

THE WSU ORGANIC STANDARD



It's the Great Pumpkin...and Peppers...and Beets, too!

Saturday will be the Harvest Celebration this year and we're all looking forward to spending a FUN day on the farm and sharing it with the community. The last couple weeks have been amazingly busy as summer just keeps hanging on. Maybe by the time you read this there will have been a frost at the farm, but so far we are free and clear...I believe a new record since we've been growing at Tukey. The crew is eagerly looking forward to the frost now that we're feeling the wear from the extended season and all the recent heavy picking! You may have noticed lately, the boxes are bursting at the seams with this year's bounty.

One of those special crops that we've tried to control ourselves from growing too much, but got away from us this year is...BEETS! I know you've seen them, monsters lurking in the bottom of those boxes, waiting for you and your loved ones. The Golden beets have been a big hit with the beet lovers this year and we're glad to say there will be more. The big winner last week was a 7.5 pounder that came out in one of the CSA harvests! Too bad the fairs are all over because this one was a winner. We also have a great supply of carrots, potatoes and onions. We will be offering most of these crops along with winter squash during the last week of October in a "Winter Storage Share." Stay tuned for details.

Everyone is getting a jack-o-lantern and pie pumpkin this week before the big sale on Saturday. We'll bring in a load of pumpkins for you to choose from at the CSA pickups but if you need more make sure to come back on the weekend with family and friends. The pumpkins should keep great until Halloween or later as long as you keep them from being exposed to a hard frost, keep their stem intact, and don't let the kids poke any holes in them. If you're not sure about the weather, bring it indoors and keep them warm. Pumpkins are in the winter squash family so you can follow the same guidelines we sent out in the last newsletter for long-term storage.

We've also had some nice peppers in all the shares the last couple weeks. These include the larger red sweet bells, the medium sized and mild tasting Anaheims, and the small, smooth but spicy jalapeno. The red bells do best in the hoophouse where they seem to enjoy the added heat. The other two are grown outside along with the outdoor tomatoes and seem to do fine if they get a long enough season like this year. The Anaheims and jalapenos are both shorter season varieties and add a lot of fun to the late season bounty. These will keep fine on the counter for quite a while if you don't get to them soon.

You may have seen the purple Italian plums at one of our market stands last week and they may make it into the boxes when the next group of fruit ripen. We unfortunately had a problem with the trees this spring that has forced the farm to take them out of organic certification. Back in April before the trees had any growth
(Continued on the next page...)



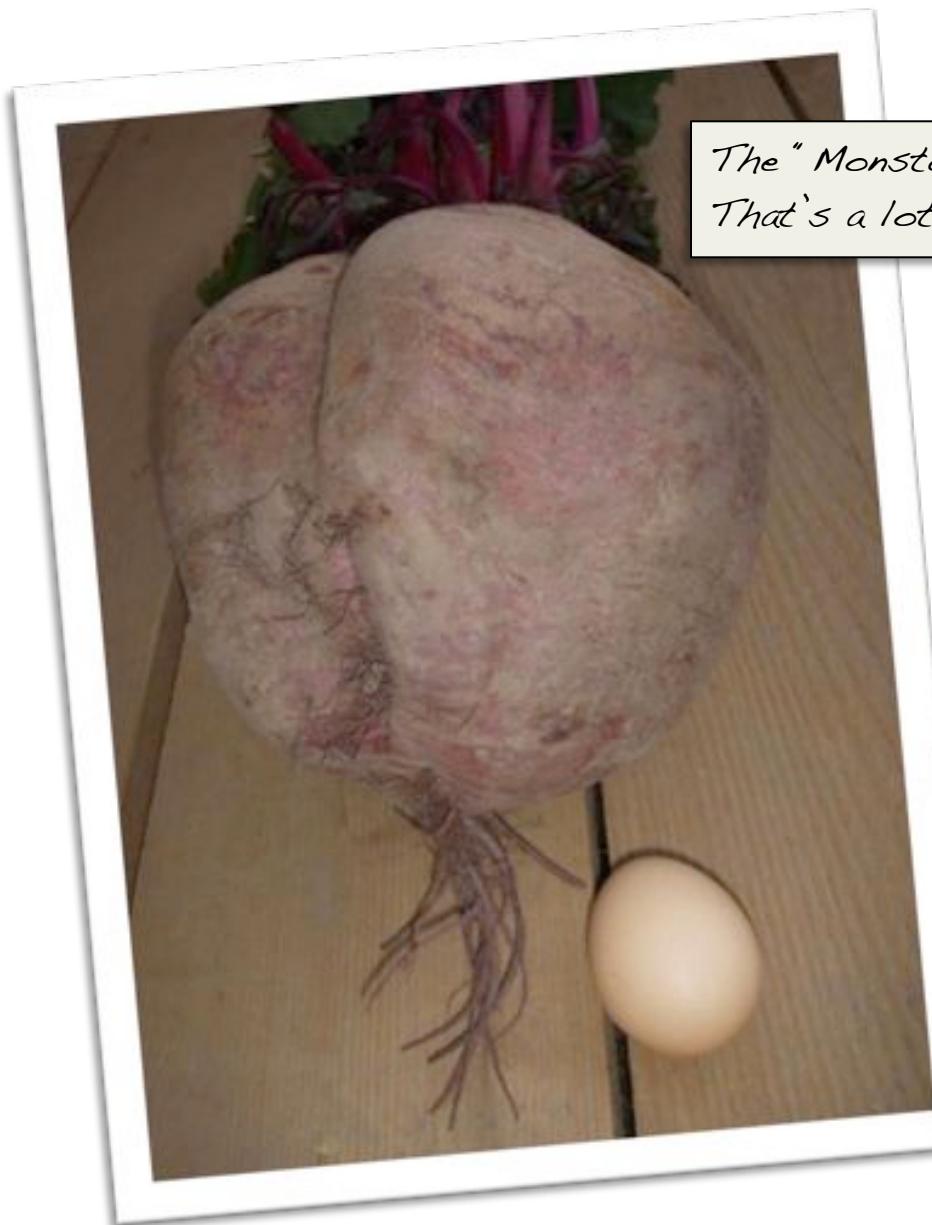
**The Organic Farm's
Fall Harvest Festival!
Saturday, October 8
10am-4pm**

