

# THE WSU ORGANIC STANDARD

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WSU Organic Farm ♦ 201 Johnson Hall ♦ Pullman, WA 99164-6420  
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## HARVEST PARTY AT THE FARM

The public is invited to our 5<sup>th</sup> annual Harvest Party from 10 a.m. - 4 p.m., Saturday, October 17. The main event is our u-pick pumpkin patch. We'll have jack-o-lanterns, baby pie pumpkins, and a handful of specialty pumpkins (red, white, and blue). I have to say this year's crop is by far the best I've seen and a large field of pumpkins is a sight to see.

Wayne will pull the hay wagon with the old John Deere orchard tractor around the farm and out to the pumpkin field. Student members of the Horticulture Club and Organic Farm will be there to help pick and haul your treasures back to the harvest shed to be weighed.

While you wait to take a hay ride you'll also get a chance to see our prize giant pumpkins and take a guess at the weight of the biggest. The person who gets the closest to the actual weight gets to take the "giant" home or pick a

more reasonable sized jack-o-lantern. Our giant pumpkins are grown from seed developed by a Nova Scotia farmer, Howard Dill, and now known as Dill's Atlantic Giant. Howard's exceptionally large pumpkins have developed somewhat of a cult following in the pumpkin growing world and growers worldwide compete annually for the distinction of growing the biggest! This month Christy Harp, a math teacher from Ohio, weighed her entry in at 1725 pounds becoming the new world record holder by beating out the 2007 record of 1689 pounds. Now that's a big pumpkin! We don't have anything that big but it's still fun to see if you can guess the weight on one that you can't even lift.

We'll also have hot apple cider on hand which should be nice especially if the weather is not, and there will be students doing face painting for the kids. There will be extra winter

squash for sale at the party and at the CSA pickups through the month. If you are interested in doing a bulk order of ten pounds or more we will sell them at our wholesale price of \$1.00 per pound.

This week you are getting Delicatas, one of my family's favorite. This squash came with us from New Mexico where my wife and I met ten years ago. A friend was growing this squash along the Gila River and gave us some seed before we began our journey north. I've continued to grow the squash every year and it just seems to get better with each year. The skin of the Delicata is tender and can be left on and eaten. We love to cube the squash and roast in the oven with beets, onions, potatoes, carrots, and garlic.

—Brad Jaeckel



WSU  
Organic Farm

FEEDING THE COMMUNITY  
TRAINING FUTURE FARMERS

### 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.*

**Harvest Party**  
**Saturday, October 17**  
**10 a.m. - 4 p.m.**  
**Rain or Shine!**

Join us for tractor hayrides, apple cider, and u-pick pumpkins.

## STORING WINTER SQUASH

Winter squash store great through the winter and can provide an important source of vitamins and minerals especially in the winter months when it's even more important to keep our bodies healthy. After we cut the squash off the vine we bring them into one of the hoopouses to cure. This is a technique to dry the stems and harden the skins so the squash will be protected from freezing and moisture. Once you get a squash home it's important to clean the skin with a mild solution of water and vinegar. The vinegar will help discourage the growth of bacteria or mold. After cleaning the squash they can be stored somewhere in your home that is dark and warm. We usually find a closet with some extra shelves in the back for our squash and place them in single layers. It's important they get good air flow and to check on them periodically for any signs of rot or mold. If you do see some then that's the one to cook. If done correctly you should have squash through the entire winter.



## ROASTED ROOT VEGETABLES WITH ROASTED GARLIC-LIME DIPPING SAUCE

from *Vegan Soul Kitchen* by Bryant Terry

Feel free to substitute your favorite root vegetables in this recipe.

1/2 pound carrots, peeled and cut into 1/2-inch chunks  
1/2 pound celery root, peeled and cut into 1/2-inch chunks  
1/2 pound parsnips, peeled and cut into 1/2-inch chunks  
1/2 pound rutabaga, peeled and cut into 1/2-inch chunks  
1/2 pound sweet potatoes, peeled and cut into 1/2-inch chunks  
1/2 pound turnips, peeled and cut into 1/2-inch chunks  
3 tablespoons extra-virgin olive oil  
1/2 teaspoon coarse sea salt  
Roasted Garlic-Lime Dipping Sauce (see below)

Preheat oven to 450 degrees. In a large bowl, combine the vegetables, the olive oil, and the salt. Transfer the vegetable to a large roasting pan and roast for 1 hour, stirring every 15 minutes for even cooking. Transfer the roasted vegetable to a large bowl and toss them in 1/2 of the Roasted Garlic-Lime Dipping Sauce.

## ROASTED GARLIC-LIME DIPPING SAUCE

from *Vegan Soul Kitchen* by Bryant Terry

All the gloves from one head of roasted garlic (see below)	1/4 cup water
1/4 cup extra-virgin olive oil	1/4 teaspoon coarse sea salt
1 tablespoon minced cilantro	Freshly ground white pepper
1/4 cup freshly squeezed lime juice	

In an upright blender, combine the roasted garlic, olive oil, cilantro, lime juice, water, and 1/4 teaspoon salt. Puree until creamy. Season with white pepper and salt to taste.

## ROASTING GARLIC

from *Vegan Soul Kitchen* by Bryant Terry

Add roasted garlic to sauces to deepen their flavor, or spread it on toasted bread as an appetizer or a snack. To roast it, preheat your oven to 325 degrees, cut off just enough of the head of a garlic bulb to expose the garlic cloves, transfer to aluminum foil cut-side up, and drizzle with extra-virgin olive oil. Wrap the foil tightly, place in a baking receptacle to catch any drippings, and bake until the garlic is tender, about 1 hour.