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# THE WSU ORGANIC STANDARD

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## A Harvest Celebration Success!

If the lines for the hayrides were any indication, last weekend's Harvest Celebration was a rousing success! Those who arrived earlier in the day were able to pick the last of the summer berries, and I know my family had a great time tromping through the pumpkin patch, looking for for the perfect one (or two) to carve for this year's Jack-o-Lantern.

And what a perfect day to be outside! With temperatures warmer than we've see in a while, Saturday felt more like summer, than stepping into fall. It was quite a difference from last year's premature cold that cut the growing season short.

Among the highlights for my family were the the hayride around the farm, winding through corn maze and quenching our thirst with cold apple and pear cider. I also stocked up on some tomatoes and plums for canning, for sale with salad greens and other produce in the shade of the shed.

As someone who picks up their weekly CSA box in town, what I really appreciate about the Harvest Celebration is the chance to come out and

wander around the land where our food's been grown all summer. It was a great day to visit with the people who've been growing it, and to see and meet other members of the CSA program.

So many thanks to Brad and all of his students and staff out at the farm!

-Jamaica



It's been a treat to get so much corn this year! When corn is fresh from the field—just as the corn in our CSA boxes is, it's hard to improve on boiling or barbecuing and eating it straight off the cob. Still, I thought I'd include a few recipes for something different. The corn stock recipe, in particular, is a great way to make the most of the cobs, and can be canned or frozen to enjoy in the depths of winter. It really does impart a noticeable corn flavor to rice, soups, and the next recipe, risotto.....

### **Corn salsa**

*From Rebar Cookbook, by Audrey Alsterberg & Wanda Urbanowicz (Big Ideas Publishing, 2001)*

Yields 4 cups

3 ½ cups fresh corn	¼ cilantro, stemmed and chopped
2 tsp vegetable oil	½ tsp ground cumin
1 tsp salt	½ tsp pure chile powder
1 red pepper, finely diced	1 tbsp fresh lime juice
½ small red onion, finely diced	4 shots Tabasco sauce, or to taste
1 jalapeño pepper, seeded and minced	

Toss corn with oil and ½ tsp salt and spread onto a baking sheet. Roast in a 350°F oven for 10 minutes. Let cool. Prepare and measure other vegetables, herbs and species. Combine everything, including corn, in a bowl and toss well. Season to taste and serve.

### **Parmesan corn risotto cakes**

*From Rebar Cookbook, by Audrey Alsterberg & Wanda Urbanowicz (Big Ideas Publishing, 2001)*

Serves 4

#### *Fresh corn stock*

4 fresh corn ears , kernels removed and reserved	Few springs fresh oregano, parsley, thyme
1 yellow onion, chopped	1 tsp black peppercorns
4 garlic cloves, crushed	2 tsp course salt
2 bay leaves	8 cups cold water

#### *Risotto Cakes*

1tbsp butter	1 cup arborio rice
1 tbsp olive oil	2 cups fresh corn
1 small yellow onion, finely diced	1 cup white wine (optional)
3 garlic cloves, minced	1 cup grated Parmesan cheese
½ tsp salt	1 cup fine cornmeal

Place stock ingredients into a pot and cover with water. Bring to a boil and simmer, partially covered for 45 minutes. Strain and keep warm (you will need 4-5 cups in total).

Heat butter and olive oil in large saucepan and sauté onion and garlic until translucent. Add rice and cook, stirring until rice is well coated. Add corn, season with salt and sauté for several minutes. Pour in wine and simmer until absorbed. Add warm corn stock one cup at a time. Stir and add next cup of stock only when most of the liquid is absorbed and the rice is creamy. When rice is tender but still slightly firm, remove risotto from the heat and stir in Parmesan. Season to taste and allow to cool. The recipe can be prepared one to two days in advance.

To sauté, form risotto into 2 ½" round cakes and dredge in cornmeal. Fry in hot olive oil until golden and crispy on both sides. Serve hot.