

WSU Organic Farm
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It feels like we're through the heat of the summer now and moving into more thunderstorms and light rains. It's getting darker earlier and the mornings are nice and cool. Sure signs fall is approaching! Someone even asked me when I thought we'd get our first frost this year...hadn't really thought about that. We usually get a good frost by the middle of September so we're only a month away. There will be plenty of summer crops getting harvested before then so have no worries.

We've been hearing some comments lately on the amount of veggies in the boxes changing week to week so I wanted to address the issue. As you've probably noticed the quantities seem to fluctuate week to week. There are a number of reasons for this. Although we attempt to plan out our harvests to be as consistent as possible there are always some mishaps that seem to affect one or more of the crops. Take for example the salad mix. The farm prides itself in putting salad mix in the boxes every week but with the recent heat the lettuces have had very poor germination. Consequently everyone has been getting less salad and this week we are not even going to have it. Hopefully by taking a week off we will get caught back up and continue to have it through the end of the season. Another reason the boxes may appear to have less in them is that some of our crops are just smaller and take up less space in the boxes. Garlic and tomatoes would be an example.

When we plan each harvest we look at the value of

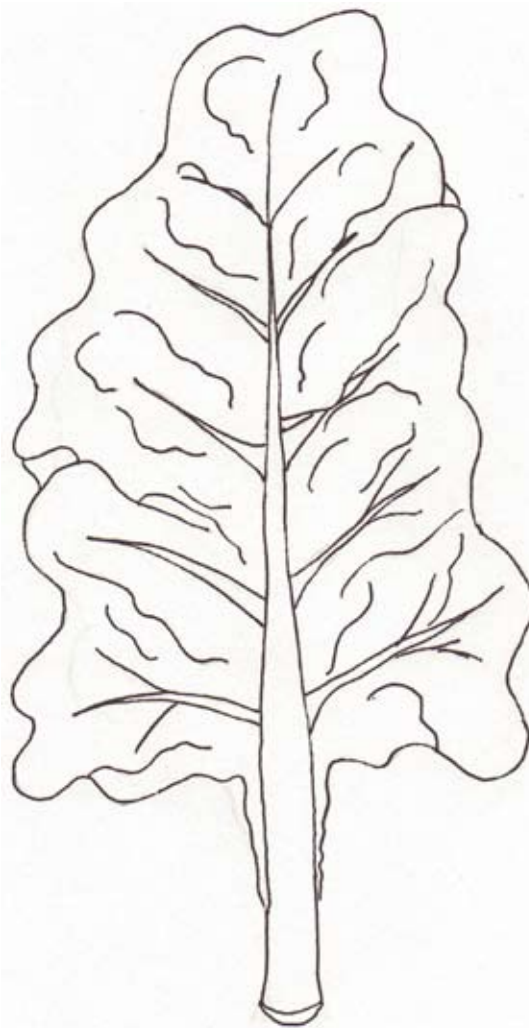
each box and compare that to the weekly average. \$20/Full share and \$13/Half share. Only in the first weeks of the spring were we under those weekly averages and for the majority of weeks the boxes are well over the average! This brings up the concept of the CSA. The members share in the bounty of the farm but also in the possible failures. We have an abundance of beets

this year and are packing huge bunches every other week. We lost some spinach planting to the weeds and unfortunately didn't have spinach later in the season. These are both common examples of issues any farm faces year to year. The beauty in the CSA is that by having members share in those risks the farm doesn't suffer financially when we lose a crop. AND when we do have abundance, which is more often than not, everyone benefits. These are hopefully issues that as a member will bring you closer to the source of your food and the people who grow it.

We are always open to talk about how the crops are doing and how we came about planning for a particular crop. So ask away and we will all become a little closer to the wonderful food that we are sharing.

In place of the salad mix we will be harvesting a beautiful large purple head cabbage this week. This cabbage is actually meant as a storage cabbage but we planted it a little too early. Normally this cabbage would be grown for a fall harvest and then put into cold storage but it should be wonderful now in any traditional cabbage recipe. We also started transplanting the fall brassicas. These include broccoli, pak choi, Napa cabbage, kohlrabi, and conehead cabbage. Look for these crops late September through October.

Enjoy! - Brad Jaeckel



Zucchini Fritters (*Chez Panisse Vegetables* by Alice Waters)

1 lb. small green zucchini	Zest of 4 lemons
Salt and pepper	1 tablespoon potato starch (available in bulk spices at Co-op)
1 clove garlic	1 egg
1 small bunch chives	2 tablespoons olive oil

Grate the zucchini and salt them. Let stand for 30 minutes in a colander. Squeeze the zucchini dry with your hands or wring it out in a towel.

Peel and chop the garlic fine, chop fine about 1 tablespoonful of the chives, and grate the zest from the lemons.

In a large bowl, combine the zucchini with the garlic, chives, lemon zest, the potato starch, and the egg, lightly beaten. Heat the olive oil in a nonstick saute' pan over medium heat. For each fritter, pour a generous tablespoonful of the zucchini batter into the pan. They will look like little pancakes. Turn them over after about 3 minutes, or when golden. Cook 2 minutes more on the other side. Drain on paper towels. Serves 4.

Cabbage, according to Alice Waters, deserves a better reputation than it has. She points out that she serves it with foie gras and caviar, that its sweetness complements rich meats like duck and pork, and that it is good with fish, wrapped around salmon and steamed, for instance, which reminds me of the traditional way the northwest coast Indians prepared salmon: a whole king salmon, wrapped in layer upon layer of huge skunk cabbage leaves (they look prehistoric when you see them growing in the woods up in SE Alaska), and then buried with the hot coals from a fire on the beach for the day. Presto - at dinnertime, there you have it, succulent steamed king. Mmm.

I personally love plain old coleslaw with a sandwich at lunch or with chicken or burgers at dinner: thinly sliced cabbage served with creamy coleslaw or poppyseed dressing straight from a bottle is very quick. Dress it up with apples for a special treat.

And if you're feeling adventurous, go back a few weeks in your newsletter collection and find the kim chee recipe - cabbage is included in that recipe as well.

Cold Cabbage with Cilantro (adapted from *Chez Panisse Vegetables*)

Macerate finely diced shallots in white wine vinegar for 15 minutes or so. Slice cabbage very thin, toss with the shallots and vinegar, some good olive oil, and salt and pepper. Let the cabbage sit about 10 minutes so it starts to wilt. Add a handful of fresh cilantro leaves and serve.

Braised Red or Green Cabbage (*Chez Panisse Vegetables*)

1 red or green cabbage	1 bay leaf
1 medium onion	Salt and pepper
3 tablespoons duck fat (substitute butter)	1/2 cup water
1 tablespoon sherry vinegar	1 apple

Remove the outer leaves from the cabbage. Cut it in half, remove the core, and slice the cabbage very thin. Peel the onion and slice very thin.

In a large pan, heat the duck fat, add the onion, and cook for 5 minutes. Put in the cabbage, vinegar, bay leaf, salt and pepper, and water. Cover and simmer for 20 minutes. Peel and grate the apple, add it to the cabbage, and cook for another 5 minutes. Taste and correct the seasoning, and serve. Serves 4 to 6.