

WSU ORGANIC FARM  
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Please join us for a  
CSA Member **Family Picnic** on the Farm!

**When:** Sunday, September 7<sup>th</sup>, 2008, 2:00-4:00 p.m. **Where:** On the farm, of course!

We are happy to invite you to a celebratory event to honor YOU, our CSA members! Come and see what's growing and spend the afternoon in the beauty of the Palouse!

We just need a few things from you all to pull it all together. Bring your **picnic blanket**, **camp chairs**, and a **DESSERT to share** and we'll do all the rest!

**BONUS!** Bring your favorite CSA recipe to share and we'll enter you in a drawing to win a fabulous prize (TBA picnic ☺)

So we can be sure to prepare enough amazing food, please RSVP to [fwatson@wsu.edu](mailto:fwatson@wsu.edu) by September 4<sup>th</sup>. If you'd like to volunteer, please drop a line at the same address!

**W**e are gearing up for the CSA picnic next weekend and hope you will be able to join us at the farm for an afternoon of sharing food and time at the farm. Staff and students will be on hand at the event to help answer questions and talk about how the farm works. This is basically an open-house event and everyone will be welcome to walk around the gardens to get a good look at where all this great food is being grown. If you haven't had a chance to pick any flowers this will also be a good time to take home a fresh bouquet.

Early September is a great time to see the farm as it begins its transition into fall. There are still plenty of crops still in the field but many will be beginning to come out. In October we will be hosting the annual Fall Harvest Party with u-pick pumpkins, fresh apple cider, hay wagon rides, and possibly a corn maze. I know I've threatened to have another corn maze the past couple years and never followed through but this year we have the best chance to pull it off. Hopefully you will be able to take advantage of these fun events and get a chance to get better connected with the farm.

Last week we started harvesting potatoes for the full shares but will continue harvesting for all shares through the rest of the season. These first potatoes are fresh and need to be eaten soon but will store well in the fridge for a week or two. You'll notice that the skins are thin and actually have been rubbed off in spots during the washing process. Next month after the above-ground parts of the plants die back we will let the potatoes cure in the ground. This simply means we will stop irrigating the rows and let the tubers dry naturally, allowing the skins to harden. By that point I hope to have the mechanical potato harvester working which will speed up the entire process.

I was disappointed to see scab again on last week's potatoes. This is a problem that we've been dealing with in the potatoes for a few years and had hoped to eliminate by rotating the crop to our new field. Scab is a soil-born bacteria that produces blotchy irregular looking skin on the potatoes but does not effect the eating quality. It is essentially a cosmetic condition that can easily be removed by peeling the outer layer of the potato before cooking. Hopefully the problem isn't widespread but we'll have to wait until the rest are harvested. --Brad Jaeckel, manager

We have been making “purple, orange and white” (“red, white and blue” recipe that I gave a few weeks ago) with our beets, carrots and potatoes on the barbecue (in an open-top cast iron pan) as we haven’t wanted to turn on the oven until this past week. I have included another recipe that looked like it could use up your whole share in one dish. I have also included our favorite pepper recipe. We make it with a variety of peppers.--Valeri

**Fettuccine with Sauteed Peppers and Parsley** serves 4  
(from *Vegetarian Cooking for Everyone* by Deborah Madison)

4 large bell peppers – red, yellow, and orange or all one color	1 pound fettuccini
4 tablespoons olive oil	2/3 cup chopped parsley
salt and freshly milled pepper	freshly grated Parmesan, optional

Start heating a large pot of water for the pasta. Meanwhile, cut the peppers into strips about as wide as the fettuccini. Heat the oil in a large skillet over high heat, then add the peppers; give a stir, let them sit for a few minutes, and stir again. Continue cooking in this fashion for about 10 minutes. The peppers should caramelize here and there along the edge, soften, and yield their juices but not lose their skins. They’ll smell very sweet. Season with salt and pepper, add a ladle of the pasta water, and turn the heat low.

Add salt to the boiling water and cook the pasta until *al dente* (the phrase for “still chewy” in Italian). Scoop it out and add it to the peppers, allowing some of the water to drip into the pan. Raise the heat and toss the pasta and peppers with the parsley. Distribute the pasta among the plates, then go back to the pan for the peppers that have fallen aside. Grate a little cheese over the top and serve.

**Summer Vegetables Stewed in Their Own Juices** serves 4 generously  
(from *Local Flavors: Cooking and Eating from America’s Farmers Markets* by Deborah Madison)

3 T olive oil, 2 bay leaves	½ pound green beans, ends trimmed
2 onions, chopped into large pieces	5 medium tomatoes, peeled, seeded, and chopped into large pieces, juice reserved
7 plump garlic cloves, peeled and halved	1 bell pepper, yellow or orange if possible, cut into 1-inch strips
3 thyme sprigs, 6 sage leaves	1 pound summer squash, cut into large pieces
12 small carrots	
sea salt and freshly ground pepper	
¾ pounds small new potatoes	

1. Warm the 3 T oil with the bay leaves in a large casserole or Dutch oven over low heat. When fragrant, add the onions, 6 of the garlic cloves, 2 of the thyme sprigs, and sage. Cover and cook while you prepare the vegetables.
2. Leave small carrots whole or cut fat ones into 4 in. lengths. Add them to the pot right away since they take the longest to cook. Season with a little salt and pepper. If the potatoes are like large marbles, leave them whole. But quarter larger ones and cut fingerlings in half lengthwise. Lay the potatoes on top of the onions and carrots. Add salt and pepper. Cut the beans into 3in. pieces and add them, along with all the rest of the vegetables to the pot, seasoning each layer with salt and pepper.
3. Strain the tomato juice over all, then cover and cook until the vegetables are tender, about 40 minutes to an hour. If tightly covered, the vegetables will produce plenty of flavorful juices. If the pot seems dry, add a few tablespoons water or white wine.
4. Serve the vegetables in soup plates and spoon the Basil Puree (optional) over them.
5. Basil puree: make shortly before serving. Chop packed ½ cup basil leaves and 1 garlic clove in a food processor with 3 T olive oil and enough water to make a puree. Stir in ½ cup freshly grated Parmesan cheese, (optional) then taste and season with salt.