coconut milk, rice, winter squash, and seasonings. Cover and cook over medium-low heat for 15-20 minutes.

Stir in the greens and beans and cook for a few minutes more. Turn off the heat, fluff the rice, and let sit on the stovetop for about 10 minutes. Makes 4 to 6 servings.

ROASTED PEPPERS

Adapted from *The New Vegan* by Lorna Sass

Roasted red or orange peppers are wonderful in salads, blended in soups, with pasta, in a vegetable stir-fry, or sandwich. Keep covered in the refrigerator for up to a week.

Gas flame: Set peppers over a high gas flame. Rotate with tongs until thoroughly charred.

Electric oven: Cut the peppers in half, removed the seeds, and core. Press firmly to flatten. Set cut side down under the broiler, as close to the broiling element as possible, until charred.

Wrap each pepper in a wet paper towel and enclose in a plastic bag. When cool, use the paper towels to rub off the skins (It's okay if a few charred bits remain intact). Core and seed the peppers (if not already done). If not using immediately, toss the peppers in olive oil and refrigerate in a tightly sealed container.