

# THE WSU ORGANIC STANDARD

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WSU Organic Farm ♦ 201 Johnson Hall ♦ Pullman, WA 99164-6420  
Project Manager: Brad Jaeckel ♦ jaeckel@wsu.edu ♦ 509-335-5893 ♦ www.css.wsu.edu/organicfarm

## THREE ACRES CERTIFIED ORGANIC, ONE TO GO

This past week the farm had its annual organic inspection to determine if it is in compliance with state and national organic regulations. The farm's original three acres have been certified by the Washington State Department of Agriculture since 2004 and continues to remain certified. I thought this would be a good time to talk about the process and what it means for the farm to have this designation.

Each year I'm required to reapply for our organic certification, which first involves filing an application in January. This is nice because we have had some time to take a break from the growing season and sit down with the paper work that has accumulated over the season. The first section requires details on the farm's gross sales for the year. This is important because the state charges an annual fee based on those sales and will do a minor audit of the farm's books during the annual inspection. The next section has to do with farm production or how much did we grow last year. This basically equates to number of CSA shares as that

is the majority of our sales. Then I have to report any changes we may be making in the upcoming year to our management plan. The management plan is a lengthier piece that was submitted with our first application back in 2004. I don't have to rewrite it, just update.

The annual inspection first consists of an audit of the farm's sales, seed orders, and material applications. The inspector is interested in seeing an easy to follow record keeping system for all of these areas. I keep all the sales information on spread sheets so that is easy, the seed orders are all on detailed printed receipts, and our fertilizer and compost applications are all documented in a notebook kept at the farm. Our inspector told us this process is easy to check with small farms but can be challenging with larger industrial size ones where sales don't always match production data. So these audits are the first line in determining if a farm may be reporting false information.

After the audit section we take a walk around the farm with our

most recent farm map. Luckily we have an updated version that I hope to get posted to the website for you all to see. The inspector is interested in seeing any new structures, buffers with other farms or research plots, and any new crops that will be listed under the certificate. An example would be the blueberries we planted this spring were listed on our certificate last year but hadn't been planted yet.

Another important point that you all should be aware of is our forth acre is not certified organic and will not be until next year. This acre came under our management only last year and while we do manage it exactly like the rest of the farm it is in a three year transition period before it will be included in our certificate. This is because it was not managed organically before we took it over. The crops being grown there (spring cabbage crops, potatoes, and pumpkins) are being managed organic but are not certified.

—Brad Jaeckel

### Pick-up days and times

- **Wednesdays 4:30 - 6:30 p.m.** at the Pullman Fresh Farm Market in the Old Post Office parking lot in downtown Pullman
- **Fridays 3 - 6 p.m.** at the WSU Organic Farm

*\*\* Please come a few minutes before closing time to bag up your vegetables.*

### Submit a Recipe!

Do you have a favorite recipe you'd like to see in the newsletter? Email me at [mgossard@nasw.org](mailto:mgossard@nasw.org).

— Marcia



I must confess, like many of us in the United States, I have not spent much time getting to know the fava bean. Although widely known in other parts of the world like Asia and the Middle East, the fava bean, also known as broad bean, is less well known here. When you find favas in your box, experiment with one of the recipes I found below. Basic instructions for cooking the beans are in the first recipe (in the second recipe the beans are cooked on the grill). Once cooked you can add them to salads, in a side with vegetables, or in a stir-fry. Enjoy!

—Marcia Gossard

## FRESH FAVA BEAN AND PECORINO SALAD

from NPR's *Kitchen Window* <http://www.npr.org/templates/story/story.php?storyId=9163283>; adapted from Patricia Wells' "Trattoria"

*Makes 8 to 12 servings*

- 2 pounds fresh unshelled fava beans (about 2 cups shelled beans)
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon dried leaf oregano
- 3 tablespoons fresh flat-leaf parsley leaves, snipped with scissors
- 1/8 teaspoon crushed red peppers (hot red pepper flakes), or to taste
- 8 ounces soft sheep's milk cheese such as a pecorino or a soft fresh goat's milk cheese, cut in small cubes
- Salt and freshly ground black pepper to taste

To shell the beans, pull on the stem of the pod and unzip them, on both sides. Take the shelled beans and drop them in boiling water for 30 seconds. Remove and plunge into ice water, and peel off the beans' waxy outer covering. Drain. Now, they are ready for use in this or any other recipe.

In a medium bowl, combine all ingredients, and toss to blend. Taste for seasoning.

## GRILLED FAVA BEANS

Adapted from <http://www.101cookbooks.com/archives/grilled-fava-beans-recipe.html>

- 1 pound of fresh fava beans, still in their pods
- olive oil
- salt
- crushed red pepper flakes, lemon zest, and or chopped fresh herbs (optional)

In a large bowl toss the fava bean pods with olive oil and salt. Arrange them in a single layer on a grill over medium-high heat. Grill until blistered on one side, about 4 to 5 minutes, then flip and grill for a few minutes more on the other side. To test for doneness take a pod off the grill, open and taste one of the beans. The fava beans to be smooth and creamy when you pop them out of their skins—not undercooked. But keep in mind that they'll keep steaming in their pods for a few minutes after they come off the grill. Season the grilled favas with a bit more salt (if needed) and any herbs or lemon zest if you like. To eat: tear open the puffy green pods, take a fava bean, pinch the skin and slide the bright green fava from its outer covering. Eat one at a time and be sure to lick your fingers.