

The WSU Organic Standard

October 3, 2006

WSU Organic Farm
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We are happy to offer a little fruit in this week's box from the orchard.

The block of trees directly to the north of the farm has been in transition to organic for three years now and we've been hoping to get some of the fruit into the CSA this year. So this week you will have Bartlett pears that were picked almost a month ago. These are a basic traditional green pear that is picked hard but will ripen if left at room temperature. In another couple of weeks we will also have some apples.

The orchard began managing this block as organic the same year the farm got its certification. However the orchard has to wait three full years before they can certify this block organic because it was managed with conventional herbicides and pesticides up to that point. The USDA Organic Standards state that any land wishing to have certification must have been free of any non-organic amendments or sprays for at least three years.

The land the farm is on qualified the first year but until next year the orchard block will remain in transition. You may see other growers label their produce and fruit "transitional" and ask higher prices than conventional. If you go to the Tukey fruit sales you can ask for the "transitional" fruit and know that it has been grown organically for the last three years.

The winter squash for this week is Spaghetti. That's right. That yellow football shaped squash is a spaghetti squash and is a little different from the other winter squash you may get. The main difference is the consistency of the flesh. Once cooked the flesh will not be firm and regular but more "string-like." If you haven't tried one before these are a real treat and are a fun one for the kids.

Coming soon will be more squash including: Acorn, Delicata, Sweet Dumpling, pie, jack-o-lanterns, Buttercup, and Baby Blue Hubbard. At the harvest party on October 14 we will have jack-o-lanterns and pie pumpkins out in the field

for the picking. The jack-o-lanterns will go for .40/# and the pies for \$1.00/#.

We also have extra of all the other varieties that you can purchase on Tuesday or Fridays. And if anyone is looking to put away squash for the winter we can sell you larger orders for \$1.00/#. Normally we charge \$1.25/# but for orders over 10 pounds we will sell at the lower price. Talk to Brad or Jewlee about arranging an order. - Brad Jaeckel



Harvest Party at the Farm!

Saturday, October 14, 2006

10 a.m. to 4 p.m.

Haywagon rides

U-pick pumpkins, fresh-pressed cider, and U-pick orchard fruit for sale

Meet the crew, see your friends, enjoy the harvest and the crisp fall air

Spaghetti Squash can be stored at room temperature for about a month. After cutting, wrap in plastic wrap and refrigerate up to 2 days. Spaghetti squash also freezes well. Pack cooked squash into freezer bags, seal, label and freeze. Partially thaw before re-using, then steam until tender but still firm, about 5 minutes.

How To Cook Spaghetti Squash

- **Bake It** -- Pierce the whole shell several times with a large fork or skewer and place in baking dish. Cook squash in preheated 375°F oven approximately 1 hour or until flesh is tender.

- **Boil It** -- Heat a pot of water large enough to hold the whole squash. When the water is boiling, drop in the squash and cook for 20 to 30 minutes, depending on its size. When a fork goes easily into the flesh, the squash is done.

- **Microwave It** -- Cut squash in half lengthwise; remove seeds. Place squash cut sides up in a microwave dish with 1/4 cup water. Cover with plastic wrap and cook on high for 10 to 12 minutes, depending on size of squash. Add more cooking time if necessary. Let stand covered, for 5 minutes. With fork “comb” out the strands.

- **Slow Cooker or Crock-Pot** - Choose a smaller spaghetti squash (unless you have an extra large slow cooker) so that it will fit. Add 2 cups of water to slow cooker. Pierce the whole shell several times with a large fork or skewer, add to Crock Pot, cover and cook on low for 8 to 9 hours.

Once the squash is cooked, let it cool for 10 to 20 minutes so it will be easier to handle, before cutting in half (if it wasn't already) and removing the seeds. Pull a fork lengthwise through the flesh to separate it into long strands. You can do these steps ahead of time, then prepare any of the spaghetti squash recipes whenever the mood strikes. (*All info and recipes on this page from www.fabulousfoods.com. See site for more recipes!*)

Spaghetti Squash Alfredo (Serves 6-8)

1 med spaghetti squash, cooked by your favorite method and separated into strands

1 C sour cream

1/2 C shredded mozzarella cheese

1/4 C grated Parmesan cheese

2 cloves garlic, finely minced

1/4 tsp. salt

1/4 tsp. black pepper

In a medium-sized saucepan, combine the all ingredients except spaghetti squash over medium-low heat and whisk until smooth and creamy, stirring constantly to prevent burning. Add the spaghetti squash strands to the sauce and stir until thoroughly mixed and heated through. Serve immediately.

Spaghetti Squash Frittata (Serves 6)

Frittatas are the perfect thing for a quick breakfast, lunch or even light supper. They're even good cold, so you can pack them for a picnic or a brown bag lunch.

1 C spaghetti squash, cooked by your favorite method and separated into strands

4 eggs, lightly beaten

2 T chopped Italian parsley

3 T grated Parmesan cheese

1 C finely chopped red onion

3-4 garlic cloves, minced

1/2 tsp. salt

1/2 tsp. pepper

1/8 tsp. cayenne

1 T butter

Preheat broiler. Combine all ingredients in a large mixing bowl. Melt butter in a large skillet. Pour mixture into the skillet and cook over low heat for about 12-15 minutes. Transfer to broiler for 2 to 3 minutes or until top is browned.