THE WSU ORGANIC STANDARD

LATEST FIRST FROST, GARLIC, AND SQUASH

We finally had our first frost last week on the first morning of October—the latest I can remember for the farm. It's been an exceptionally long season and we are all happy to be done with some of the more tedious picking. We now move into cleaning up and turning those beds in for the winter. All the bean and outdoor tomato beds are being readied for garlic planting, which is the last big push before the end of the month. Last week we started transplanting young green onion starts that will overwinter and mature quickly for fresh onions next May. The other beds will be planted with garlic or shallot cloves and then mulched with a thick layer of straw. I will weigh out the amount of seed to save from each garlic variety before planting, and the remainder goes to you. The bulbs saved for seed are usually the largest in size and best looking. Garlic grows as clones so each clove will produce a bulb identical to the one it came from.

By looking the previous year's planting records, I can determine the amount of seed to save for each variety. It takes a little over 100 pounds of garlic to replant the four 180 foot beds that we will use this year, but that turns into quite a bit more when we harvest! One new variety that we grew this year will be saved entirely for replanting, Spanish Roja. I've always been entranced with this famous hardneck variety and finally acquired some seed from a Moscow grower last year. We only bought a couple pounds, but that turned into about five and should produce enough next year to put some into the CSA. In a search for a new softneck variety I talked to a grower in Dixon, Montana, last week that grows 3500 pounds of garlic for their local health food store in Missoula. It would be exciting to grow so much of one crop but I think I'd miss all the others.

This week's winter squash is Butternut, which we grow from our own seed. Butternuts, an hour glass shaped tan squash, store exceptionally well. It is the only variety of winter squash we save seed on because it is the only *moshata* species that we grow and thus, does not cross-pollinate with the other squash species we grow. The Delicata squash are from seed saved at my home farm where we don't grow any other *pepo* varieties, and there are many including all the summer squash and most of the pumpkins. Butternuts are great for soups, pies, or just with some butter on the table.

—Brad Jaeckel

Pick-up days and times

- **Wednesdays** *4:30 - 6:30 p.m. at the Pullman Fresh Farm Market in the Old Post Office parking lot in downtown Pullman*

- **Fridays** *3 - 6 p.m. at the WSU Organic Farm*

** Please come a few minutes before closing time to bag up your vegetables.

Eat Your Box Challenge

How did you do during last week's "Eat Your Box Challenge"? We'd love to hear how it went and what kinds of things you did to meet the challenge. Email us at jaeckel@wsu.edu.

CSA ENDS IN A FEW WEEKS

I hope you all were successful in the "Eat Your Box Challenge" that Jewlee put out last week! There are only four more weeks left now in the CSA so there's not much time left to enjoy those veggies. Wednesday, October 27 and Friday October, 30 will be the last pickups for boxes. Wednesday, October 27 will also be the last for the Pullman Farmer's Market. Remember the Fall Harvest Celebration is scheduled for Saturday, October 17 and will be one of the last chances to enjoy the farm for this season. You will be getting a jack-o-lantern along with your box next week, but if you want to come out to find more for the family or Halloween parties this will be the time to do it.

WSU Organic Farm
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ROAST PUMPKIN AND GREEN BEAN SALAD

from *Australian Family Table Cookbook*, Penguin Group 2008

This recipe was submitted by CSA member, Anita Hornback. It looks delicious and is a great way to use your squash. Enjoy!

1 kg. (2 pounds) pumpkin (or other winter squash),
   peeled and cut into 2.5 cm squares
2 tablespoons olive oil
1 tablespoons ground cumin
200 g. (about 6 ounces) green beans, topped and tailed
100 g. (3.5 ounces.) rocket (or other greens)
100 g.(3.5 ounces) feta cheese, cut into small cubes
3/4 cup slivered almonds, toasted
salt and freshly ground black pepper

Dressing
3 tablespoons vegetable oil (olive oil)
1 tablespoons sesame oil
1 tablespoons tamari or soy sauce
    salt and freshly ground black pepper

Preheat oven to 200 C (400 degrees F)
     Place pumpkin in a roasting pan, drizzle with olive oil, sprinkle with cumin and toss to combine. Roast for 20-25 minutes, turning occasionally, until pumpkin is soft and slightly darkened around the edges. (I had to roast large chunks of pumpkin until slightly soft before I was able to peel and then cube, then continue the roasting).
To make the dressing, place all ingredients in a small screw-top jar and shake well, or mix in a small bowl.
     Boil the beans in plenty of water for 3 minutes. Drain and place in iced water for 1 minute to stop cooking, then drain again. Or steam the beans, cool.
(I marinated the pumpkin and beans in a small portion of the dressing before assembling the salad)
Place rocket (or greens) on a platter or in a serving bowl, arrange pumpkin, feta, green beans and toasted almonds on top. Pour dressing over and toss to combine. Season with salt and pepper. Serves 4.

ACORN SQUASH WITH APPLES AND PECANS

Adapted from *Eat to Live* by Joel Fuhrman

1 acorn squash
1 medium apple, chopped
1/2 cup raw pecans, chopped
1/4 cup raisins or currants
cinnamon, to taste

Cut squash in half and remove seeds. Place face down in a baking pan. Add 1/8 inch of water. Cover pan loosely with aluminum foil. Bake at 350 degrees for 30 minutes. Meanwhile, mix apples, pecans and raisins together in a small bowl. Take squash out of oven and place apple mixture in hollowed out bowl of squash. Sprinkle with cinnamon. Cover loosely with foil and bake another 30 minutes, or until squash and apples are soft.