

WSU ORGANIC FARM
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Last week's thunderstorm took the farm by surprise late in the CSA pickup. We knew there was the potential for a storm that day and watched the weather closely throughout the harvest. By early afternoon all looked good as the storm seemed to have moved to the north, but around 5:30 that evening another set of clouds and wind came into the Palouse. Luckily most of the members had already collected their shares, but that still left Jewlee, Will, and one member to get off the hill during the brunt of the storm. Normally we would have set up down below in the apple shed but this one sneaked up on us. It really was the worst storm of the season, sending hail, high winds, and pelting rain down on the farm.

The damage was worst in the corn and pole beans due to the high winds. We lost about a quarter of the corn to blow-down and the first pole bean trellis fell over onto the second. The beans are still OK and we were able to straighten the trellis back to semi-vertical, but the corn is pretty messy! Not sure what that means for the corn maze in October. Most of the other crops were fine except for getting lots of dirt splashed onto leaves and fruit. Some of the freshly tilled ground developed a crust that inhibits seed germination and must either be broken back open or kept constantly moist until the plants emerge.

Last week's harvest included potatoes that had quite a bit of scab on the skin. This is a condition that some of our potatoes get and makes them look not as pretty as a smooth skin type. Scab occurs in some soils and basically just effects the outer skin of the potato. Manure-based composts contribute to the problem and we do not spread compost where the potatoes are planted to try and avoid the problem. Unfortunately, the scab is still showing up in the potatoes but it does not affect the taste. I would recommend peeling potatoes with scab and then using them however you would normally.

I also want to mention that there will be possibly two students conducting research on the CSA this fall. They will potentially be observing at pick-up sites and may wish to obtain personal interviews with CSA members. One student will also be interested in using our mailing list to personally contact members for further interviews. If you would rather not be included in this process please let me know by phone or email and I can remove your name from any list that a student may use. I would hope most of our members would be willing to help further these students' educational practices, but completely understand if you would like to protect your privacy.

-- Brad

The Tukey Orchard will be holding fruit sales every Friday now in the yellow shed located near the main gate. Deb, the orchard manager and also a CSA member, has informed me that the fruit has been ripening much quicker this year and she is starting early sales of peaches and apples. The sales will be from 11-6pm so feel free to stop in and see what's in season. The u-pick apples will begin sometime in early October and I'll make sure to let you know when. We hope to have a week of pears and apples each in the CSA in October but if you're interested in getting more fruit the orchard produce a great variety of apples and pears for the fall season.

Raw Beet Salad

(from *Betty Crocker's Indian Home Cooking* by Raghavan Iyer)

This recipe calls for a few unusual ingredients: mango powder and “black salt,” which you should be able to find at the international grocery store in Pullman. If not, use lime juice and regular salt.

4 medium beets, peeled and cut into julienne strips (2 cups)
1 or 2 medium red onions, cut in half and thinly sliced
¼ cup finely chopped fresh cilantro
1 or 2 fresh hot chilies, finely chopped
1 tablespoon mango powder (amchur), or 2 tablespoons fresh lime juice
1 teaspoon black salt (kala namak) or 1 teaspoon regular salt

Combine all ingredients in a bowl. Cover and refrigerate at least one hour to blend flavors.

Zucchini, Tomato and Basil Frittata

(from *Vegetarian Pleasures* by Jeanne Lemlin)

6 eggs
¼ cup milk
¼ cup grated Parmesan cheese
½ teaspoon salt
Freshly-ground black pepper
3 tablespoons olive oil
2 medium onions, diced
4 medium tomatoes, diced
1 tablespoon minced fresh basil
1 small zucchini or summer squash, halved lengthwise and thinly sliced

1. Preheat oven to 325 degrees. Butter a pie plate. (If pie plate is glass, set oven at 300 degrees).
2. In a large bowl beat together the eggs, milk, cheese, salt and pepper.
3. Sauté onion in oil for five minutes. Add tomatoes and basil, and sauté for 10 minutes, stirring frequently.
4. Add zucchini and cook until tender but slightly crisp, about five minutes.
5. Add vegetable mixture to eggs.
6. Pour into prepared pie plate and bake for 15 to 17 minutes, or just until frittata is set.

Chilled Green Beans with Sesame Sauce

(adapted from *Vegetarian Pleasures* by Jeanne Lemlin)

1 pound green beans, trimmed
2 tablespoons peanut oil
1 tablespoon soy sauce
2 teaspoons rice vinegar
1 teaspoon dark sesame oil
Freshly-ground black pepper to taste
1 tablespoon sesame seeds

1. Boil the green beans in water for five minutes, or until they are tender yet still a bit crisp. Drain.
2. Meanwhile, combine all ingredients except sesame seeds in a bowl.
3. Add the green beans to the dressing in the bowl and toss well.
4. Toast the sesame seeds carefully in a small saucepan over medium heat, stirring constantly.
5. Add sesame seeds to green beans. Cover and chill for at least an hour – the longer the better.