

# THE WSU ORGANIC STANDARD

OCTOBER 22, 2009

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## CSA SEASON ENDS EARLY

Hopefully you all know now that the CSA ended last week, two weeks early, due to the below normal freezing temperatures the farm experienced on the nights of October 9-11. Temperatures at the airport went as low as 10 degrees but the farm and upper orchard areas only went to 18 degrees; still cold enough to cause severe damage to the vegetables and apples. Coming to the farm that Monday I knew there would be problems, but we were all shocked at how widespread the damage really had become. My first concern was the pumpkins as we were all anticipating the big sale scheduled for last weekend. They actually looked fine in appearance but on closer examination they were all frozen hard and it wasn't until Tuesday that they began to thaw and get spongy. The remaining greens and cabbages in the field really looked bad, limp and dark green from exploding plant cells! Most of the greens did not die but had dam-

aged leaves or just stopped growing. It was really the loss of the remaining field greens that required the CSA to come to an end.

This event easily caused the largest crop failure the farm has experienced and gave us all a little reminder that we're not in control as much as we'd like to think. I've always told our customers that I can almost guarantee we will have produce through the end of October and there really has never been any reason to think otherwise. I'm usually much more skeptical about our ability to have crops ready in May, but now will have to be more cautious about the other side of the calendar. There wasn't much we could have done to prevent the loss of the remaining crops. All the greens were covered with fabric row-cover which is only rated to provide a few degrees of frost protection. And we would have been hard pressed to move all the pumpkins out of the field and not have a storage facil-

ity large enough to hold them all. I do think we will probably hold the Harvest Celebration earlier next year to help lessen the chances of another loss.

On the up side, I am still thrilled with how well the season went and the abundance of wonderful food the farm did produce. We had an extra long summer without frosts and great success with the majority of crops planted. The new Pullman Farmer's Market went better than expected and we're excited to continue with the market again next season on Wednesdays. I'd like to thank our great farm crew including the volunteers and students that helped out each week, and a special big thank-you to Marcia Gossard for putting together this newsletter each week with thoughtful editing and tasteful recipes.

See you next year!

—Brad Jaeckel



**WSU**  
Organic Farm

FEEDING THE COMMUNITY  
TRAINING FUTURE FARMERS

### CSA Surveys

If you didn't get a chance to get your survey this week please feel free to mail it to the address above or it fill out electronically and email to [jaeckel@wsu.edu](mailto:jaeckel@wsu.edu).



## CSA 2010 SIGN-UP STARTS IN FEBRUARY

Starting in February, I will be sending out next season's sign-up forms to all members who participated this season. Members who split a share, but are not listed as the contact are invited to purchase their own shares at this time as well, just get in touch with me when the forms go out. Also, we will only allow each household or group to purchase one share as there are many folks who get turned away each year. You will have one month to return your forms and payment before I open the CSA to folks on the waiting list. I will send out a mass mailing in March and then it will be first come first-serve to fill the remaining spots. If you don't hear from me in February, please get in touch to secure your spot.

On a side note, I realize the CSA model is not for everyone. There were many customers this year who regularly did not pick up their shares. As you know, any unclaimed produce is donated to the food banks, but I'd encourage you to consider letting another customer take a turn in participating with the CSA. While we are happy to take the extra time to make sure that produce makes it to a home, I'd prefer to have customers that took full advantage of what the CSA offers.



## BUTTERNUT SQUASH-BARTLETT PEAR SOUP WITH ROASTED BUTTERNUT SQUASH SEEDS

Adapted from *Vegan Soul Kitchen* by Bryant Terry

- 3 tablespoons extra-virgin olive oil
- 2 medium leeks (white and tender green parts, chopped finely)
- 1 small butternut squash (about 2 pounds), peeled, seeded, and cut into 1-inch pieces (seeds reserved)
- 3 Bartlett pears (about 1 1/2 pounds), peeled and chopped into roughly 1-inch pieces
- 5 cups vegetable broth
- Coarse sea salt
- 1 14-ounce can coconut milk
- 2 sprigs thyme, minced
- Freshly ground white pepper
- Roasted butternut squash seeds for garnish (see recipe below)

In a medium-size saucepan over medium-low heat, warm the olive oil. Add the leeks and cook, stirring often, until they are soft, 8 to 10 minutes.

Add the squash and pears and cook for 5 minutes. Add the vegetable broth and bring to a boil. Lower the heat, add 1/2 teaspoon salt, and simmer, stirring often, until the squash is fork tender, about 20 minutes

Stir in the coconut milk, then puree the soup in batches in an upright blender or with an immersion blender. Add the soup back to the saucepan, add the thyme, and warm over medium-low heat for a few minutes. Season with white pepper and salt to taste. Served garnished with roasted butternut squash seeds.

## ROASTED WINTER SQUASH SEEDS

Adapted from *Vegan Soul Kitchen* by Bryant Terry

The next time a recipe calls for a winter squash, don't throw away the seeds. They can be roasted and eaten as a tasty snack or used as a garnish. Use this recipe as a guide and adjust it to suit the amount of seeds you scrape from your squash.

- 1/2 cup winter squash seeds
- 1/8 teaspoon paprika
- 1 teaspoon extra-virgin olive oil
- 1/8 teaspoon black pepper
- 1/4 teaspoon coarse sea salt

Preheat the oven to 275 degrees.

Line a baking sheet with parchment paper. After removing the seeds from the squash, you can rinse them with cold water, and remove any squash remnants (although you can also leave that stuff on the seeds). Pat dry with a clean towel or paper towel and transfer to a small bowl. Add the olive oil and toss well until evenly coated. Next add the salt, paprika, and pepper and toss until evenly coated. Spread out in an even layer on the prepared baking sheet.

Bake stirring every 5 minutes, until lightly browned, about 15 minutes. Remove from the oven and cool before serving.