

# THE WSU ORGANIC STANDARD



## Field Day at the Farm

We are approaching the end of our summer session class here at the farm. This means the end of our Wednesday morning lectures, but it also means the annual Field Day is this week. Please see the announcement for the field day and plan to come if you can, or invite others. The farm is looking GREAT right now and is planted out for the summer season. Our students and staff have been working hard to get the crops looking good with lots of weeding and maintenance.

Unfortunately, the summer hasn't been as warm as usual, so many of our warm-season crops are just getting going. I found the first ripe tomato last Friday, which is exciting, so be on the look out for the tomatoes to start. We are also beginning to harvest our cucumbers from the hoop house and the summer squash are getting there as well. You will see two types of cucs for now. Both are Asian trellising varieties coming out of the big hoop house. The smooth skinned one is Tasty Jade and the ribbed one is Shuyo Long. The small spines on both of these cucs will easily rub off. Both of these varieties make great salad cucs!

The U-Cut Flower Garden is also ready to begin harvesting. We welcome all members to come to the farm on Fridays at the CSA pickup to cut a fresh bouquet. We would ask that each membership limit itself to one bunch per week. The flowers are just starting to mature so you need to be careful not to over-pick. We will supply scissors and small buckets at the harvest shed on Fridays. Be sure to check in with one of the staff to help you if it's your first time.

~Brad

### **Field Day is This Thursday!**

Don't miss this year's WSU Organic Farm Field Day, Thursday, July 28.

Presentations by the Organic Farm students as well as farm manager Brad Jaeckel begin at 8:30, followed with a tour of the farm. Kevin Murphy, assistant research professor, and graduate students from the WSU Department of Crop and Soils, will also review the progress of their field trials on quinoa and hops.

Graduate student Laurie Mooney will present plans for the new Smart Farm site as well. Using smart design and engineering to research sustainable food and energy production, the Smart Farm is to be a place-based center of hands on learning for WSU students. When up and running, the Smart Farm will be a replicable and scalable model of sustainable systems highly adaptable to local needs and conditions.

Field Day registration begins at 8 a.m. at the WSU Organic Farm at Tukey Horticultural Orchard northeast of the Pullman campus at the corner of Airport and Terre View roads. The field day is free and open to the public and runs from 8:30 a.m. until noon.

A map to the farm is available at <http://www.css.wsu.edu/organicfarm/Map.htm>

## It's Time for U-Pick Flowers at the Farm

For those of you new to the CSA, we always grow a large area of annual flowers for our members to cut on Fridays. Many farms charge their members for cut flowers, but we've always included ours in the CSA membership and are glad to see people enjoy the beautiful selection of sunflowers and other annuals. The flowers are available to all members and are most convenient to cut on Fridays, from 3-6p.m. If you are unable to make that time, feel free to set up an appointment with us at another time.



*One of the farm students tends the annual flowers.*



*Our shaded seed starting table for the fall transplanted crops.*

See how the fall transplants are coming and more at the farm's annual Field Day, this Thursday, July 28. Registration begins at 8:00.

## **A Bit About Beets:**

For much of the rest of the season, the farm will alternate two weeks of carrots with a week of beets. Beets, like most other root vegetables, store well, but they must be refrigerated so they don't become soft. Trim the greens to use right away in salads, pasta or soups; the root can go unbagged into the refrigerator. You'll find that it will keep that way for quite a long time.

I like to roast beets, but they can also be steamed or simmered. But if firing up the stove and oven doesn't appeal this time of year, beets are also delicious raw. I grate them directly into salads, sandwiches and wraps. Just peel the outer skin from as much of the beet as you think you'll use and then grate. (This works especially well with large beets.) I don't bother to wrap the beet afterward, and just return it to the fridge. The grated surface will dry, so I just peel it away the next time I use it.

~Jamaica

## ..... Three Recipes for Beets ..... .....

### **Marinated Beet Salad** from Alice Waters' *The Art of Simple Food* (2007).

This salad can be served alone or with other salads. I like to make a larger batch to keep on hand (marinated, the beets will easily last a week) adding them to our nightly dinner (or lunch) salads.