U-Pick Pumpkins and Jack-o-Lanterns, Corn Maze, Tractor Rides, Face Painting and Fresh Pressed Cider. Guess the weight of the GIANT Pumpkin, too!

***Free Admission*
Produce and Merchandise for Sale
with Cash or Checks.**

(From first page...) the orchard management agreed to give our trees an application of lime-sulfur and horticultural oil as they were doing the same for the organic block in the orchard. The wrong oil, a non-certified product, was used in the sprayer and the error was picked up by our WSDA inspector. This mistake has removed the 2 acre organic block in the orchard which included all of the pears as well as our plums from certification. The orchard has not continued to manage the pear block organically so we will not be offering those in the shares this year. We will either have the plums for sale at the markets or possibly in the boxes but you need to know they are not certified at this time. We continued to manage the trees as we have in the past and there should be no harm to the fruit. The early season spray was to help control insects and provide fertilizer. See you Saturday!

~Brad



*The "Monster Beet" - Over seven pounds!
That's a lot of Borscht.*

Storage Tips: Chilly Peppers, (either Spicy or Sweet).

Pepper season is here with a selection both hot and mild. Can't use them all in a week? No time to roast them? No problem—peppers store easily in the freezer. I store small, spicy varieties, like jalepeño, whole and seed and dice just before use. Larger, sweet peppers can be sliced and packed into freezer bags—no blanching required.

Vegetable Roasts...each of these recipes are written around one or other (or many) roasted vegetable.

Roasting is one of my favorite vegetable cooking techniques, especially when the weather begins to cool and the idea of the oven heating up the kitchen sounds *good*. An added bonus to roasting is that it can be done ahead of time, (say, if you're cooking ahead for a busy week), and the vegetables refrigerated for later use. I like to roast cubed winter squash, for example, on a Sunday or Monday, so it's handy for a last minute addition to pasta, risotto, rice, or a pizza or tart. When vegetables are cooked at high temperatures like this, cut edges caramelize and crisp and are so satisfying!

