

WSU ORGANIC FARM  
201 JOHNSON HALL  
PULLMAN, WA 99164-6420

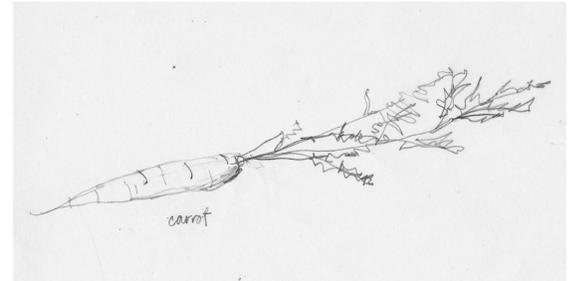
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WWW.CSS.WSU.EDU ORGANICFARM

Please Note: We will be harvesting and having the CSA pickup at the normal time on Friday, July 4th.

The much-needed sunshine is now warming up the soil and everything seems to be growing well including the weeds. Our crew and students have been hard at work catching up on lots of hand-weeding that has been put off by all the recent bad weather. Take heart though, the farm is looking great!

We found the potatoes last week amongst the thistle of our new one acre field. This new piece is directly south of the main 3 acre garden and will add quite a bit of growing space when we are ready to use it. This year we have only planted the potatoes and extra pumpkins there and have the remainder in a mustard cover-crop. This field was created by joining two smaller research plots that came open this season as well as Amanda Snyder's wildflower trial plots from a few years ago. So, in order to get the grass, weeds, and volunteer wildflowers under control we planted the majority of the field to the cover-crop and will till under those plants before they set viable seed. This will in turn add a great deal of organic matter and also keep the weeds from taking hold. Then in the late summer we will again plant another winter cover-crop that will get established in the fall and then do most of its growth next spring. Using this time to

“clean up” our new field will



hopefully pay off next year as we expand.

Back to the potatoes...after taking our narrow walk-behind rototiller between the potato rows we then hand-weeded in the rows, each 250 feet long! After the weeds were taken care out we could then “hill” the potatoes by mounding soil around the base of the plants along the entire rows. The potatoes are planted on one foot spacing and when they grow in it makes a solid line of plants down each row. By hilling the plants we are encouraging more tuber production along the stem of the plants and allowing the plants to grow taller and stronger. We will do this weeding and hilling process at least twice before leaving them alone. Potatoes do not need excessive amounts of water. Our clay soil holds water great and we rarely need to water this root crop more than once a week.

--Brad Jaeckel, manager



Tara Sistrunk is one of our organic majors and she is returning to the farm after getting a short introduction last fall. Tara has a home in Spokane but commutes to school during the week, returning to her “mini-farm” on the weekends where she has turned her yard into gardens. After starting a career in electronics and media, Tara became interested in wine making while visiting a Greenbluff farm and decided to follow the agricultural path to WSU. She still is an avid wine maker and claims you can make wine out of just about anything.

One of her favorites is an onion/ garlic wine made by boiling cut onions and garlic for about 10 minutes and then following the regular fermenting process to make an excellent cooking wine. She likes to use it on pasta, in sauces, with tacos, or just about anything else.

Last year in desperation (after being faced with overflowing heads of cabbage in our refrigerator) we tried blanching sliced Napa cabbage and freezing it in zip-lock bags. It tasted so good in Trent's homemade chili last winter that we recommend freezing some for later use. I am also including a recipe we put to good use last year and was always well received at dinner parties. Grate up any carrots, turnips, radishes, & kohlrabi that you still have in the fridge and toss them in. The dressing for this recipe works on green salad too.

Newsletter artist Semolina is on vacation for a couple of weeks, so I am filling in with my own sketches. CSA member Marti Ford wrote last week with a suggestion and a question. The suggestion was a use for the mild Asian-type turnips in the shares two weeks ago (note: these are distinct from the purple-topped American type we got last week): just slice them thinly and serve on a green salad. She also asked if we could include estimates of the number of servings each recipe makes. We'll attempt to do this in the future, but be warned that it's all guesswork for us! We always adapt recipes (as should you!) according to the quantities and items we get in the share each week (the particulars of which are necessarily unavailable to us at press time). If we have too much it becomes lunch the next day, or (for recipes in which the vegetables are cooked) frozen for another meal later. --Valeri

**Napa and Savoy Cabbage Salad with Peanut-Ginger Dressing**  
(adapted from *Vegetarian Cooking for Everyone* by Deborah Madison) **Serves 6**

1 small Napa cabbage, about $\frac{3}{4}$ pound	2 tablespoons finely, chopped mint leaves
2 medium carrots, grated	1 tablespoon finely slices basil leaves, preferably Thai or anise basil
1 cucumber, peeled and seeded	Peanut Dressing with Thai Basil (see below)
1 bunch scallions, including a few inches of the greens	$\frac{1}{2}$ cup roasted peanuts
$\frac{1}{2}$ small savoy cabbage, about $\frac{1}{2}$ pound, thinly sliced	

Quarter the Napa cabbage, including the base, and thinly slice it crosswise. Slice the cucumber and scallions into long, thin pieces and toss with Napa and Savoy cabbage and the herbs (substitute something else in the share for the cucumber). Heat the dressing in a small skillet until the aromas are released, then immediately pour it over the greens while tossing with a pair of tongs. Add the nuts, toss again, and serve.

**Peanut Dressing with Thai Basil**  
(from *Vegetarian Cooking for Everyone* by Deborah Madison) **Makes about  $\frac{1}{2}$  cup**

$\frac{1}{2}$ cup peanut oil	2 scallions, including an inch of the greens, thinly sliced
$2\frac{1}{2}$ tablespoons rice vinegar or apple cider vinegar	8 mint leaves, finely chopped
1 tablespoon soy sauce	2 tablespoons chopped basil, preferably Thai or anise basil
1 garlic clove, finely minced	Pinch salt
$\frac{1}{2}$ to 1 serrano chile, diced	

Combine everything in a bowl and whisk together. The soy sauce may provide enough salt; if not, add some.

**Curry Vinaigrette**  
(from *Vegetarian Cooking for Everyone* by Deborah Madison) **Makes about  $\frac{1}{2}$  cup**

1 clove garlic	$1\frac{1}{2}$ tablespoons fresh lemon juice
Salt	5 tablespoons light olive or sunflower seed oil
2 tablespoons yogurt, mayonnaise, or sour cream	2 tablespoons finely chopped cilantro
2 teaspoons curry powder	

Pound or mince the garlic and  $\frac{1}{4}$  teaspoon salt in a mortar until smooth, or put the garlic through a press. Combine the garlic and salt with the yogurt and curry in a small bowl. Stir in the lemon juice, then whisk in the oil. Let stand for 15 minutes, then stir in the cilantro. Taste for tartness and salt and adjust if needed.

After pounding the garlic in a mortar I throw it all into a jar with a lid, shake, and dress the greens. When I want to use it as a dip I add some honey to sweeten and use sour cream. I dress cabbage salads with it, too.