

WSU ORGANIC FARM  
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The month of October is always a little different and this year is no exception. It seems like the weather is great if the sun is out but if not, things are probably going to be cold and wet. Last Tuesday after the midweek market in Moscow the rain arrived and the next day the gauge at the farm read almost 1 ½ inches! That's the most rain we've had since the beginning of the season, but the ground readily soaked up the much needed moisture. Because of the cold temperatures and rain we haven't been irrigating the veggies. The winter cover crops are starting to come in nicely.

So far the garlic, watermelon, onion, squash, potato, and corn beds have all been turned under and replanted. The farm has a much more open look and feel to it as these large sections of ground change shape. In order to plant a section to cover crop, each area must first be freed of drip tape, row cover, bricks, and any other thing that may have been there during the growing season. Then we run a spader through the beds which acts like a rototiller, incorporating any crop residues into the soil and making a nice seed bed. Next the cover crop seed is broadcast with a hand-operated device that spreads the seed evenly over the area as the operator walks across the field. After the seed is put down another pass is made with the tractor and a cultivator which lightly covers the seed with soil. All that's left is to either wait for the rains or put out the sprinklers.

This week the Napa cabbage will be reappearing for everyone. This is another of the cool season crops that are really enjoying the rain and low temperatures. We will hopefully have one more round of these before the end of the season along with more Bok Choi! Another treat this week is the sweet potatoes that will be going to the full shares. Sorry, we still don't have enough of these for everyone but this is

only the second season we've grown this crop and we're just limited on space right now. The sweet potatoes are planted and grown in the hoophouse after we harvest the first carrots in early June. They need a lot of heat but not much water -- only once a week seems to be fine. These tubers are actually in the morning glory family and have enormous vines that look a lot like their cousins, bind weed. Thank goodness they die back with cold weather!

Harvesting the roots is slow work as the skins are very fragile and bruise or scrape off very easily. We tried ripping the vines off first and then gently loosening around the potatoes with a digging fork until they could be lifted out of the soil without much damage. We did lose quite a bit of the crop to gophers that remained hidden during the summer but are now being trapped by Jewlee without hesitation! After the potatoes are out of the ground they need to be cured with warm temperatures to harden the skins for storage. I would still encourage you to eat these soon, though, as they probably will not keep very well. If we get a third hoophouse some day I'd love to have the entire space filled with these delicious late-season treats.

**Finally, I'd like to encourage everyone to please take a few minutes and fill out your yearly CSA survey.** We do use your feedback to enhance this CSA as well as to improve our instruction on CSA operations. And each year more students are interested in hearing what you all have to say in the survey. This year PhD student Troy Wilson helped write the survey and he hopes to help analyze the information as well as use it in his own research. You can drop these back off at your pickup site or mail them in to WSU. Thanks for taking the time to participate!

-- Brad

## Napa Cabbage Stir-Fry

(from *Hot Sour Salty Sweet: A Culinary Journey through Southeast Asia*, by Jeffrey Alford and Naomi Duguid)

2 tablespoons peanut or vegetable oil  
2 cloves garlic, minced or pressed  
½ pound napa cabbage, cut crosswise into ½-inch strips  
¼ pound snow peas (1 ½ cups)  
¼ pound mushrooms, cleaned and sliced (1 ½ cups)  
1 tablespoon Thai fish sauce, or ¾ teaspoon salt  
1 tablespoon fermented soybean paste  
¼ teaspoon freshly ground black pepper, or to taste

1. Heat the wok over high heat. Add the oil and spread it up the sides of the wok.
2. When oil is hot, stir-fry garlic until it just starts to turn golden
3. Add all vegetables and stir-fry for 1 to 2 minutes, until they start to soften.
4. Add the fish sauce or salt, stir, cover and cook for two minutes.
5. Add the soybean paste and stir-fry briefly to mix well. Season with black pepper and serve.



## Risotto with Swiss Chard

(from *Mediterranean Light*, by Martha Rose Shulman)

1 quart vegetable stock or defatted chicken stock  
2 tablespoons olive oil  
½ small onion, minced  
2 garlic cloves, minced  
1 cup Italian Arborio rice, washed  
¼ cup dry white wine  
Salt to taste  
2 ½ cups Swiss chard, leaves only, cut into julienne strips  
½ teaspoon crumbled dried rosemary  
Freshly ground black pepper  
2 tablespoons lemon juice (juice of ½ a large lemon)  
¼ cup freshly grated Parmesan cheese, or more to taste

1. Simmer the stock in a saucepan.
2. In another saucepan, sauté the onion and garlic in oil over medium-low heat until onion is golden.
3. Add rice and continue to sauté, stirring, until all the grains are separate and coated with oil.
4. Stir in white wine and salt to taste and cook over medium heat, stirring constantly.
5. When the wine has almost evaporated, stir in a ladleful of stock. Cook, stirring constantly, until almost absorbed. Add another ladleful of stock and continue to cook in this fashion, adding more broth when rice is almost dry.
6. After 25 minutes, stir in chard and rosemary and continue to add stock, a ladleful at a time, and stir until the rice is cooked al dente, or for another 10 minutes.
7. Add another ladleful of stock, stir for a minute or two, and remove from heat. Add freshly ground pepper.
8. Combine lemon juice and Parmesan cheese and stir into the rice. Correct seasonings. Serve at once.