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It is Thursday afternoon and I've been chased off the farm by a thunderstorm. This is actually a good thing because it allows me to spend time writing this newsletter. Brad is on a much-deserved vacation this week and that has left me alone on the farm. After this week I have a new appreciation for how much time and energy he puts into bringing you your veggies each week.

So what is new this week? The leeks are ready and so are the potatoes. Leeks are part of the Allium family and are considered to be sweeter and less pungent than onions. They can be used in any recipe that calls for onions. My favorite way to eat them is in potato leek soup. Use the white part of the leek plus up two inches of the tender light green stalk.

We are growing five different potato varieties this year. There are two reds, two yellows, and one fingerling. Keuka Gold is a thicker-skinned, golden potato with a pale yellow flesh. It is similar in texture to a Yukon gold and fries up nicely. Desiree has a thin, light pink skin with a creamy yellow flesh. It is a great all-around cooking potato. Sangre has a beautiful dark red skin and white flesh. The last yellow variety is the German Butterball. It has

a golden skin with a creamy golden flesh and delicious flavor. The last variety we grow is a fingerling potato. The fingerlings are long and thin (like a finger) and are great roasted. This year we chose Ruby Crescent for its rosy colored skin with deep yellow flesh. Potatoes are a staple for many people and hopefully you will be excited to see them in your boxes throughout the rest of the season. Enjoy.

- Jewlee Sullivan



## Potato-Leek Soup (Vichyssoise)

(From *A Monastery Kitchen* by Brother Victor-Antoine d'Avila-Latourrette)

4 - 6 servings

4 Tbsp. butter

4 leeks, finely sliced

4 potatoes, diced

3 bouillon cubes (or use vegetable stock instead of water)

1 bouquet garni=1 bay leaf, 1 thyme sprig, and 1 parsley sprig tied together

2 cups milk

2 cups water

1 cup heavy cream

Salt and pepper to taste

Melt butter in large soup pot. Add leeks, cook over low heat 5 - 6 min.

Add all ingredients except heavy cream.

Raise heat to medium, cook slowly 30 min. Turn heat down, simmer for 10 min.

Remove bouquet garni. Process in blender, add heavy cream. Serve warm or chilled.

Jessica Wiley is the last of our students to be featured in the newsletter. Our class ended a few weeks ago but Jessica was off on her honeymoon so we were unable to interview her until now. She is a Classical Studies major at U of I and works at the Co-op in the produce department. In her free time Jessica likes to ride her bike, read books, cook great vegetable dishes, and spend time with her husband, Jason. Jessica and Jason spent their honeymoon in Italy. She loved the food and history of Rome but did not enjoy the July heat. Her recipe for tomatoes was inspired by her trip to Italy.

Cut roma tomatoes in half and put on a plate. Sprinkle cut basil over the tomatoes. Mix some crushed garlic and olive oil together and drizzle over the tomatoes and basil. Yum.



I keep finding new and better zucchini recipes! Here is my new favorite chocolate zucchini cake from one of my mom's church cookbooks, and some other recipes to try...

### **Chocolate Zucchini Cake**

2 1/2 c. flour  
1/2 c. unsweetened cocoa  
2 1/2 tsp. baking powder  
1 1/2 tsp. baking soda  
1 tsp. salt  
1 tsp. cinnamon  
3/4 c. softened butter  
2 c sugar  
3 eggs  
2 tsp. vanilla  
2 tsp. orange zest  
2 c. shredded zucchini/summer squash  
1/2 c. milk

Combine dry ingredients. Cream butter and sugar, then add eggs. Don't over beat the eggs. Stir in vanilla, orange zest, and zucchini. Alternately stir in dry ingredients and milk to zucchini mixture. Bake 350 degrees for 45 minutes to an hour in a well-greased tube pan, check for doneness with a toothpick inserted into cake. If the toothpick comes out clean, cake is done. Let cool for a few minutes, then turn out carefully onto a cake plate. Can be frosted or not as desired, or glazed with a powdered sugar/water/orange extract mixture.

### **Quick Mediterranean Pasta Salad**

Cook the amount of corkscrew pasta you need to feed however many people you're serving. When the noodles are al dente, drain them and run cold water over them to cool. Place in roomy bowl, drizzle with olive oil and balsamic vinegar, lightly toss, and add any of the following: chopped fresh tomatoes, pitted kalamata olives, diced cucumbers, diced summer squash, feta cheese, pine nuts, fresh basil, fresh parsley, cubed stale french bread, diced sweet onion, sliced green onions, cold cooked chickpeas or lentils, and artichoke hearts. Add more olive oil and vinegar if necessary, and salt and pepper to taste. Serve room temperature, with fresh bread. - CPS

### **Lentil and Kale (or Chard) Soup** (from Donna Slusser, Pullman, via Renie Nicholson and Kirstin Nicholson)

2 onions, diced  
3 cloves garlic, minced  
1 Tbsp. olive oil  
Saute' and stir often until golden brown, in a large heavy-bottomed soup pot.  
1 Tbsp. ground chili  
1/2 tsp. ground cumin  
2 bay leaves

Add and cook 1 minute more.

8 cups chicken broth (or substitute vegetable broth)

3/4 cup dry lentils

1 can (14 oz.) tomatoes, diced, with juice

Add and boil. Cover, simmer about 25 minutes until lentils are tender.

1 pound kale (or chard)

Meanwhile, trim tough stems off greens. (If using chard, chop up the stems and add to cooking soup with potatoes. Chard stems are delicious.) Chop leaves.

1 pound Yukon Gold potatoes

Scrub and cube into 1/2» size cubes. Add greens and potatoes to lentil mixture. Heat and resume soft boil.

Cover and cook until potatoes are tender, about 15 minutes.

1 cup frozen corn

2 Tbsp. soy sauce or tamari

Add and cook until corn is hot, about 1 minute. Serves 8.