

WSU Organic Farm  
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We're all enjoying the sun now that summer solstice has arrived. It seems like the plants, too are benefitting. The weeds have been getting just as much sun and water as the crops and we've been working hard to get things under control. This unfortunately means a lot of hand weeding! When we're not able to keep up with the weeds we usually have to just start working on the worst areas. So recently this has been the strawberries, raspberries, and onions. Once we get a handle on the weeds and there is less rain we can do an easier job keeping up with the hoes. But until then it's a lot of work down on the knees.

The exciting news is the strawberries are doing great. We are getting our first small harvest from last year's plants and we can expect more later in the summer. We have one variety, an everbearing type, that produces a small crop in June and then a bigger one from August until they get a hard frost in October. These differ from June bearing strawberries that only produce

one main crop in June. This spring, we more than doubled our strawberries from last year so we hope to have them for everyone. The raspberries are new this year and I doubt we'll see enough berries for a good harvest.

The orchard does have a well established raspberry patch and sells them as u-pick berries. Talk to Deb at the orchard if you're interested in picking and she can let you know when they come on.

The orchard managers are also concerned with the Friday afternoon CSA traffic. They would like anyone visiting the orchard to PLEASE keep your vehicle speed under 15 mph!! There are many different people working in the orchard with slow tractors, 4-wheelers, and trucks and it is important to be on the lookout for these folks. So please be considerate and take your time coming and going at the orchard. It's a beautiful spot so slow down and enjoy the good views.

Thanks to everyone who has been bringing in twist ties, bags, and other reusable containers. Keep up the good work. - Brad Jaeckel



*Napa cabbage by Alice Swan.*

## Featured Student: Kat Hall

Kat Hall joined us at the Tuesday Market last week to help with the CSA pick-up. You've surely noticed the different students working the table each week and they are enjoying the chance to meet the members. Kat is one of two students taking the summer course for Continuing Education Credits. This gives community members a way to take the class and get credit for the work while paying less than the normal summer fees.



Commuting from Cheney each week for Tuesdays and Wednesdays gives Kat the distance award but she is also a great farm hand. She's recently relocated to Washington from a six year stay in Alaska where she worked for an environmental nonprofit in Juneau. Kat claims it's great to be outside in the sun and dirt after being behind the desk. Currently she's in between work and volunteers in Spokane for the conservation district while hoping to start work with Spokane County Extension this fall.

Pressed for a recipe Kat came up with a great dish to put all those greens into. First bake a halved winter squash such as butternut in the oven until tender. Saute kale, bok choy, spinach, chard, and mushrooms together with olive oil. When squash is done place cooked greens inside and cover with grated cheese. Let the cheese melt and then dig in!

*I found a treasure trove* of info on Napa (or Nappa) Cabbage from an organic food delivery service in Tucson called Matt's Organics. Check out their Web site, [www.mattsorganics.com](http://www.mattsorganics.com), for cooking tips and nutritional info. The first two recipes below come from Matt's, the kim chee recipe from someone named Bob Eddy, from a web search. Kim chee is oriental-style fermented vegetables. Like sauerkraut, there are many variations on the basic idea. This one is «hot and garlicky,» but you could leave out the peppers and some of the garlic to tone it down.

### **Fettuccine with Ham and Nappa Cabbage**

1/2 pound fettuccine	1/4 pound cooked ham, chopped
1 onion, chopped	1/2 teaspoon caraway seeds
2 cups chopped Nappa cabbage	1/3 cup heavy cream
1 tablespoon vegetable oil	

In a large saucepan of salted boiling water cook the fettuccine until it is al dente, reserve 1/2 cup of the cooking water, and drain the pasta well. While the pasta is cooking, in a heavy skillet cook the onion and the cabbage in the oil over moderate heat, stirring, until the vegetables are golden, stir in the ham and the caraway seeds, and cook the mixture, stirring occasionally, for 2 minutes, or until the cabbage is tender.

Add the cream and simmer the mixture for 1 minute. In a large bowl toss together the fettuccine, the ham mixture, and salt and pepper to taste and add enough of the reserved cooking water to thin the sauce to the desired consistency. Serves 2. From *Gourmet*, November 1993.

### **Baked Cabbage With Tomatoes**

1 medium cabbage	1/4 teaspoon salt
3 large tomatoes, peeled & chopped	1/4 teaspoon pepper
1/2 teaspoon garlic powder	1/8 teaspoon cumin
1 small onion, chopped	

Preheat oven to 350 degrees F.

Quarter the cabbage & boil it for 5 minutes. Drain & put the pieces into a baking dish. Combine the remaining ingredients, pour them over the cabbage & bake for 20 minutes.

### **Kim Chee**

Yields 1 quart

1 lb Chinese (celery or Nappa) cabbage	1/2 cup water
1 large carrot	2 Tablespoons honey
1/4 lb white Oriental (Daikon) radishes	3 Tablespoons cider vinegar
2 scallions, thinly sliced	1 teaspoon fresh ginger, minced
1/4 cup soy sauce	4 cloves garlic
1/2 cup water	2 to 4 hot red peppers, dried, 2 inches long, split

1. Slice cabbage lengthwise into quarters. Remove the tough core and then slice the quarters into 1 to 2 inch-long pieces.
2. Slice the carrot and radishes lengthwise and then into 2 inch-long sections. Slice the sections into very thin strips.
3. Toss cabbage, carrot and radishes with the scallions, soy sauce and water. Cover loosely and let stand overnight.
4. Drain liquid from vegetables into a bowl. Add honey and vinegar to the liquid and stir well until honey is dissolved.
5. Add ginger, garlic and peppers to the vegetables and pack them into sterilized jars. Pour liquid into the jars. If more liquid is needed to cover vegetables, add water.
6. Cover loosely with a lid and let sit at room temperature for 3 to 5 days to ferment. The liquid will bubble and the flavor will become sour.
7. Refrigerate the Kim Chee for 3 to 4 days. The cabbage will become translucent and will be ready to serve.