

WSU ORGANIC FARM
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A big thank you to Jewlee and the crew for running a smooth ship while I was gone last week. Kate, Avery, Ellis, and I spent a week touring north Idaho and Washington where we got to visit farmer's markets, small organic farms, and large organic orchards in very different parts of the state. Inspiring but also really nice to come back after a break and see all the things that got done, and also be refreshed to finish up the season. As Jewlee mentioned last week, we have had a killing frost but there are plenty of fall crops to fill the gaps.

Last week you received spaghetti squash, which is the oblong yellow skinned winter squash. This is the one winter squash that is a bit different from the rest you will be seeing. The flesh is actually stringy, running parallel to the long direction of the squash and this texture gives the squash its name. The squash can be cooked just like any other winter squash but you can scrape out the flesh and prepare it a little differently than the others. Check out the recipes on the back!

This week you will have an orange tear-drop shaped squash that has an interesting history. I first came across this squash two years ago when Carol Spurling sent me home with a bag of seeds we collected from a squash a friend of hers had given to the Spurlings.

Apparently the squash had been a favorite of her friend and they had grown it out every year and continued to save seed from it. So last year I grew it out at my home farm and was pleasantly surprised by its great flavor, texture, and ability to keep well into the winter. Some of this year's crop is from seed I saved from last season and some is from starts that were donated to the farm from Backyard Harvest, who went right to the source. We don't have a name for this one other than "Orange squash." (Warning to those of you wishing to grow these from this seed: It will not stay true next year because these plants were not isolated from others of the same species.)

I'm also happy to bring back the turnips this week. This is another traditionally fall harvested crop that we did grow in the spring but the two seasons are equally suited to this root. If you are adventurous with greens give these beauties a try! They're especially good in soup or stir-fry but I wouldn't eat them raw because they are a bit prickly. Make sure to mark down the Harvest Party on your calendar and remember you will be getting your jack-o-lantern in the CSA the week before the Harvest Party.

-- Brad

Fall Harvest Celebration at the farm

Saturday October 13, 10am-4pm

u-pick pumpkins, tours of the farm, face painting, fresh apple cider, u-pick apples in the orchard
jack-o-lanterns-40cents/pound, baby pumpkins-\$1.00/pound, cider-\$1.00/glass

admission-FREE

WSU Organic Farm at Tukey Horticultural Orchard (corner of Airport and Terre View Roads, Pullman)

Spaghetti Squash

According to the new *Joy of Cooking*, you can cook spaghetti squash by boiling or baking it whole for 20 or 30 minutes, or until a fork can easily pierce the skin. I guess if you choose to boil it, you'll need a really big pot! Before you bake, pierce the skin several times with a knife tip. Once it cools, cut the squash in half, remove the seeds, and use a fork to scrape the spaghetti-like strands into a bowl. You can serve these strands with any kind of pasta sauce, including pesto.

Spaghetti Squash with Veggies and Cheese

from www.fabulousfoods.com

1 cup grated mozzarella cheese
½ cup grated Parmesan cheese
2 tablespoons olive oil
1 large onion, diced
1 green bell pepper, chopped
1 red bell pepper, chopped
3-5 cloves garlic, minced
1 can (28 ounces) crushed tomatoes
1 teaspoon basil
½ teaspoon oregano
½ teaspoon crushed red pepper (optional)
1 spaghetti squash, cooked and separated into strands

1. Preheat oven to 375 degrees.
2. Mix the cheeses together and set aside.
3. Heat olive oil in a skillet and add onion, bell peppers and garlic. Sauté over medium heat for five minutes.
4. Add crushed tomatoes, herbs, and crushed red pepper (if using). Simmer uncovered for about 15 minutes.
5. Mix squash well with the cooked vegetables and put half in the bottom of a large (13 x 9 inch) baking dish. Top with half the cheese mixture, followed by the other half of the squash mixture, then the rest of the cheese.
6. Bake for 30 minutes or until cheese is bubbly and slightly browned. Let cool 10-15 minutes before serving.

Turnips Braised in Soy Sauce and Sugar

(from *Madhur Jaffrey's World Vegetarian*)

2 tablespoons peanut or canola oil
2 pounds turnips, peeled and cut into 1 ½-inch dice
1 cup vegetable stock
2 tablespoons soy sauce
1 tablespoon sugar
½ teaspoon Asian sesame oil

1. Stir-fry the turnips in oil over medium-high heat until lightly browned on all sides, about 5 minutes.
2. Add stock, soy sauce, and sugar. Bring to a boil. Cover, turn heat down to low, and simmer gently for 15 minutes, or until the turnips are tender. Stir occasionally during this time.
3. Sprinkle with sesame oil and toss to mix.