

August 23, 2010

# THE WSU ORGANIC STANDARD

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## Outreach Programs at the Farm

The school season is upon us! Whether that's young ones headed off to catch the bus, those of us that work in schools gearing up to meet new students, or anyone trying to drive/park/shop in Pullman this time of year, it is seemingly inescapable.

The buzz of new faces gives us cause to reflect on the many types of community members we serve. Our outreach touches hundreds of people per year and is undoubtedly one of the things we grow best. This year we piloted the Organic Gardening Intensive (OGI), a community focused growing program and collaboration with master gardeners that brings service hours into the community. This year, seven community members were in the pilot program with more to come next year. This program was also designed to support school gardens and teachers that seek gardening in their curriculum.

We also worked with the Koppel Farm and Community Garden to facilitate service learning placement for WSU students. Participating students helped grow plots whose yields go entirely back to the community. This year much of the produce went to Harvest House. This site also supports outreach to College of Education courses such as community context of education and arts integration. Those of you that visit campus may

have seen the Southside Dining Project, a student-designed collaboration that partnered with Dining Services to grow herbs and vegetables on site for use in the Cafeteria. This is a beautiful site, and an example of how growing spaces exist all around us.

The Farm Stand Market on the Mall provides a continued presence in the heart of campus, bringing our work to students, staff and faculty. Additionally, the Pullman Fresh Farm Market is in its second year and has added a WIC program which the WSU Farm participates in. The farm has been a key backer of the market and of promoting social action in our community that is guided by our mission and values of community organics. Additionally, we have master gardeners supporting the market outreach and community growers. Many classes and community groups visit the farm as well as organizations that provide service to us. This includes the YMCA kids growing plot, Smart Farm Project, Engineers without Borders, and the Center for Civic Engagement that has provided service hours to Koppel Farm and the WSU Organic Farm. We are proud to say that here at the farm we are growing more than food and in the truest sense, this is *Community Supported Agriculture*.

--Justin Hougham.

On Campus? Come check out the Farm Market Stand on WSU's Glenn Terrell Mall. Beginning late August, find us on Wednesdays from 11am - 1pm.



I have to admit, eggplant was uncommon in my household as a child, and when I tried cooking with it as an adult, it was surrounded with a certain mystique: to peel or not to peel, to salt or not to salt? Actually, when eggplants are fresh and young, they don't require special preparation. It's the older ones (like what might be found in a grocery store) that can become bitter and tough skinned and need to be peeled, sliced and salted. Here are a couple of quick and summery ways to enjoy these warm season specials.

--Jamaica

**Eggplant Caponata** *Adapted from The New Basics, by Julee Rosso and Sheila Lukins (Workman Publishing, 1989)*

This is good served like a salsa with roasted meats, or doloped onto thinly sliced and toasted baguettes for crostini. Because the eggplant absorbs and takes on the flavors of surrounding ingredients, caponata is at it's best the next day.

2 cups cubed eggplant	½ teaspoon ground black pepper
1 teaspoon salt	½ teaspoon dried oregano
4 tablespoons olive oil	½ teaspoon dried basil, or 2 teaspoons fresh
1 cup minced onion	2 cloves minced garlic
1 cup diced sweet peppers	1 tablespoon chopped fresh parsley
¾ cup diced celery	½ cup chopped pitted Calamata olives
2 cups diced tomato	2 tablespoon capers, drained

Heat the oil in a large pan, add the onions and sauté until just translucent, then add the garlic, celery, bell pepper and dried herbs. Stir together and add the eggplant. Sauté for about 5 minutes. Add the tomatoes, sautéing about 5 minutes more. Add the olives, capers, salts and pepper and fresh herbs. If the mixture is beginning to stick, add a tablespoon or so of water. Simmer until vegetables are tender, 25-30 minutes. Serve hot or cold.

**Spiced Eggplant-Lentil Salad** *Adapted from [www.eatingwell.com](http://www.eatingwell.com)*

Those who attended last weekend's Lentil Festival should be in good stead to put together this salad!

4 tablespoons olive oil, divided	1 1/2 cups cooked lentils, or one 15-ounce can, rinsed
2 1/2 teaspoons chili powder, divided	2 bunches scallions, coarsely chopped (reserve 2 tablespoons for garnish)
2 1/2 teaspoons curry powder, divided	4 cups salad greens
2 medium eggplants (3/4 pound each) trimmed and cut into 1-inch cubes	2 large ripe mangoes, peeled and diced (optional)
1/3 cup lemon or lime juice, plus more if desired	1/4 cup coarsely chopped roasted peanuts or cashews
1/4 cup prepared salsa	1/4 cup chopped fresh cilantro
1/4 cup honey	
1/4 teaspoon salt	
1/4 teaspoon freshly ground pepper, more to taste	

Preheat oven to 500°F. Combine 1 tablespoon oil with 2 teaspoons each chili powder and curry powder in a large bowl. Add eggplant and toss well. Spread the eggplant on a large, rimmed baking sheet. Roast, stirring once halfway through, until tender, about 15 minutes. Next, combine the remaining oil with the remaining 1/2 teaspoon each chili and curry powders, lemon (or lime) juice, salsa, honey, salt and pepper in a large bowl. Add the roasted eggplant, lentils and scallions; gently toss to combine. Taste and season with more pepper and/or lemon (or lime) juice, if desired. Serve over the lettuce and garnished with mango.