

# The WSU Organic Standard

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WSU Organic Farm  
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Well we survived the 4th and had fun seeing everyone who made it down to the Co-op last week for the festivities. While most of America was taking the day off it was nice to be up at the farm staying on schedule.

We are definitely moving into the summer crops now. The summer squash made its first appearance last week in the full shares but will quickly increase enough to make it into all shares. As folks will remember from last year this crop can be a bit overwhelming as it seems to just never end. BUT, we've tried to scale back a bit and not overdo it this year. I've narrowed down our varieties to just two: one yellow and one green straight zucchini types.

There are many different varieties of summer squash ranging in shape, size, and color. For a home gardener these unusual types are a joy to experiment with. For the farm though it seems easier to keep it simple and consistent. Both of our varieties are hybrids which seem to bear more quantity and consistent fruit.

We start this crop in the greenhouse about the beginning of May. It grows quickly and we had it transplant-

ed by the beginning of June. So by 8 weeks we were just starting to get mature fruit. The plants are frost sensitive and will only keep producing until we get a good frost...probably in September. So be prepared for a continuous supply of tasty squash until then. Carol promises to keep finding great recipes for it.

The farm's field day is coming up at the end of this month. It is scheduled for Thursday, July 27th, 9am-noon. This is a chance for anyone who's interested to come out to the farm, hear about the program, and get a guided tour! Come at 9 to sign-in and rub elbows. At 9:30 there will be a presentation followed by the tour. We will provide fresh farm snacks and some drinks. Please feel free to bring your family and kids but please no pets. I'll give you another reminder soon.

The cherry harvest starts at the Tukey Orchard, Fri. the 14th from 10-7 and Sat. the 15th from 10-4. You can U-pick dark sweet cherries and sour cherries for \$1/lb; Rainier cherries are \$2/lb. If you want to be on the raspberry harvest email waiting list (harvest by appt. only during the week) email [debpehrson@wsu.edu](mailto:debpehrson@wsu.edu). Raspberries are \$3/lb. - Brad Jaeckel

## Featured Student: Kristy Ott

Kristy Ott is another student from the Crop and Soils department who has joined us at the farm this summer. She is actually working on her Master's in plant nutrition and soil fertility and has a small research plot at the farm. I worked with Kristy last winter at my home farm's hoop house trialing different lettuces and hearty Asian greens in the cold of winter and we're hoping to continue this coming winter as well. Basically, the project is researching environmental qualities such as light, temperature, and fertilizers, on food nutrition.



Kristy came to WSU in 2005 from upstate New York where she grew up and recently got some experience working on a small organic farm. She enjoys camping, hiking, music, and of course, gardening. She has also become well known for her rhubarb cake recipe...try it out! - BJ

### Kristy's Mom's Rhubarb Cake:

Bake 45 min. 350 oven

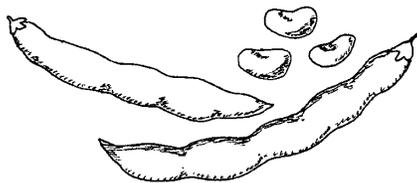
Beat: 1-1/2 cup sugar, 1/2 cup shortening, 1 tsp vanilla, 1 tsp. salt, 2 eggs

Add: 2 cups flour, 1 cup sour milk (add 1 T. vinegar to just under 1 c. milk) or buttermilk, 1 tsp. soda

Add: 2 cups rhubarb, cut in small pieces (1/2 - 1")

Put in a greased and floured 9 x 13 pan.

Topping: Mix 1/2 cup sugar and 1 tsp. cinnamon. (I highly recommend using much less sugar than this!!!!) Put on top before baking.



*Fava beans* (see left) are done for this year, sadly, but I wanted to report that on the advice of our illustrator Alice Swan, who lived in Italy as a grad student, I ate them last week with bread, salami, olive oil, and cheese. Yum! I removed the beans from the pod, put them in boiling water for about 5 minutes, then drained them, and popped them out of their skins. Then I mashed

them with some salt and olive oil and used as a spread for crusty baguette slices, along with some Applegate salami and Spanish manchego cheese (as a substitute for Italian pecorino). Mashing may or may not be the «correct» way to eat them, but it worked for us. Alice also told me a funny story about an Italian waiter accidentally dropping one of the empty fava bean peels on her very proper British professor's head as he cleared the table, much to the restrained amusement of Alice and her classmates.

I also wanted to report that I made the kohlrabi and carrot slaw recipe from a previous newsletter and highly recommend it. Very crisp and tasty, an excellent salad on a hot day. My grandmother, though, likes to eat kohlrabi slices raw, with salt.

Brad has several new and wonderful things coming out of the fields this week, like basil, but he was surprised by how fast the rutabagas got ready for harvest. He had anticipated them as a fall storage crop but suddenly they are ready to eat. Rutabagas are like turnips - a root vegetable with a bit of zing to it. They are newish to most of us, but treat them when cooking like you would a potato or carrot and you should come out all right. Turnips were wildly popular in the 19th century in the U.S., according to *Blue Corn and Square Tomatoes*, and the rutabaga came along shortly thereafter, developed by a Swiss botanist and very hearty in cold climates. Rutabagas were commonly eaten in Sweden so it was nicknamed the Swedish turnip or «Swede.» It is officially *Brassica napobrassica*. The edible portion is a combination of stem and taproot.

Edward Espe Brown offers several basic ways to prepare turnips and rutabagas; below is the stir-fry method, from *Tassajara Cooking*.

### **Turnip or Rutabaga Stir-Fry**

Wash the vegetables, then cut in half and slice. Wash the greens, cut in one-inch sections and keep separate from the roots. Stir-fry the roots for three or four minutes. Turn the heat down to medium low, put in the greens and put on a lid. Let it cook for four or five minutes. Season with salt and pepper to taste. Can also add carrots, onions, and celery. Try grating cheddar cheese on top just before serving.

Another Californian, Alice Waters, gives a recipe for roasted winter vegetables in *Chez Panisse Vegetables*. It's pretty early in the season for winter vegetables such as butternut squash, but you could use rutabagas all on their own, or substitute potatoes and carrots for vegetables not yet available. Waters includes a recipe for grilled parsnips as well, which she recommends also for turnips and rutabagas. Parboil 1/2 inch thick slices of the veggie until tender, brush with olive oil, season with salt and pepper, and grill. Serve with aioli or herb sauce, or as an accompaniment to grilled meat.

### **Roasted Winter Vegetables**

You will need parsnips, turnips, rutabagas, celery root, fennel bulb - in any combination - and about the same quantity of butternut squash. Trimmed and peeled, the vegetables should be cut into 1/2-inch cubes - except for baby turnips, which can be left unpeeled and cut in halves or quarters, and fennel, which should be trimmed and sliced into thin wedges.

Toss the vegetables in enough clarified butter to coat them lightly, season with salt and pepper, and spread them out on large baking sheets with 1-inch sides. Roast for 30 to 40 minutes in a preheated 400 degree oven until they are thoroughly cooked and beginning to caramelize nicely, stirring them occasionally with a spatula to make sure they don't stick. Beware of overroasting: a little browning makes them sweeter, but if you let them get too dark, they will taste bitter. Serve directly from the oven or set aside and reheat later. Before serving, check the seasoning and sprinkle with your choice of herbs chopped fine.