

WSU ORGANIC FARM
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It was great to see all the familiar faces of the CSA and many new ones, too. I will be the main person you will see at the Tuesday pickup and our assistant manager, Jewlee, will be running the Friday pickup. Hopefully there will be some different students cycling through each pickup to get some experience answering questions and getting to know our diverse group



of customers. We spent a large part of last week's class talking about the ins and outs of setting up a successful market table, and a big part of that is getting to know the members.

I've been really enjoying getting to know our new students and finding out what has driven them to participate with the teaching farm. As it turns out, we actually have a couple of students in the Cultural Anthropology department and they are particularly interested in some of the social aspects of the CSA. So maybe we'll get some help from them on the end-of-season survey.

We will try to remind you at the pickup sites, but remember that you can make a trade each week if there is one item in your box that you

don't think you'll use or don't like. You can trade that item for something of similar value on the market table. You are also free to purchase anything on the market table if you want to add to your box. We will always try to harvest a few extras each week to give everyone some more flexibility.

I hope everyone enjoyed the fingerling potatoes last week that we had stored from last fall's harvest. These potatoes were stored in a root cellar with no additional cooling other than what the good earth provided. Just an example of what you can do with some of those special fall root crops to keep you going through the winter. My family has finally finished off the last of our storage potatoes and carrots. We still have some onions and garlic that are starting to sprout but are still good, and the winter squash is hiding comfortably in the closet.

There will be a steady stream of fresh greens coming your way over the next few weeks, and by the sounds from everyone last week that is a welcome thing. I have to tell you the strawberries are looking great and I actually spotted the first fruit yesterday. We grow ever-bearers which will put on a short early crop by June, and then do their main crop later in the summer. So I'm excited for those little berries to come on, but until then enjoy the tasty greens!

-- Brad



As Brad mentioned, we'll be receiving lots of greens over the course of the summer. Here are a few recipes to get you started. NOTE: in the recipes below, I'm sure you can substitute the shallot greens we are receiving for part or all of the onion. If you have recipes you'd like to share, or if you have requests for recipes featuring a particular vegetable, please send an e-mail to: jyotsna64@aol.com.

Greens with Garlic and Raisins

(adapted from *Betty Crocker's Indian Home Cooking* by Raghavan Iyer)

This is a fast, easy, delicious dish. You can use any greens here: spinach, Swiss chard, beet greens, kale, mustard. If you don't want to use the golden raisins because they have been treated with sulfur dioxide, you can substitute black raisins, dried cranberries or sliced dried apricots.

2 tablespoons vegetable oil
½ cup golden raisins (see note above)
1 small to medium red onion, cut in half and thinly sliced
5 medium cloves garlic, minced
12 ounces greens
1 teaspoon curry powder
½ teaspoon salt

1. Heat oil in a wok or deep skillet. Stir-fry raisins for a minute, until they plump up.
2. Add onion and stir-fry until golden-brown. (If using shallot greens, treat them more gently – stir-fry just until they are soft).
3. Add garlic, and fry for another minute.
4. Mix in greens. Stir until wilted. Mix in curry powder and salt. Cook one minute (for tender greens like spinach or chard). You might want to cook tougher greens for a bit longer.

Onion-Wilted Spinach Salad

(from *Vegetable Heaven* by Mollie Katzen)

1 medium-sized tart green apple, cut into thin slices
3 tablespoons fresh lemon juice
1 small avocado, peeled and sliced
3 tablespoons olive oil
2 cups thickly-sliced onion rings
1 ½ teaspoons cumin seeds
½ pound cleaned, stemmed spinach, put in a bowl
½ teaspoon salt
Freshly ground black pepper

1. Toss apple slices with 2 teaspoons of lemon juice, cover and refrigerate.
2. Drizzle remaining lemon juice over avocado slices, and set aside.
3. Sauté onion rings in olive oil over high heat for 2 or 3 minutes. Sprinkle in cumin seeds and sizzle for another minute.
4. Add hot onion, cumin and oil mixture to spinach, add salt, and toss to mix.
5. Gentle mix in avocado, apple and all their lemon juice. Grind on black pepper to taste.