

WSU Organic Farm
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After a wet weekend (we got an inch at the farm), the ground has dried out enough to let us continue planting. We're finally getting the corn and beans in and some of the last transplants, too.

As some of you will remember from last year, we grew some tasty sweet corn. We have doubled the amount of that variety and added two more! In addition to the hybrid super sweet, we are trying an open-pollinated organic sweet corn and a beautiful multi-colored dry corn. The organic sweet corn may not end up as sweet as the hybrid variety but might be a more sustainable choice. The dry corn is from seed I saved from Orchard Farm, our family farm in Moscow. Yes, on the weekends I moonlight as a farmer over in Idaho. Anyway, it will be nice to have some new varieties to try.

Hopefully next week we will have all the cut flowers planted for our new U-pick flower patch. There will be 2-3 beds of cut flowers planted just uphill from the harvest shed available to everyone in the CSA to pick. This will unfortunately be much easier for the Friday pick-ups but the Tuesday folks will be welcome to come

pick once they start. I'll keep you posted.

For anyone who gets Idaho Public TV there will be a show worth watching on Tuesday the 13th at 10pm. "The Real Dirt on Farmer John" tells the story of a Midwest farm's success with converting to an organic CSA. Should be interesting to see what another CSA farm is doing. And if you aren't a TV watcher Carol Spurling and I have been talking about a couple of good books worth checking out. The first is Michael Pollan's new one, *The Omnivore's Dilemma*. Carol says this one is a must read and might change the way you do your food shopping. Another that I read recently is Michael Ableman's *Fields of Plenty*. Ableman was the director of Fairview Gardens in southern California which has been another successful organic CSA farm but in an urban setting. His book is a photo journey of small sustainable farms across the U.S. and includes great recipes from meals he enjoyed at each farm he visited. If anyone has any other good book suggestions please let Carol or I know and we'll get it in the newsletter. That goes for recipes, too. - Brad Jaeckel

Featured Student: CeCe Crosby



CeCe Crosby is our featured student this week. CeCe is from Port Townsend and is a graduate student in Soil Sciences. She is studying the use of compost teas to treat black rot in cabbage.

When not doing school work or helping on the farm, CeCe plays the flute and violin and practices karate. She also loves playing in the dirt/mud on the farm!

Her favorite way to eat warm season veggies is in a Greek Salad.

Mix 1/4 cup olive oil, 4-6 cloves crushed garlic, and a pinch of black pepper in a bowl or jar (jar is good for shaking). Let this mixture sit for 10-15 minutes while prepping veggies.

Cut tomatoes, cucumbers, bell peppers, and onions into bite size pieces.

Pour 1/4 cup lemon juice and fresh mint leaves into a blender and mix for a minute. Add the oil mixture and mix until smooth. Add this dressing to the veggies and toss, then serve. This goes great with grains such as quinoa or bulgar wheat and tastes delicious cold.

Kohlrabi doesn't get much good press - probably due to its unusual appearance. But we know better than to judge a vegetable by its protuberances, don't we?

Kohlrabi is a descendant of the *Brassica oleracea* family, which is in turn a member of the *Cruciferae* (mustard) family, according to Rebecca Rupp in *Blue Corn and Square Tomatoes*. Cousins include kale, cabbage, broccoli, radishes, watercress, cauliflower, and brussels sprouts. Cultivated cabbage has been around for thousands of years, eaten by the Greeks and Romans, who really loved the stuff, it seems. The edible portion of kohlrabi is actually an above-ground portion of the stem.

Pickled Kohlrabi (both recipes from *More Recipes from a Kitchen Garden* by Renee Shepherd and Fran Raboff)

3 kohlrabi, peeled and sliced 1/4-inch thick
2 carrots, peeled, cut into sticks and parboiled 3 minutes
2 cloves garlic, crushed
1 bay leaf
3 large sprigs fresh dill

Pickling Mixture:

3/4 cup white vinegar
1 1/4 cups water
3 tablespoons sugar
1 teaspoon mustard seed
1/2 teaspoon dill seed
1/4 teaspoon red pepper flakes
1 teaspoon salt

Combine kohlrabi and carrots and pack in a 1-quart glass jar along with garlic, bay leaf, and fresh dill. In a sauce pan combine pickling mixture ingredients and heat, stirring, until it boils and sugar is dissolved. Pour boiling mixture over kohlrabi and carrots, filling jar completely. Cover jar. When cool, refrigerate for 3 to 4 days before using to let flavors blend. Makes 1 quart jar.

Kohlrabi and Carrot Slaw

Dressing:

2 tablespoons very finely chopped onion
1/2 cup low fat sour cream
1/2 cup mayonnaise
1 tablespoon Dijon mustard
2 tablespoons lemon juice
2 tablespoons chopped fresh dill leaf
2 tablespoons chopped parsley
Freshly ground pepper to taste

1 1/2 pounds kohlrabi, peeled and shredded (about 4 cups)
2 medium carrots, shredded