1 pound beets	salt
1 teaspoon vinegar (red wine, sherry, or white wine vinegar)	Fresh herbs—chives, mint, tarragon, or cilantro (optional)
1-2 teaspoons walnut or olive oil	

Preheat oven to 350°F. Trim the beet greens to about ½ inch and set aside for another use. Wash the roots thoroughly and place in a baking dish with enough water to cover the bottom of the dish to a depth of 1/8 inch. Sprinkle with salt, cover tightly and bake the beets until they can be easily pierced with a sharp knife, 30 minutes to 1 hour, depending on their size. Uncover and cool. Cut off the remaining tops (the ½ inch you originally left), and the tapering root, and slip off the skins. Cut the peeled beets into small wedges or a ¼ inch dice. Sprinkle with the vinegar and salt to taste. Let the beets stand for a few minutes to absorb the flavor, add more salt and vinegar if needed, and toss with oil.

# 1

**Clear Summer Borscht** This is New York Times writer Marth Rose Shulman's recipe for chilled beet borscht. The lemons will require a trip to the store, but this is a summery use of our CSA beets and cucumbers.

2 pounds beets (8 medium, usually 2 bunches), peeled, cut in half and sliced in thin half-moons	2 plump garlic cloves, cut in half lengthwise
7 cups water	¾ cup plain low-fat yogurt (optional)
2 teaspoons salt, or to taste	1 small cucumber, peeled, seeded, and cut
6 tablespoons strained fresh lemon juice (from 2 to 3 lemons)	in small dice
1 tablespoon sugar	Chopped fresh dill or chives for garnish

Combine the beets, water, and 1 teaspoon salt in a soup pot and bring to a simmer. Cover and simmer 30 minutes. Add the lemon juice, remaining salt, and sugar and continue to simmer, uncovered, for 20 minutes. Remove from the heat and add the garlic. Allow to cool, then cover and chill (you can speed this process by transferring the soup to a bowl and placing the bowl in an ice bath). Taste and adjust seasoning. Remove the garlic cloves.

To serve, place 2 tablespoons yogurt, if desired, into the center of chilled soup bowls. Ladle in the soup. Garnish with diced cucumber and minced dill or chives. This soup can be made a day ahead and will be good for 2 or 3 days.

Serves 6

# 2

**Botanical Burgers** from *Rebar, Modern Food Cookbook* by Audrey Alsterberg and Wanda Urbanowicz.

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This recipe comes from the Rebar restaurant in Victoria, B.C. No doubt, this dish is an undertaking, but if you have it in mind, it can be a great way to use up extra rice and/or mashed potatoes, and also makes use of a number of CSA vegetables at once. This recipe makes a *lot* of burgers – at least 10. However, they do freeze well (cook the patties and then layer in wax paper and store in a freezer bag or Tupperware, then just reheat them later—I think they make an excellent lunch). If you'd rather not have the surplus, divide the recipe as needed.

~Jamaica

- 2 tablespoons olive oil.
- 1 yellow onion, minced
- 3 garlic cloves (or minced garlic scapes if you still have them)
- 1 cup grated carrot
- 1 cup grated turnip
- 1 cup grated beet
- 1 cup grated zucchini or summer squash, water squeezed out (or use more beet, carrot, and turnip)
- 2 teaspoons salt
- 1 teaspoon dried dill weed, or 1 tablespoon fresh
- 1 teaspoon cracked pepper
- 1 cup mashed potatoes
- 1 cup cooked brown rice
- ½ cup hazelnuts, roasted (or use almonds, walnuts or pecans)
- 2 tablespoons soy sauce
- 2 tablespoons nutritional yeast (optional)
- 2 tablespoons minced fresh tarragon (optional)
- 2 tablespoons minced fresh parsley
- fresh breadcrumbs (optional)

Heat oil in a wide-bottomed pan and sauté onion until translucent. Add garlic, grated vegetables, dill (if using dried), salt and pepper. Stir thoroughly and cook for 10 minutes over medium-high heat, stirring regularly. Transfer to a large bowl and cool.

Place the cooled vegetables, rice, and nuts in a food processor and pulse until coarsely combined. Transfer to a large bowl and mix in all of the remaining ingredients. Season to taste. Take a handful of the mix and test to see if it holds together. If not, add breadcrumbs, ½ cup at a time, until the mixture firms. Shape into patties and sauté in olive oil until browned on both sides.

While the patties fry stir together mayonnaise ingredients and assemble other desired burger condiments.

**Lime Tarragon Mayonnaise**

- 1 cup mayonnaise of your choice
  - zest of 1 lime
  - 2 tablespoons minced tarragon
- Combine all ingredients in a small bowl and stir thoroughly. Serve or refrigerate for up to three days.