

WSU ORGANIC FARM
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The Orchard will begin fruit sales starting this Friday (11-6pm) and then Saturday (10-4). This will be for already picked fruit until the u-pick operation starts in a couple of weeks. They will be stopping cars coming into the Orchard on Fridays to make sure people aren't doing u-pick yet. Please be understanding and just let them know you are there for the CSA pick up if you are a Friday shareholder. To get more info on the fruit sales check out their website at: <http://www.hortla.wsu.edu/orchard/index.html>

I'm excited to have Bartlett pears in the shares this week as the first of some of the orchard's fresh organic fruit. The block of trees directly to the north of the farm is now certified organic after going through 4 years of transition. Normally this would take three years at the minimum but there was an application that was not an approved material four years ago, which led to another year of transition. All of the pears are in this 2½-acre block as well as some apples, raspberries, and some other small fruit. In the past we have had pears and apples go to the shares in October but we thought it would be fun to try the Bartlett pears, which come on first. These pears are hard when picked but only need to be left out on a kitchen counter for a few days to a week before ripening. This is different from the rest of the varieties, which actually require a period of chilling in the cooler before they will ripen.

The winter squash are also going to be in the boxes through the rest of the season. I plan for six weeks of squash and hopefully all our varieties will ripen in time this year. If you want to wait to prepare your squash they will keep wonderfully in a warm part of your house. This can be just on a counter in the kitchen but a dark closet works well, too. To ensure better storage ability it helps to wipe down the squash with a mild solution of grape seed extract, which will discourage molding. Make sure the stem is intact for good keeping and if not, go ahead and cook those first. If stored correctly your squash can keep through the winter and into next spring if you don't eat them all before.

--Brad Jaeckel, manager

Andrew Lawson is this week's featured student and a new recruit at the farm. He has just begun a master's program in sustainable agriculture and will be focusing on cover crop rotations in fresh market production. Andrew comes most recently from Ithica, NY, where he was working as a Horticulture research tech for Cornell. He enjoys gardening, running, hiking and especially cooking. If you have the time, try out his homemade flat bread pizza recipe!

Dough: mix 3 cups flour, 1 cup water, 2 tsp. yeast, 1 T sugar, salt, and a little olive oil. Let rise one hour.

Sauce: Boil 5-6 nice ripe tomatoes until the peels split. Run under cold water to cool and then peel skins. Chop up tomatoes and then boil down for an hour.

While sauce finishes roll out dough into circle. Chop and sprinkle on fresh basil, parsley, and oregano. Spread sauce on thick. Then add shredded mozzarella and parmesan cheese. Bake in 425 over for 12-15 minutes.



With fall in the air I am beginning my next round of recipes. My sister gave me the pumpkin recipe and it has become a much-loved staple in our household. I use the low end of the sugar, but the high end is the actual recipe. I also switch winter squash varieties depending on what I have on hand. In winter when I am feeling low on green veggies I put in grated zucchini from the freezer or if I have some to use up. --Valeri

Pumpkin Muffins

(from the kitchen of Kim Thwaites) (This recipe can be halved)

5½ c. (whole wheat) flour	1½ c. brown sugar
3 tsp. baking powder	1½ c. white sugar
2 tsp. baking soda	1½ c. canola oil
2 tsp. cinnamon	up to 2 C walnuts
salt	2 C chocolate chips (optional)
1 tsp. each: nutmeg, mace, and ginger	2 carrots
2 c. pumpkin (or other winter squash) cooked and pureed	2 c. zucchini
8 eggs	

Combine ingredients in a bowl. Don't over-mix. Put in muffin tins or bread pans. One can sprinkle part of nuts or chocolate on top. Bake for 10-20 min. in 350-degree oven.

Fried Zucchini

(from the kitchen of renowned German chef Bernd Dachwald)

2-3 medium summer squashes, sliced into thin rounds	1 C strongly flavored cheeses (feta, swiss, parmesan, bleu), crumbled or coarsely grated
3 T olive oil	Black pepper

Heat squashes in oil over medium-high heat, stirring only occasionally. When squash begins to clarify and some pieces are well-browned, sprinkle cheese over the top, cooking a few more minutes, stirring carefully to keep the cheese well distributed. Season with ample black pepper and serve.

Sweet Corn Soup

(from *Vegetarian Cooking for Everyone* by Deborah Madison) serves 6 to 8

6 ears corn	7 cups water or stock plus 1 cup water
1 tablespoon butter or corn oil (bacon or ham would be a nice addition if you are not vegetarian)	Salt
1 small onion thinly sliced	Half-and-half or milk, optional
½ cug grated waxy potato, such as Yellow Finn	Chopped parsley, basil, lovage, tarragon, chives, or dill

Shuck the corn, remove the silk, then slice off the kernels. You should have about 4 cups. Use the flavor-filled cobs in the stock if you're making one.

In a wide soup pot, melt the butter, then add the onion, potato, and 1 cup of the water. Cover the pot and stew over medium heat until the onion is soft, about 10 minutes. Add the corn, 1 tsp. salt, and the remaining water and bring to a boil. Lower the heat and simmer, partially covered, for 10 minutes. Cool briefly, then puree in a blender in two batches, allowing 3 minutes for each batch. Pass through a food mill or fine strainer, then return the soup to the stove and stir in a little half-and-half to thin it if desired. Taste for salt and serve sprinkled with herbs. When reheating, stir frequently and don't boil or the soup will curdle.