

WSU ORGANIC FARM  
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**W**hat is new on the farm this week? Well, for starters Brad is out of town on vacation so that leaves me in charge. This is a fun time of year for me because it gives me a taste of what it would be like to have my own farm. I sum it up in four words. A lot of work! So even though I am enjoying being in charge, I will gladly give up the reigns when Brad comes back to work on Monday.

I checked the potatoes a week ago and I think it is about time you will be seeing new potatoes in your boxes. I hope you are ready for them because once we start putting potatoes in the boxes we don't stop until the season is over. We moved our potatoes to a new field this year and we hope this move will eliminate that ugly scab problem we have had over the last few years. The potatoes I dug up looked pretty good. We will let you know how they turn out as we begin harvesting them.

I checked the calendar and it looks like we have ten weeks of the CSA left. Wow, it is flying by and

some of you still aren't eating your beets! Recently I have seen a few articles in the New York Times about beets and other underrated vegetables. The article [11 Best Foods You Aren't Eating](http://well.blogs.nytimes.com/2008/06/30/the-11-best-foods-you-arent-eating/) lists beets, cabbage, and swiss chard as the top three veggies people aren't eating and should be. I think you should check out this article if you have time. There are a few links to some good beet articles as well on the webpage. <http://well.blogs.nytimes.com/2008/06/30/the-11-best-foods-you-arent-eating/>.

The tomatoes have finally started to ripen. I was surprised to find enough ripe ones to put in the shares last week, so as this hot weather continues everyone should be looking forward to tomatoes! As for the peppers... they are in no hurry to ripen this year, so let's just cross our fingers and hope we get to enjoy some of those soon.

--Jewlee Sullivan, assistant manager

Mike Hernandez moved to Albion from Seattle last year to attend WSU. He moved with his wife Kelly (who you read about last week) to be a part of the new Organic Agriculture major. Mike attended The Evergreen State College and got a Bachelor of Liberal Arts. He was in the Coast Guard Reserves for eight years which allowed him to get some funding to go to the South Seattle Community College Culinary program for two years. With the Culinary experience, Mike has worked at a number of restaurants over the years and has also worked in at a Natural Foods Meat market. Mike said he decided to do the Organic Ag program to expand his food background. We have been lucky to have Mike share his cooking experience with us a few times this summer. If you are feeling overwhelmed with zucchini, Mike suggests making zucchini cakes. Here is his recipe. Grate 3-4 cups of zucchini, add 1-2 eggs, sautéed onion and garlic, and a binder such as rice flour, wheat flour, or potato starch. Mix all these ingredients together until you get a sticky mixture then add some salt and pepper to taste and shape into patties. Fry the patties on both sides in an oil of your choice until they are golden brown. Add a fresh tomato chutney and enjoy.



I am including a salad to use up the cucumbers that are overflowing in our fridge and was refreshing when the thermometer headed to 100 degrees this weekend. I also am including the tomato sauce recipe that just says late summer August weather to me. It is heavenly and must be made with tomatoes that come straight from the vine. We will be putting the potatoes in a dark cool space and waiting for it to cool down before we use them. --Valeri

### **Tomato Sauce with Garlic and Basil**

(from *Essentials of Classic Italian Cooking* by Marcella Hazan)

1 large bunch fresh basil	Extra virgin olive oil, fruity and young
2 pounds fresh, ripe tomatoes (she recommends seeding them, but I just dice and throw them in the pan)	Salt
5 garlic cloves, peeled and chopped fine	Black pepper, ground fresh from the mill
5 tablespoons extra virgin olive oil	1 pound pasta (she recommends spaghetti, but we use spaghetti.)

1. Pull all the basil leaves from the stalks, rinse them briefly in cold water, and shake off all the moisture using a colander, a salad spinner, or simply by gathering the basil loosely in a dry cloth towel and shaking it two or three times. Tear all but the tiniest leaves by hand into small pieces.
2. Put the tomatoes, garlic, olive oil, salt, and several grindings of pepper into a saucepan, and turn on the heat to medium high. Cook for 20 to 25 minutes, or until the oil floats free from the tomato. Taste and correct for salt.
3. Take off heat, as soon as the sauce is done, mix in the torn-up basil, keeping aside a few pieces to add when tossing the pasta.

### **Melon and Cucumbers with Pepper and Lime** serves 4

(from *Vegetarian Cooking for Everyone* by Deborah Madison)

½ honeydew, cantaloupe, or other melon, chilled	2 C watercress or arugula leaves
3 cucumbers	Lime and Fresh Mint Vinaigrette (see below)
	Salt and freshly milled pepper

Scoop out the seeds, then slice the melon into marrow wedges and remove the skin. Scrub the cucumbers or peel if the skin is thick; cut into sixths. Make a bed of greens on four plates and arrange the melon and cucumbers on top. Spoon the dressing over the top and season with a little salt and pepper.

### **Lime and Fresh Mint Vinaigrette** makes about ½ cup

(from *Vegetarian Cooking for Everyone* by Deborah Madison)

1 t grated or minced lime zest (optional)	2 scallions, including an inch of the greens, thinly sliced into rounds
2 T fresh lime juice	2 T chopped mint or 2 teaspoons dried, crumbled
Salt	
5 to 6 T sunflower seed or light olive oil	

Combine the lime zest and juice and ¼ teaspoon salt, then whisk in the oil. Stir in the scallions and mint. Taste and correct the seasonings for balance if needed.