

WSU ORGANIC FARM  
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Something must have been in the air last week that got people thinking about pumpkins because I can't tell you how many people asked about the Fall Harvest Party coming up next month. Maybe it's the crisp mornings and the gorgeous days we've been having lately. If the weather holds like it did last year I hope to have another great day for this year's event, scheduled for **Saturday October 13**, 10am-4pm. Mark it on your calendars and I will remind you when we get closer.

For those of you that are new to the farm, the Fall Harvest Party has become a great annual event perfect for all ages! This year we will again have a u-pick pumpkin patch with traditional jack-o-lanterns, baby pumpkins, and a few new novelty varieties. The star of the show will be our attempt at a giant pumpkin which will be on display, and everyone is invited to take a guess at the weight. The closest guess gets to take home a more reasonable sized jack-o-lantern.

In addition to the pumpkins, there will be hay wagon rides around the farm with Wayne, face painting, fresh pressed apple cider from Harvest House, and u-pick fruit in the orchard. This is a great time to bring the family out to the farm to see where all those veggies have been coming from and

to hang out with other CSA and community members. We do need extra help pulling this extravaganza off and would love to have volunteers on hand to help with selling cider and pumpkins, face painting, and pumpkin patrol. Give me a call or email if you're interested.

Last week you got the first of the storage onions and this week I'm happy to offer large red storage shallots. All of the onions and garlic from now on will be able to store if you're not able to get through it all each week. The best way to keep these root crops is in a cool dark area in your home that does not freeze. Do not put them in your refrigerator as they will quickly rot in the moist environment. We always like to have a few of each in a bowl out on the kitchen counter for easy access when cooking but we leave the rest boxed up in a pantry on our insulated porch.

The shallots this week are grown from seed alongside the rest of the onions but have a milder flavor -- somewhere between an onion and garlic. The other great thing about these shallots is that they will store all winter long and still be good in the spring!

-- Brad



Jason Marchinek is this week's featured volunteer. Jason is Jessica Wiley's husband and took her place at the farm earlier in the summer when she was promoted to Assistant Manager in the produce department at the Food Coop. It's good to be flexible and it paid off because Jason is a huge help on Tuesdays, showing up in the middle of the morning and staying with us until we head to the Co-op, where he helps set up the CSA pickup site. Jason graduated from U of I in 2000 with a physics major and began working in computers while pursuing a master's. He realized this was not for him and now works part-time at the Natural Abode in Moscow and does consulting for a physics textbook publisher. Jessica and Jason are currently trying to buy 25 acres outside of Troy, ID, and both enjoy biking in their spare time. He recommended this creamy curry vegetable dish that includes lots of root crops and hearty greens. Sauté garlic with any curry seasoning on hand, add potatoes, carrots, beets, and peppers with enough coconut milk to cover all veggies. Cook ½ hour

and then add chopped kale or chard. When done add 2 TBS of Bragg's Liquid Amino Acid and soy milk or water if more liquid is desired. Enjoy!

## **Indian Winter Squash Gratin**

(from *Vegetables* by James Peterson)

2 pounds winter squash  
2 teaspoons sugar  
½ teaspoon ground cardamom  
¼ teaspoon saffron threads, soaked for 30 minutes in 1 tablespoon warm water  
One 14-ounce can unsweetened coconut milk  
salt to taste  
½ cup unblanched whole almonds, coarsely chopped

1. Preheat oven to 375 degrees F.
2. Cut squash in half, scoop out and discard seeds. Place squash cut side down in a baking dish. Pour hot water into the dish to come ¼ inch up the sides of the squash. Cover dish with aluminum foil and bake until squash is soft, for about an hour. Remove squash and leave oven on.
3. Let squash cool until you can handle it, and scoop out flesh. Cut into rough cubes of about ¾ inch.
4. In a mixing bowl, toss squash with all other ingredients except almonds.
5. Spread the mixture in a gratin or baking dish, so squash forms a layer at least ¾ inch thick. Sprinkle with almonds.
6. Bake for 30 minutes, or until mixture is bubbly and almonds are golden brown.

## **Eternal Soup**

(from *Passionate Vegetarian* by Crescent Dragonwagon)

Here is a soup that can accommodate the variety of vegetables we receive in our CSA boxes. Crescent Dragonwagon, the author of the cookbook in which I found this recipe, says she makes this soup in a crock-pot or slow cooker, and adds things to it as people eat their way through it.

3 cups dehydrated black bean or pinto bean flakes  
2 cups vegetable stock  
3 to 4 cups fresh, cut-up vegetables  
½ to 1 cup of “something tomatoey,” such as tomato puree, bottled salsa, canned diced tomatoes, tomato juice, or leftover spaghetti sauce  
Boiling water  
Salt and freshly ground pepper to taste

### *Optional toppings:*

Parmesan cheese  
Hot sauce  
Chopped cilantro or parsley  
Sour cream or yogurt

1. Plug in the slow cooker. Pour in the dehydrated bean flakes, stock, vegetables, and tomato product. Add boiling water to cover the ingredients. Stir, cover and let simmer for 1 to 2 hours. Season with salt and pepper. Serve with any of the optional toppings.
2. After eating, unplug the slow cooker and let cool to room temperature. Place covered pot in fridge. The next day, add more liquid and/or beans and/or vegetables – whatever seems needed. Cook again!
3. Tips on vegetable choices: too many turnips or too many cabbage-family vegetables (such as broccoli, kohlrabi, etc) might cause the soup to taste unpleasantly strong. Potato and sweet potato will thicken the soup. Summer squash will disintegrate but add flavor. Chunks of peeled winter squash are wonderful.