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THE WSU ORGANIC STANDARD

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A Fair Weather Fall

Too much of a good thing? This keeps running through my head as I witness another week that goes by without a frost! But really, who's complaining? Fall is my favorite time of the year and the mild weather has made it even more enjoyable this year. And as I had hoped, it is making up for our lousy early season weather and allowed many of our late season crops to reach maturity.

We'll continue to search for the winter squash in their dense canopy that would normally have collapsed after the first frost. The corn finally matured and we've all been enjoying that feast including the resident birds, rabbits, and deer. We might be able to pull off one more week's worth of harvest but after going through the entire planting we've discovered some intense damage from these critters. The tomatoes, summer squash, and beans are all going strong as I write this, and starting to take a toll on the harvest crews. Believe it or not there comes a time when we welcome that killing frost just so we can get a break from so much hand harvesting at the end of the season. We'll stick with it though and ride out the season as best as we can.

Another challenge is preparing for the garlic planting which typically happens in October. Our crop rotation calls for the next season's garlic to follow this year's outdoor tomatoes and green beans but as I've just mentioned these crops are

still with us. In the past the warm season crops are finished in time for us to clean and till the beds to replant with garlic. This process required time to allow the tilled crop residue to decompose in the soil before the ground can be ready for garlic. We're slowly taking out crops as they finish and there is only one remaining bed of green beans and 2 beds of tomatoes in that area. Most of the garlic has been graded for seed and the rest cleaned for distribution in the CSA. We have to hold back the best bulbs for replanting each year in measured weights for a set amount of production next season. Some of our garlic varieties have been grown out since the beginning of the farm in 2004 while others have been added a little bit at a time.

If you are interested in planting some in your garden all of our garlic is suitable for seed. Every clove is capable of producing a full new bulb so it doesn't take much seed to build up a garden of garlic. Let me know if you are interested in larger quantities for planting.

--Brad



Tips for Storing Garlic

The garlic in the shares now is fully cured and suitable for storage. It's great to have a few bulbs out on the counter in your kitchen, but if you end up with extras make sure to store it well. Garlic prefers to be in a cool dark place safe from freezing temperatures but with low humidity. Please do not put it in your refrigerator! You can keep it in a paper or mesh bag in your pantry or insulated garage works well, too.

It's nice to see some of crops from early in the season return in the fall. Considering the balmy weather we've been having, one more crisp salad recipe like the Broccoli Crunch salad seems fitting. And broccoli pesto? I'm excited to give this one a whirl. It is apparently very good mixed in with quinoa or other hearty grains. Happy eating!

-Jamaica

Broccoli Crunch Salad

From Heidi Swanson's food blog, 101 Cookbooks. Serves 4.

4 -5 cups broccoli florets and chopped stalks	2 small crisp apples, cut into bit-sized pieces (if you aren't going to use the apples immediately, let them sit in a bowl of water with the juice of 1/2 a lemon)
1 garlic clove, smashed and chopped	
scant 1/2 teaspoon fine grain sea salt	1/2 small red onion, thinly sliced
1/4 cup almond butter	1/2 cup toasted or candied walnuts or almonds
3 tablespoons freshly squeezed lemon juice	1/3 cup pan-fried crunchy shallots*
1 teaspoon honey	chives (optional)
2 tablespoons extra-virgin olive oil	
2 tablespoons hot water	

Bring a medium pot of water to a boil and salt as you would pasta water. Boil the broccoli just long enough to take the raw edge off - 10 or 15 seconds. Drain and immerse it in cold water (or let cold water run over it). At this point, I like to spin the broccoli in a salad spinner to get the water off, but a few good knocks against the sink in a strainer can do the trick pretty well. Set aside.

Make the dressing by sprinkling the salt over the clove of garlic. Smash the clove and chop, smash and chop - turning it into a paste. In a small bowl whisk the salty garlic paste with the almond butter, lemon juice, honey and olive oil. Add the hot water and whisk until light and creamy. Taste, make any adjustments and set aside. In a large bowl gently toss the broccoli, apples, red onion, most of the shallots and nuts with a generous drizzle of the almond dressing. Turn out onto a platter and finish with the rest of the shallots and chives if you like.

*Stir together the shallots, a splash of clarified butter (or olive oil) and big pinch of salt In a large skillet over medium heat. Stir every few minutes, you want the shallots to slowly brown over about fifteen minutes. Let them get dark, dark brown (but not burn), and if needed turn down the heat. Remove from skillet and onto a paper towel to cool in a single layer where they will crisp up a bit.

Broccoli Pesto

Another from 101 Cookbooks.

2 cups cooked broccoli—florets and stems	2 big pinches salt
3 medium garlic cloves	2 tablespoons fresh lemon juice
1/2 cup sliced or slivered almonds, toasted	1/4 cup olive oil
1/3 cup freshly grated Parmesan	1/4 cup heavy cream

Puree the broccoli, garlic, almonds, Parmesan, salt, and lemon juice in a food processor. Drizzle in the olive oil and cream and pulse until smooth.