

WSU ORGANIC FARM
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Hopefully everyone survived last week's exceptionally large box of goodies from the farm! I heard some great comments at the Tuesday pickup in regards to not missing a meal with vegetables or they'd start to get behind. I think this year's weather has really played a large part in the earlier large harvests. We experienced weeks of warm weather alternating with cooler weeks and many of our crops responded favorably to those conditions. The broccoli has all come on at once and it's BIG! I seeded three plantings of broccoli each a week apart in the greenhouse and hoped to get three continuous weeks of harvest. Broccoli tends to come on slow so the full shares got the beginnings two weeks ago. But then the second planting seemed to catch up to the first and we had to harvest more than I planned for last week. Depending on how much is ready this week we might get one more harvest next week.

Our broccoli was transplanted starting in late March this year and we plant it in two rows per bed. Each plant is one foot apart in the row and a little farther between rows. We worked hard this year to keep the young plants well weeded and fertilized because once the plants get bigger they do a great job of competing with the weeds. Early fertilization is important too, as it does no good later on when the plants are beginning to form heads. For bug control all the broccoli and other brassicas are covered with

a "floating row cover" to physically keep out the bugs. We use a white fabric that allows air and moisture movement and anchor it along the edges with old bricks. These covers are very tricky to keep on during our windy springs but being diligent pays off in the end. Once the plants are too big to keep the covers on we just let them go and the plants are healthy enough by then to fend off most bugs. One new thing happened this year as we let the covers come off...birds! Magpies and robins got curious about the big green heads and began to land on them and take some nibbles out of select heads. So, back on with the row cover until the birds go away. And they have—over to the tastier cherries.

Hopefully everyone is getting snap peas this week, too. We had them in the full shares last week but the plants have been looking great and are full of little peas and more flowers. We will be picking our two beds of peas twice a week to ensure we're getting all the nice tender peas. If left too long, the pea pods will get woody and tough. We have only one variety this year, Sugar Snap. It grows to 4-5 feet tall and does need extra support to hold these taller vines. We use a trellis attached to 6 foot t-posts and it seems to work well. We have 2 plantings of these peas so hopefully that will provide us with a few weeks of harvest. Enjoy.

-- Brad

Claire Lichtenfels has been working on the farm with us since the early spring and will hopefully continue through the rest of the season. Claire is new to the area, moving to Moscow last year with her husband and four children. Her husband is a professor at WSU and Claire has worked as a family counselor specializing in parent education and distressed children. Lucky for us, Claire has chosen to pursue her dream of having her own organic farm and she is studying at the farm and developing her own property in Moscow. In her spare time she enjoys rowing, marathon running, and anything else outdoors. See the back of this newsletter for a coleslaw recipe from Claire.



If you received a bunch of blue flowers in your box, they are lavender. You can dry them and keep them, or you can use them for cooking. To dry, tie your bunch of lavender together and hang somewhere out of the sunlight. You can use dried lavender in potpourri, tea, sachets, etc. Here are some recipes using lavender. I got these recipes from a web site called the Joys of Lavender: www.joysoflavender.com. The web site recommends using only lavender buds and flowers in recipes, because the leaves and stems can be bitter.

Broccoli Lavender Cornbread

(from www.joysoflavender.com)

1 cup cornmeal
1/3 cup all-purpose flour
1-1/2 tsp. of baking powder
4 teaspoons fresh lavender buds, chopped
3/4 tsp. salt
1/4 tsp. baking soda
5 eggs, beaten
1 pound chopped broccoli
1 medium onion, chopped
1-1/2 cup shredded cheese, cheddar or mixed cheese (12 ounces)
12 ounces of small-curd cottage cheese



1. Preheat oven to 350 degrees F.
2. Dust a greased 13 inch x 9 inch cake pan with 1 tbs. cornmeal and set aside.
3. In a medium bowl combine and mix dry ingredients (first 6) and set aside.
4. Mix eggs, broccoli, onion, cheese and cottage cheese together. Add the dry ingredients until moistened.
5. Pour into cake pan and bake for 30 to 40 minutes or until a toothpick inserted into the middle comes out clean.
6. NOTES: you can use half the amount of dried lavender buds instead of fresh. If you want to make this at a time when you don't have lavender, you can substitute rosemary.

Lavender Lemonade

(from *The Herbfarm Cookbook* by Jerry Traunfeld)

1/2 cup sugar
6 cups water
2 tablespoons fresh lavender buds
1/2 to 3/4 cup freshly squeezed lemon juice

1. Bring sugar and 2 cups of the water to a boil in a small (1-quart) saucepan. Add lavender buds, cover and remove from heat. Let the buds steep in the syrup for at least 30 minutes.
2. Strain syrup into a pitcher. Stir in 1/2 cup lemon juice and the remaining 4 cups water. Taste and add more lemon juice if you like. Refrigerate until chilled.
3. NOTE: Instead of lavender, you can use rosemary, scented geranium leaves, mint sprigs or fresh basil leaves.

Mardi Gras Coleslaw (from Claire Lichtenfels): 2 cups grated Napa cabbage, 2 cups grated carrots, 2 cups grated purple or green cabbage, 1/2 cup minced onion. *Dressing*: 1/3 cup red wine vinegar, 1 tsp Dijon mustard, 2/3 cup olive oil, 1/4 cup sugar, and salt/pepper to taste. Combine dressing with other ingredients and top with caraway or sesame seeds. Chill in fridge for 4 hours.