Pepper and Onion Roast with Soft Indian Spices from Lynn Rosetto Kasper and Sally Swift's *The Splendid Table's How to Eat Supper* (Clarkston/Potter Publishers, 2008)

3 large garlic cloves
2 tight-packed tablespoons fresh cilantro leaves
One 1-inch piece fresh ginger, peeled and sliced thin
3 large sweet peppers, cut into $\frac{1}{2}$ -inch pieces
1 or 2 medium red onions, cut into $\frac{1}{4}$ -inch wide wedges
1 tight-packed cup arugula, curly endive, or spring mix, torn into bite-sized pieces
One 15-ounce can chickpeas, rinsed and drained
 $\frac{1}{2}$ teaspoon each ground coriander and ground cumin

fresh ground black pepper, to taste
1 tablespoon tamarind concentrate (or substitute with 2 teaspoons lime juice and a little grated zest and a generous pinch of sugar)
 $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon sea salt
3 tablespoons vegetable or olive oil

FINISH

1 to 2 tablespoons tamarind concentrate (optional)
 $\frac{1}{4}$ cup fresh coriander leaves
1 cup plain whole-milk yogurt (optional)

Heat the oven to 450°F and put a large shallow pan on the middle rack. In a food processor, combine the garlic, cilantro, and ginger. Process until chopped fine—don't puree. Turn the mix into a large bowl. Add all the other ingredients except the finishing seasonings. Toss to blend. Carefully turn the mixture out into the hot pan, spreading the pieces to cover the entire pan. Roast for 40 minutes, turning often and scraping up the brown glaze from the pan's bottom. Once the peppers are tender, the greens browned, and the chickpeas crisp, the roast is done. Taste the roast for seasoning, and turn into a serving bowl. If using the tamarind, blend it in. Drop the cilantro leaves over the vegetables, and pass the yogurt separately.



Fall beauties!—from left, Pie Pumpkin, Spaghetti, Latah Orange, Delicata, Acorn, Speckled Hound, Butternut, Sweet Dumpling

Luscious Beet Salad from Feeding the Whole Family by Cynthia Lair
(Sasquatch Books, 2008).

Dressing

3 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
 $\frac{3}{4}$ teaspoons Dijon mustard
 $\frac{1}{4}$ teaspoon freshly ground pepper
1 tablespoon finely chopped fresh basil

Salad

4 large beets with greens*
 $\frac{1}{4}$ cup pumpkin seeds
 $\frac{1}{4}$ - $\frac{1}{2}$ red onion, very thinly sliced
 $\frac{1}{4}$ pound feta cheese

Remove greens from beets and set aside. Large beets should be quartered (leave skins on), but smaller ones (plum-sized) can remain whole. Place in a oven-safe dish with a lid; add water to cover the bottom of the pan by 1/8-1/4 inch. Cover and roast in a 350° oven until the beets are fork-tender, 30-45 minutes. Note: be careful of steam when lifting the lid to check! While beets cook, whisk together dressing ingredients, wash beet greens, tear them to bite-sized pieces and place in a large salad bowl. Toast pumpkin seeds until just golden and aromatic. Add greens, seeds and other salad ingredients. When beets are cooked, remove from oven and let cool. Rinse under cool water to slip off the skins. Cube to bite-sized pieces and toss with the other salad ingredients and dressing.

*You want to end up with about 4 cups of cubed beets.

Supper Tart of Roast Vegetables, Apple, and Greens from Lynn Rosetto Kasper and Sally Swift's The Splendid Table's How to Eat Supper (Clarkston/Potter Publishers, 2008).

2 leaves of Swiss chard
1 cup diced green apple
1 $\frac{1}{2}$ cups roasted winter vegetables
1 large garlic clove, fine chopped
leaves from 5 fresh thyme sprigs
1 tablespoon olive oil

$\frac{1}{4}$ teaspoon salt
1/8 teaspoon fresh-ground pepper
2 sheets frozen puff pastry,
defrosted (one 17.3-ounce package)
 $\frac{1}{4}$ cup heavy cream
1 cup shredded Asiago cheese

Set one oven rack as low as possible. Preheat the oven to 500°F. Toss the chard, apple and roasted vegetables together in a large bowl with olive oil, garlic, thyme, and salt and pepper. On a large ungreased cookie sheet, lay out the pastry sheets side by side so they overlap by $\frac{1}{4}$ inch. Press the overlapping edges together to seal. Create a rim by folding the pastry edges up and over on themselves and pinching them together. You'll end up with a rectangle that is about 7 $\frac{1}{2}$ x 17 inches. Fill the center of the tart with the vegetable mixture, spreading it out so there is space between the pieces. Slip it onto the bottom rack of the oven, and bake for 15 minutes. As the tart bakes, blend the cream and the cheese in a small bowl. Remove the cookie sheet from the oven. Spoon the cheese mixture over the tart, spreading it out. Slip it back into the oven and bake for another 6 minutes, or until the cheese is melted and barely picking up color. Pull the tart from the oven. Let it stand for a few minutes, and then cut it into 8 squares. Serve hot or at room temperature.