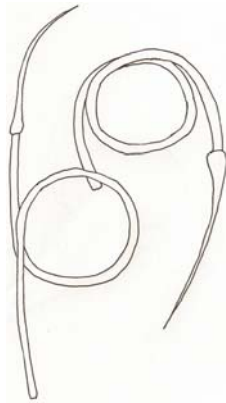


WSU ORGANIC FARM
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The strange curly green things you're finding this week are garlic scapes. These are the flowering tops of the hard neck garlic varieties that are growing at the farm. Garlic scapes are exciting because they mean the garlic is coming soon! We have three hard neck varieties and the first to send up scapes is the German Porcelain. The stalk comes straight up from the center of the plant and after it has completed a full revolution we snap it off to encourage the plant to put energy into bulb production. If we were to leave the stalks, the plant would also produce a flower and eventually seed that could be used to start new garlic plants. This does work but it takes two years to get a fully mature bulb this way, whereas we can produce clones from last years' cloves in just one season.

We wouldn't put the scapes in the boxes if they weren't useful, so be sure to try them in place of garlic in almost any recipe. The flavor



is milder than the real garlic that is coming next month. A favorite recipe is to make a pesto with the scapes similar to basil or parsley pesto. The garlic scape pesto comes out a bit thicker.

I'm also happy to have strawberries in the boxes now. They've been ready for a couple of weeks but because of a certain rainy Tuesday harvest they didn't get into the boxes until last week. (You should note that we put exactly the same crops into the Tuesday and Friday boxes.) We should have them for at least another little bit. Then they take a break before their main harvest later in the summer. This is just a sneak peek at what's to come. The plants are doing great...except for some birds that were coming in earlier in the month, popping off the berries and not eating them. I don't mind feeding the wildlife a bit but when they are wasteful of the berries we all get frustrated.

Please hold onto those green pint containers and return them for refilling if you can remember. We will also gladly reuse any twist ties or rubber bands that you collect.

-- Brad

Mark Knue is this week's featured student from the farm crew. Mark is double majoring in Organic Agriculture and Hospitality Business Management, a unique and interesting split! Using the best of both majors, Mark is hoping to someday establish his own restaurant that would hopefully rely on local organic food for the majority of the menu. Mark hails from Mt. Vernon, WA, where both his parents are agriculture teachers at the local high school. He enjoys playing ultimate Frisbee, camping, golf, and traveling. We're actually losing Mark for the next 5 weeks while he does a stint working in Alaska on a fishing boat.

Mark loves our fresh chard and recommends lightly steaming it and then dressing with salt, pepper, and a little vinegar.



Here is a recipe for garlic scape pesto from Mary Jane's Farm web site. I'm also including my husband's easy way to prepare greens. He likes to eat greens for breakfast with his eggs and toast!

Garlic Scape Pesto

(from <http://www.maryjanesfarm.com/SimplyMJ/articles/column39.asp>)

1 cup grated Parmesan cheese
3 Tbsp. fresh lime or lemon juice
1/4 lb. scapes
1/2 cup olive oil
Salt to taste

Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste. Serve on bread, crackers or pasta.

Mark's Easy Greens

Chop up a bunch of greens and mince some garlic (or garlic scapes!). Sauté greens and garlic in olive oil until the greens are wilted or cooked to your taste. Season with any of the following: salt, pepper, soy sauce, vinegar.

Bitter Greens with Sweet Onions and Tart Cheese

(from *Vegetable Heaven* by Mollie Katzen)

You can use kale, chard, beet greens, turnip greens and/or mustard greens in this recipe. Serve this on top of pasta, or by itself.

2 tablespoons olive oil
4 cups sliced onion (a sweet onion is best, if possible)
Salt to taste
3 large bunches fresh greens, stemmed if necessary and coarsely chopped (about 12 cups)
1/2 to 3/4 pound feta cheese, crumbled
Freshly ground black pepper

1. Heat the oil in a large wok, deep skillet or Dutch oven. Add the onion and sprinkle a bit of salt over them. Sauté over high heat for about five minutes. Turn heat to medium, cover and let onion cook for 10 more minutes, until they are very tender.
2. Add the greens in batches, sprinkling lightly with salt after each addition. Stir and cover between batches to allow the greens to wilt and cook down.
3. When all the greens have wilted, stir in the feta cheese and cook for two more minutes.
4. Taste and add more salt if necessary.
5. Before serving, grind black pepper over the greens.