

WSU Organic Farm  
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The farm's making a graceful transition to the summer crops. We've been tilling in the peas, spring greens, and other cabbage family crops while waiting for the rest of the mid-summer goodies. Cucumbers and green beans are not far away and there are lots of green tomatoes in the hoophouse.

This week we are happy to add Walla Walla onions to the boxes.

The Walla Wallas are just starting to get some size and we have a full bed of them (three rows 150 ft. long)! These are not storage onions so please don't keep them around too long. They should keep fine in the fridge for a week or two but it would be wise to use them up. Walla Wallas are a wonderful mild onion with a sweeter flavor than our other storage onions. You can harvest them as soon as they start to bulb at the soil surface and keep harvesting them until their tops begin to fall over.

We will try to keep these onions coming until they're gone because we have about 4 other varieties waiting. You can store cured Walla Wallas for a few months but they are always the first to sprout.

These onions were made famous in the Walla Walla region of Washington not too far from the Palouse. The climate is milder there and most growers in that region will plant the sweet onions in the fall and let them overwinter. Then they get an early start and are harvested earlier than we can get them. Typically we will start ours in the greenhouse in February with all the other onions. They are then transplanted out usually by April. We have had luck overwintering the green bunched onions and

have actually already seeded next spring's batch. I will let everyone know when the storage onions come and how to best keep them.

We are also seeding our fall brassica crops such as bok choy, Napa cabbage, and broccoli. These will hopefully be ready by October as long as the rodents cooperate. We haven't seen the voles this season and the root crops are looking great! We even spied on some potatoes last week and they are starting to get some size. The u-pick flowers are also just starting to fill out. Come by Fridays 3-6 and we will show you where they are and

how to harvest a nice flower bunch for the weekend. Right now the Black-eyed Susans are looking great and we have an enormous Hollyhock planting that is well over 8 feet tall.

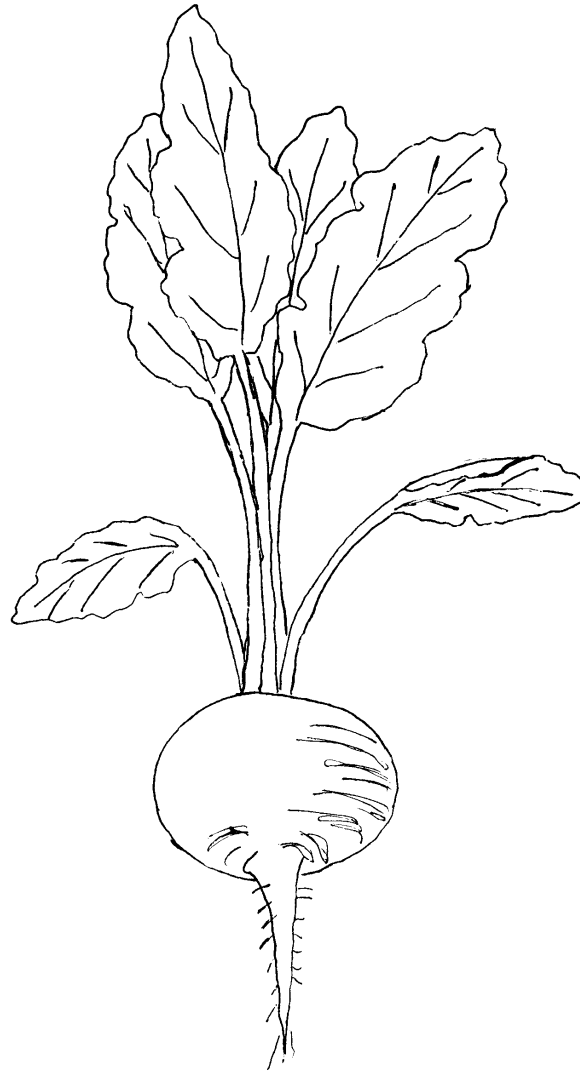
And another reminder about the Farm Field Day!!! This will be next week on Thursday the 27th between 9 and noon. Families are welcome. We will have farm fresh snacks, a presentation, and a tour. So if you are able please come and see your farm. Follow the directions to the farm and then follow the signs once inside the Tukey Orchard.

