

WSU Organic Farm  
201 Johnson Hall  
Pullman, Washington 99164-6420

Project Manager: Brad Jaeckel  
Email [jaeckel@wsu.edu](mailto:jaeckel@wsu.edu)  
Phone 509/432/3716

Hopefully the smoke will have cleared by the time that you get this newsletter but as of now the air quality is rather poor! The thick smoke from the fires south of here make working outside challenging. The end of August is fire season but also corn season! Last week the full shares got to sample the first of the corn harvest and it should continue now for the next couple weeks.

The first corn ready this season was Ashworth, an open-pollinated organic variety. This is the first time I've grown it and am pretty happy with it. The ears tend to be small and not nearly as sweet as the super-sweet hybrids but it has good corn flavor. Last Tuesday during a harvest sampling Alice Swan said she'd even eat it without butter! Well, you can eat it however you like and I'm sure it will be enjoyable.

The Painted Mountain dry corn is done and will stay on the stalks until it has dried down some. We did try this one fresh but the kernels were pretty tough and starchy so I'm recommending it just be used for corn meal or decoration. We'll probably wait a few weeks until harvesting.

The next sweet corn will be Vision, the super-sweet hybrid. This corn takes a little longer to mature than Ashworth but will have bigger ears. One of the grad students in the Crop and Soils department actually grew a whole plot of this corn next to our field and we're hoping to get some into the boxes when he is done with his sampling. Stay tuned.

The other crop that is really doing well now is the green beans. These should also last well into September as the different plantings mature. Provider bush beans were the first to appear in the boxes and they are get-

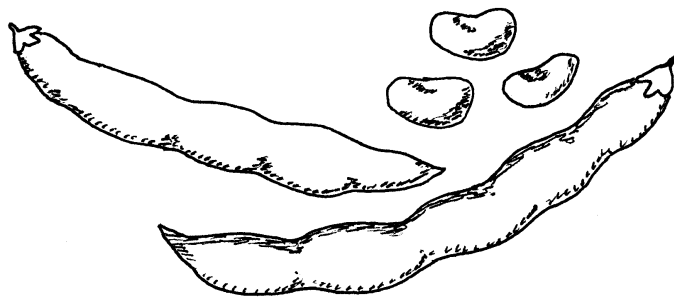
ting close to finishing. We planted it first with a second planting two weeks later. It worked out well and the second planting came on just as the first was slowing down. It seems like we can get at least three weeks of harvest from each planting.

Blue Lake is another bush bean that just came on last week. It was planted in the hoophouse after the carrots came out and grew quicker than the field plantings. Provider and Blue Lake are the two most widely grown green beans in the U.S.

The first planting of the pole beans should be in full swing by this week. We did two plantings each of Fortex and Kentucky Wonder. Fortex is the first to mature and is a slender French style green bean. Kentucky Wonder is actually fairly similar but a little plumper. We've grown both of these varieties on a 7 foot tall trellis and it looks like a wall of green right now.

The trellis that we put up has worked great. We put in 8 foot steel T-posts every ten feet and then stretched a plastic Hortonova trellis with 6"x6" squares across the posts. Each planting is 150' long and supports a single row of beans. It seems like the picking is easier with the pole beans as the pickers can actually stand up for most of the job and easily see the beans hanging from the vines. Another technique home gardeners might want to try is growing pole beans up a cluster of poles in the shape of a teepee.

We've been getting requests for past newsletters that people have either forgotten or missed and you can find all of them together on Carol's website listed on the back of the newsletter. Once at her site click on the "Read Samples" page and scroll to the bottom where all the weeks are listed. While you're there take a look at the other great work Carol has to offer! - Brad Jaeckel



The French eat green beans as an accompaniment to a main dish the way Americans eat fries, which might go a long way towards explaining the difference in our respective per capita obesity rates! French style beans are long, slim, and tender but never mushy, and our farm beans are as good as any I've had in France. We should enjoy them while we can now that it's their season, although they do freeze fairly well for winter eating. If you want to freeze them, snap off the little stem ends, parboil the beans for a few minutes in very salty water, but leave them crisp. Then seal in airtight freezer bags or containers, and freeze. Parboiling in this way also works well if you want to store them in the fridge to eat cold as a snack or with a salad. They're delicious with cherry tomatoes and a shallot vinaigrette. If you decide you'd rather eat them hot, reheat in a saute pan with some butter. Beans are also quite tasty made into pickled dilly beans, if you go for those old-fashioned things like I usually do. Below are two Italian recipes that use green beans in very different ways. The first is a lovely cold salad for a hot late-summer day; the second is a warm and comforting stew for a chilly early-fall night (with beans that are supposed to be overcooked). Take your pick!

**Tuscan Tuna and Beans White or Green** (*Red, White, and Greens* by Faith Willinger)

4-6 servings, appetizer or made dish

1/2 medium red onion, chopped (or 2 scallions, chopped)  
2 tablespoons red wine vinegar  
3 cups cooked beans or 1 pound steamed or boiled green beans  
1/4 cup extra virgin olive oil  
Fine sea salt  
Freshly ground pepper  
8-10 ounces canned tuna, packed in olive oil, (or fresh tuna, grilled or poached, marinated in olive oil)  
1 tablespoon chopped parsley

Marinate the onion with vinegar for 15 minutes. Drain the onion. Put the beans in a serving bowl. Mix with the onion, extra virgin olive oil, salt, and pepper. Drain the tuna, break it into flakes with a fork, and scatter it on top of the beans. Sprinkle with the parsley.

**Aunt Enza's Overstewed Green Beans** (*Red, White, and Greens*)

4-6 servings, side dish

1 small onion, chopped  
1 garlic clove, chopped  
1/4 cup extra virgin olive oil  
1 1/2 cups tomato pulp  
1 pound green beans, stem end snapped off  
Freshly ground black pepper, fresh red hot pepper, or dried chili pepper flakes  
Coarse sea salt  
1/4 cup boiling water  
2 tablespoons chopped basil

Put the onion and garlic in a heavy-bottomed 3-quart pot, drizzle with 2 tablespoons of extra virgin olive oil, and stir to coat the vegetables. Place the pot over low heat and cook the onion and garlic for 10 minutes or until tender. Add the tomato, green beans, and pepper, and season with salt. Bring to a simmer and cover with a tight-fitting lid. Cooking time will depend on the quality and freshness of the beans, which should be tender and soft. Check after 10 minutes to make sure that cooking liquid is sufficient. Add 1/4 cup boiling water if necessary. If beans expel too much water, uncover and cook over high heat to thicken sauce. Add the basil, cook for 2-3 minutes, remove from heat, and stir in remaining 2 tablespoons of extra virgin olive oil.