

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

PROJECT MANAGER: BRAD JAECKEL
JAECKEL@WSU.EDU; 509-432-3716
WWW.CSS.WSU.EDU/ORGANICFARM

I hope everyone has a good 4th of July holiday this week! As we're working into true summertime weather and festivities we're looking ahead to our fall plantings here at the farm. Starting this week we will begin seeding fall crops such as cabbage, broccoli, and kohlrabi, as well as green onions for next spring.

The trick with the fall planting is timing, and if you wait too long you might not get a harvest. I've had trouble with this in the past especially with broccoli and will try to get started earlier this year to ensure some good fall brassicas for the CSA. We keep great records on everything we grow at the farm and it's easy to look back over the last couple year's seeding dates to get a better idea of when to seed. Then we can check those dates with harvest records to see if the plantings actually produced a crop in time for the CSA.

Carrots and beets can be planted through July but after that it is hard to get a good fall crop

unless you're willing to let them overwinter in the field. Some of the faster growing crops like lettuce, arugula, and radishes can be planted into August and still be harvested in October. There's a real art in juggling all the different crops and planting times for each to ensure a diversity in harvest throughout the season but we enjoy the challenge and learn more each season.

The summer squash is starting to take off and we hope to have that for everyone in maybe another week. The cucumbers in the hoop house are also growing well and are quite a bit ahead of the field cukes.

I'd like to remind everyone to bring your own bags to the pickup sites. It seems like we started off great on this and now folks are beginning to forget more. We have a limited number of bags we can supply so if you have extras, bring them by for others to use.

-- Thanks, Brad

Carina Borsch is this week's featured student and she's taking the field course as part of her master's program in Landscape and Horticulture. Carina is hoping to focus her work on wildlife and greenways in urban environments and has a great background in home gardening. Her family moved here seven years ago from upstate New York and her husband is also with WSU in the Vet School. Carina enjoys being outdoors with her three children and especially in her gardens. Here is a favorite recipe:



Spinach Bhaji (Trinidad/India) from *World Vegetarian* by Madhur Jaffrey

2 Tablespoons vegetable oil, peanut oil is preferable
1 hot chili (Serrano), very finely chopped
2/3 cup onion, very finely chopped
1 large clove garlic, very finely chopped
1 pound spinach, cut crosswise into very fine strips
salt to taste

Put the oil in a large, wide pot over med-high heat. When hot add the chili, onions, and garlic. Stir and fry until the onions turn medium brown. Add spinach and salt to the pot. Cover, allowing the spinach to wilt. Stir, turn heat to medium (or lower), cover and cook for 25 minutes. Uncover and stir. Cook uncovered another 5-6 minutes, or until almost no liquid is left in pan. Serve with Basmati rice, flat bread (warmed pita works well) and your favorite chutneys.

Serves 6

This week we have fennel in our boxes. The fennel bulb has a flavor like anise or licorice. It is traditionally eaten in Italy. You can slice and eat it raw as part of an antipasto platter, or dip it into something (such as hummus or salad dressing). Marian Morash, in her *Victory Garden Cookbook*, suggests these uses for fennel: place stalks and leaves on barbecue coals -- the fennel scent will permeate the grilled food; chop raw fennel fine and add to tuna fish sandwiches; cook fennel in tomato sauce.

Fennel and Orange Salad

(adapted from *The Sephardic Kitchen* by Rabbi Robert Sternberg)

This recipe serves 6-8, but you can easily cut it in half.

1 medium head romaine lettuce, torn into small pieces (or use salad greens from CSA box)
2 fennel bulbs
1 leek, white part only (or use green onions from your box)
1 tablespoon finely grated orange zest
1 tablespoon honey
1 large or 2 medium seedless navel oranges, peeled and sectioned
1/3 cup plus 1 tablespoon fresh lemon juice
2/3 cup extra virgin olive oil
Salt and freshly ground pepper to taste

1. Place the lettuce in a salad bowl.
2. Remove any stalks and leaves from fennel bulb. You can save a few feathery leaves for the salad. Shred fennel bulbs thinly. Add to lettuce.
3. Shred leek and add to salad.
4. Add orange sections to salad.
5. Mix together honey and orange zest. Add lemon juice and stir well. Mix in oil, salt and pepper. Pour dressing over salad and toss to mix.



Kale Crunch

(from *Vegetable Heaven* by Mollie Katzen)

You have got to try this recipe! You can sprinkle these crispy kale bits on top of salads or other dishes. Or you can do what we did – eat it with your fingers. I was surprised at how good this was! My younger son, age five, loved it too, but my older son, age nine, didn't like the bitterness of the kale.

A little olive oil or cooking spray for the baking tray
1 large bunch (about 1 pound) fresh kale, stemmed and chopped small
2 to 3 tablespoons grated parmesan cheese (optional)

1. Preheat oven to 350 degrees F.
2. Line a large baking tray with foil, and brush or spray it with oil.
3. Add the kale in an even layer.
4. Bake for 10 minutes, mixing once or twice during that time.
5. Sprinkle with parmesan if desired, and bake for 10 to 15 minutes more, stirring occasionally, until it is as crisp as you like.
6. Remove tray from oven. You will be amazed at how a giant bunch of kale shrinks down into a tidy bowl of kale crunch.