- Brad Jaeckel

#### Directions to farm:

From Pullman, head east towards Moscow. At the last stoplight turn left onto Airport Road. (If you're coming from Moscow, turn right onto Airport Road.) Continue past Grimes Way (and the bears) about 3/4 mile to last driveway on right before the intersection

to the airport. Turn right into driveway with big red sign: "Tukey Horticultural Orchard." Go through gate and past shop buildings. Follow paved road up hill through orchard, slowly. At the top of hill turn right at the grey shed and go about 200 yards. There is fresh gravel on the farm (west side of the road so it is safer to park carefully in between the orchard trees on the east side of the road. Or park at the top of the hill by the raspberries, and walk down to farm. See you there!



Beet by Alice Swan.

Chard will be with us throughout the summer I believe so I wanted to share a good way to use a lot of it at once. Make a baked frittata. If you use a large pile of chard, half an onion, and a dozen eggs, you'll have a frittata big enough to bake in a 9 x 13 cake pan to take to a picnic or potluck. Frittatas are good cold, and are a traditional tapas in Spain. I sauteed diced chard ribs (the tastiest part) along with the diced onion in olive oil, then when they were done, added the chard leaves, sliced into 1/2 inch wide x 2 inch long strips, and let them cook right down for several minutes. I added about a cup of pesto, then stirred in the eggs, poured the mixture into a baking dish and baked at 350 for about 25 minutes. Presto! When it's done, cut into squares and serve warm or cold. I got that idea from a pastry I read about that they eat in Nice, which includes chard, pine nuts, cheese, olive oil, and egg, among other things like apples and raisins. Chard can also substitute for spinach in your recipes. And here is a challenge: we're looking for a chard pesto recipe. Can you develop one?

My favorite way to eat **beets** is cold cooked style, sliced to accompany a green salad. Cut off the tops (save the tops), put the beets in water in a pot and simmer until tender. Put them in cold water and when they've cooled, use your fingers to rub off the outer skins; do it under water to keep the juice from splattering. I love a chef-style salad with lots of greens, sliced beets, sliced hard-boiled eggs, and some diced ham or chicken, with poppy seed dressing. Kids are more likely to eat beets if you let them look in the mirror immediately afterwards, to see the resulting purple lips, tongue, and teeth. - CPS

Here are some ideas for beets from the Moosewood Restaurant, straight from their book, *The Moosewood Restaurant Kitchen Garden*.

We frequently use tender, shredded raw beets in tossed salad garnishes.

The young, tender beet leaves make a fine salad green.

For a perfectly pink Scandinavian salad, we mix cooked beets with new red potatoes, sour cream, mayonnaise, snipped dill, and chives. Serve on a bed of ruby lettuce.

Joan Adler, our resident cooked-greens enthusiast, likes to serve steamed beet greens tossed with an herb butter and topped with diced, cooked beetroot.

Saute' beet greens with garlic and oil; toss with soy sauce and a few drops of rice vinegar.

Try roasting whole baby beets alone or with new potatoes, pearl onions, and small globe carrots.

And finally, in honor of French culture and cuisine which I'm studying at the moment, a recipe from *Mastering the Art of French Cooking* by Simone Beck, Louisette Berthold, and Julia Child.

### **Salade a la D'Argenson (Rice or Potato and Beet Salad)**

When rice or potatoes are marinated with beets in a vinaigrette for a sufficient amount of time, the whole mass becomes beet-colored. Then it can be tossed in an herbal mayonnaise, and all sorts of cooked vegetables, meat, or fish leftovers can be mixed into it to make a nourishing hors d'oeuvre, a main course dish, or an attractive addition to a picnic.

For 1 quart or more:

2 cups boiled rice,  
or 2 cups warm boiled potatoes, peeled and diced  
2 cups diced cooked beets  
4 Tbsp. minced shallots or green onions  
1 2-quart bowl  
3/4 cup vinaigrette

1 1/2 to 2 c. mayonnaise with green herbs  
Salt and pepper  
1 cup of one or a mixture of the following:  
cooked green peas, cooked diced green beans,  
cauliflower, broccoli, carrots, turnips, asparagus,  
diced cooked meat or fish, diced raw apples

Toss the rice or potatoes, beets, and shallots or onions in a bowl with the vinaigrette. Season to taste. Cover and refrigerate for at least 12, preferably 24 hours. Shortly before serving, fold in the mayonnaise and other ingredients. Season carefully. Arrange your salad in a bowl and decorate with green or black olives, anchovies, sliced hard-boiled eggs, water cress or parsley sprigs.