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# THE WSU ORGANIC STANDARD

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## Celebrate the Fall Harvest!

This Saturday, October 2<sup>nd</sup>, is the Annual Fall Harvest Party at the farm! Come celebrate the harvest with us and hopefully enjoy some great fall weather. This year's event will feature our fabulous U-pick pumpkin patch flush with beautiful jack-o-lanterns, pie pumpkins, and a few specialty pumpkins of different colors. The big hit this year will also be the corn maze. As I write this letter we still have not started to harvest the corn, so it might end up being a U-pick corn maze! We hope to have started the harvest for this week's share and then cut the maze late in the week. We don't have a maze every year, largely due to the tough nature of growing corn here on the Palouse. After our first planting in early June failed, we replanted and ended up with a very thick dense stand of corn that's larger than normal, making for a spooky fun maze. Wayne, from the orchard, will be providing wagon rides around the farm and Wilson Banner Ranch is supplying cider at the harvest shed. The gates open at 10am and we'll stay open until 4pm. The event is free and open to the public, but make sure to bring check or cash for pumpkins, cider, and fruit from the orchard.

The orchard fruit stand is now open every Friday from 11-6 at the yellow shed by the entrance, and will also be open during the Harvest Party. Deb wasn't able to tell me when the U-pick fruit sales will begin but you can go to their website, <http://hortla.wsu.edu/orchard>, to see their current sales. All the pears are certified organic and put on a great crop this year. We will have these in the shares sometime in October but the orchard is great place to stock up on local fruit. The Italian Plums that were in the share last week were actually the first crop from the farm's trees. There should be more to come!

You received a pie pumpkin in your shares last week and will get to pick out a jack-o-lantern this week at your pickup site. If you're looking for more, please come out and pick on Saturday. The pumpkins are all done maturing and once cut from the vine (we provide this service) will easily last until Halloween or beyond if taken care of. Pumpkins and all winter squashes can handle a little bit of frost and we actually like to have a frost before harvesting because it allows us to see the squash that's been hiding under the thick leaf canopy. But repeated frosts and freezing temperatures will eventually break down the outer skin of the pumpkins and allow them to rot. This probably isn't a big surprise as most folks leave their jack-o-lanterns outside during the cold Halloween weather. But, if you want to make sure to preserve that pumpkin until Halloween, keep it inside or anywhere out of the cold until you're ready to display—it will keep just fine.

This goes for the winter squash as well. If you decide not to eat the squash in your shares right away, it will keep well in your house in a dry warm location. We store a lot of winter squash at my home but only after cleaning the skin well with a mild vinegar and water solution and then putting them away in a dark warm closet in the house. I'll talk more about which varieties store best but these are good general rules to follow for home storage.

--Brad

**The Fall Harvest Party**  
**Saturday October 2 from 10-4 at the farm**  
**Events include: hay wagon rides,**  
**face painting, warm apple cider, u-pick**  
**pumpkins, and fruit from the orchard**

Roasted pumpkin or winter squash is one of my favorite foods. Before coming to Moscow a few years ago, I lived in Australia, where it was not uncommon to find roasted pumpkin in risotto dishes, on sandwiches or topping a pizza. The quinoa and pumpkin salad below is relatively quick and easy supper. Plan a plum crumble for dessert and you'll have a fall harvest feast!

-Jamaica

### **Pumkin-Quinoa Salad**

*Quinoa is a South American grain that is especially high in protein. It is pretty interchangeable with brown rice, though it has a nuttier flavor.*

2 cups winter squash or pumpkin, peeled, seeded and cubed	1 medium yellow onion, diced
3 tablespoons olive oil	1 clove garlic, minced
1 ½ cups quinoa	2 teaspoons brown sugar
2 ½ cups stock (vegetable or chicken)	1 tablespoon balsamic vinegar
½ cup dried cranberries	½ cup crumbled feta (optional)
¼ cup pine nuts	Salt and pepper, to taste

Begin by roasting the cubed pumpkin or winter squash: toss with 1 tablespoon of the olive oil and a little salt and pepper, spread in a single layer in a shallow pan and roast in a 400-degree oven until browned at the edges and cooked through—about 25 minutes. No more than 3-5 minutes before the squash is done, add the pine nuts to brown. Keep an eye out, though, so the nuts don't burn.

While the squash cooks, begin the quinoa. Rinse the grain and put in a pot (with a tight-fitting lid) with the stock. Bring to a boil, cover, reduce heat and simmer for about 25 minutes. Then, remove from heat but keep the lid on the pot for another 10 minutes. Fluff with a fork.

While the quinoa and pumpkin cook, caramelize the onions. Begin by sautéing in the remaining olive oil. When golden and translucent, add a splash of water followed by the sugar and vinegar. Stir well and cook another 5 minutes. Add garlic. Stir and continue cooking over low heat until the onions are quite soft—about 20 minutes.

In a medium bowl, combine the quinoa, onions, pumpkin, nuts and cranberries. If using, sprinkle the cheese, then toss once more, season with salt and pepper, and enjoy.

### **Plum Crumble**

*This is a meeting of two great fruit dessert recipes—one from the Rebar Modern Food Cookbook (by Audrey Alsterberg and Wanda Urbanowicz), and the other from my friend, Jessica.*

Plums, halved, pitted and enough to cover the bottom of a pie dish in a single layer	1 cup unbleached flour
½ cup plus 2 tablespoons brown sugar	½ cup rolled oats
½ cup unsalted butter	¼ teaspoon salt
	½ cup chopped pecans or other nut of choice

Preheat oven to 350 degrees. Halve the plums, remove pits, and line the bottom of the pie dish so that the plums are in a single layer, though very close together. Sprinkle with 2 tablespoons of the sugar. In a separate bowl, combine everything else except the butter. Pour this sugar-flour-oat mixture over the plums. Melt the butter and drizzle over the top of the crumble. Bake for about 40 minutes, until the topping is browned and the fruit is purple and bubbling.