

WSU ORGANIC FARM
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What 's happening on the farm this week? Brad went out of town on his annual vacation with the family, so I am in charge of the farm this week. If you are reading this then we can assume everything went well in his absence!

The farm-stand on campus has been doing very well. Word is finally getting out that we are up there selling our goodies. This week we were bombarded with a line of people as soon as we set up. It was a bit overwhelming but also very encouraging. I am having a great time running this stand because it gets me off the farm once a week, and it is a great promotional tool for the farm and the Agriculture and Food Systems major.

The question I have for you is, are you ready for bok choy? Well, if you are not you should be because the weather is changing and the days of warm season crops are almost over! I was walking around the farm this morning and noticed that some of our crops suffered from the cool nights. I think we had our first light frost last night but it was not a killing frost. The summer squash and basil looked fine but the cucumbers didn't make it. So what can you look forward to with the change in the

weather? Bok choy, stir-fry mix, winter squash, more potatoes, garlic, and onions. Maybe some broccoli if our timing was right this year. I personally am looking forward to the bok choy. I love summer grilling, but I am looking forward to soups, stir-fries, and winter squash.

Last week you received a beautiful carnival squash in your box. This is the first time we have grown this variety on the farm so make sure we get your feedback on it. If you have questions about the best way to use the different squash or if you need a picture to remind you what variety you have, check out: <http://whatscookingamerica.net/squash.htm>. It is a nice reference if you want to know more about squash and the best ways to prepare each variety.

Some other varieties you can look forward to are delicata, spaghetti, butternut, jack-o-lantern, pie pumpkin, red kuri, orange, and buttercup. We had problems with our starts this year and then some small animals started snacking on them, so you may not see all of these squash this year but these are the varieties we grew. Enjoy!

-- Jewlee



Amanda Zwainz is our featured student this week. Amanda is a junior at WSU majoring in Agriculture and Food Systems, with minors in Soil and Animal Sciences. She plans on graduating in December '08. Amanda was a student on the farm this summer and continues to work 2 days a week to fulfill her credit hours. Growing up on a wheat farm in Reardan, Amanda is no stranger to farm work. She is excited to finish school and join the work force with the plethora of job possibilities in the organic agriculture industry. When Amanda is not doing school work or putting in hours on the farm, she goes skiing. Amanda's suggestion for using up leftover veggies is kabobs. Toss the veggies in some Caribbean jerk sauce, use whatever meat you want, skewer, then grill on the BBQ.

Arabian Squash Casserole

(adapted from *Moosewood Cookbook New Revised Edition* by Mollie Katzen)

I've made this several times and it is delicious.

4 cups cooked winter squash or pumpkin, mashed
1 tablespoon olive oil
1 ½ cups chopped onion
½ teaspoon salt, or to taste
2 small bell peppers, minced
4 to 5 cloves garlic, minced
black pepper and cayenne, to taste
½ cup firm yogurt
1 cup crumbled feta cheese
sunflower seeds or minced walnuts for the top



1. Preheat oven to 375 degrees.
2. Sauté onion in olive oil for five minutes. Add peppers, garlic and salt, and sauté for five more minutes. Add black pepper and cayenne, if desired.
3. Add the sautéed vegetables to the mashed squash, along with the yogurt and feta cheese, and mix well.
4. Spread into an ungreased 9-inch square pan. Sprinkle the top with sunflower seeds or minced walnuts. Bake uncovered for 25 to 30 minutes.
5. Variation: You can use 2 cups mashed squash, and one can of drained chickpeas. Puree the squash, chickpeas and yogurt together, and then proceed according to recipe.

Basic Miso Soup

(from *The Book of Miso* by Shurtleff and Aoyagi)

This soup is a great way to use a variety of vegetables, such as bok choy and carrots. When reheating this soup be careful not to boil it, or you will kill the beneficial miso enzymes.

2 teaspoons vegetable oil (such as canola, corn, safflower or sunflower)
1 cup sliced onions
1 cup sliced carrots
2 cups chopped cabbage (we like to use bok choy or Chinese cabbage)
4 cups water or unsalted vegetable stock
3 ½ tablespoons red, barley or Hatcho miso
2 tablespoons minced parsley or scallions

1. Heat the oil in a heavy saucepan. Sauté the onion and carrots in the oil for three or four minutes.
2. Add the cabbage and sauté for a few more minutes.
3. Add the water, cover, bring to a boil, and simmer for about 10 or 15 minutes, or until the vegetables are tender but not mushy.
4. Turn off the heat. Ladle some broth into a bowl and add the miso. Mix the miso with the broth until it is creamy.
5. Add the miso and broth mixture to the soup. Sprinkle with parsley or scallions. Serve hot or cold.
6. Note: other ingredients that you can add include: daikon radish, leeks, silken tofu cubes, potato, spinach, wheat gluten (seitan), burdock root, eggplant, mushrooms (shiitake and crimini are good), turnip, bean sprouts, and sweet potato.