

WSU Organic Farm ♦ 201 Johnson Hall ♦ Pullman, WA 99164-6420
Project Manager: Brad Jaeckel ♦ jaeckel@wsu.edu ♦ 509-335-5893 ♦ www.css.wsu.edu/organicfarm

TAKE THE EAT YOUR BOX CHALLENGE

As many of you know I have taken over the market manager position for the rest of the farm season. What does that mean exactly? It just means that I am at the Wednesday farmer's market selling produce and helping with the CSA pick-up. It was nice to have a break from the long days but I must admit that I am happy to be back in contact with CSA members. Please feel free to ask questions about your produce, share your recipes, comments, concerns, or just say hi. I do have a special request for all of you in the last four weeks of this year's CSA.

I am presenting you with a challenge. I have thought about this over and over for the last couple weeks, especially at the end of the market when I pack up the trade box and the left over pick-up boxes to send to the food bank. As many of you can imagine the trade box at the end of the night looks something like this 15 bunches of kale, chard, beets, parsley, or arugula. I understand that there are certain things in life that you just don't enjoy. For years I thought beets were a bad word. My

mom hated beets and I was never exposed to them as a child. As an adult I steered clear of them until I started working on the farm. I decided that it was my job to educate my palate and tell my taste buds to loosen up and try new things. It took three years and many failed attempts to reason with my taste buds, but I was determined and I didn't give up and today I can say that beets are wonderful (I've even convinced my mom to give them a try). The key here is to try the vegetable different ways. Sometimes the texture is too soft but if you bake the veggie it firms up, or cut it up really small instead of trying to tackle the whole leaf of kale at once it helps. The point of all this is my challenge. I want ALL of you to use EVERYTHING in your box for ONE WEEK. Even if you think you hate kale, give it one week, one try. Get creative (or don't and just drown the hated veggie in ranch dressing). Challenge yourself and your family to eat what you have been given. It may take more than one try but please don't give up

on those crops that are a little challenging for you to cook with because I can guarantee that we won't stop growing them. We aren't doing it to torture you, we are growing these crops because they are nutritious and grow well in this climate. Part of being a CSA member is to experience new things and educate ourselves on what grows well in our area and what is good for our bodies. I want to thank all of you for being members and hope that you will take the challenge and give kale (beets, chard, parsley, etc.) a chance. I would like to hear your feed back. Good luck!

As for the winter squash you received last week. Most Wednesday people got a sunshine hybrid squash. For those of you that did not get a sunshine you received a pie pumpkin which is excellent for baking pies or anything else pumpkiny that you like. The sunshine is a succulent, ultra-sweet flesh with a nutty flavor. It bakes, steams or microwaves well.

—Jewlee Sullivan



WSU
Organic Farm

FEEDING THE COMMUNITY
TRAINING FUTURE FARMERS

Pick-up days and times

- **Wednesdays** 4:30 - 6:30 p.m. at the Pullman Fresh Farm Market in the Old Post Office parking lot in downtown Pullman
 - **Fridays** 3 - 6 p.m. at the WSU Organic Farm
- ** Please come a few minutes before closing time to bag up your vegetables.*

Submit a Recipe!

Do you have a favorite recipe you'd like to see in the newsletter? Email me at mgossard@nasw.org.

— Marcia

WSU Organic Farm

FEEDING THE COMMUNITY TRAINING FUTURE FARMERS



PLUM COBBLER

Adapted from *May All Be Fed* by John Robbins

This is my family's favorite fall cobbler recipe, but it really is more like a crisp!

2 1/4 pounds plums, stones removed and thinly sliced	1/4 cup canola oil
1 cup pure maple syrup	3/4 cup rolled oats
1 tablespoon arrowroot powder	1/2 cup whole wheat pastry flour
2 tablespoons freshly squeezed lemon juice	1/2 cup raw walnuts, chopped
1 teaspoon ground cinnamon	1/4 teaspoon fine sea salt

Preheat oven to 350 degrees. In a large bowl, combine the plums, 1/2 cup of the maple syrup, the arrowroot, lemon juice, and cinnamon, and stir to mix. Pour into an 8 x 8 glass baking dish.

Put the remaining 1/2 cup maple syrup and the canola oil into a small bowl and whisk until well combined. In a large bowl, stir the rolled oats, flour, walnuts, and salt together. Add the maple syrup/oil mixture and stir until the dry ingredients are well coated; mixture will be moist. Spread over plums.

Bake until the top is lightly browned and the plums tender, about 30 to 40 minutes.

POTATO, BEET, AND BELGIAN ENDIVE WITH TOASTED HAZELNUTS

from *The Modern Vegetarian Kitchen* by Peter Berley

The recipe calls for endive, but you can use any salad greens you have in your box. Enjoy!

FOR THE BEETS:

- 2 medium beets, trimmed
- 1 1/2 tablespoons balsamic vinegar
- 1 1/2 tablespoons extra-virgin olive oil
- 1 small garlic clove, finely chopped
- 1/2 teaspoon ground caraway seeds
- 1/4 teaspoons coarse sea salt
- Freshly milled black pepper

FOR THE POTATOES:

- 2 medium or 4 small red potatoes, peeled and cut into 1/2-inch cubes
- 1 1/2 tablespoons freshly squeezed lemon juice
- 1 1/2 tablespoons extra-virgin olive oil
- Coarse sea salt
- Freshly milled black pepper
- 2 heads Belgian endive
- 2 tablespoons chopped fresh dill

1. Preheat oven to 450 degrees.
2. Wrap each beet in aluminum foil, place on a baking sheet, and roast for 45 minutes, or until easily pierced with a knife. To peel the beets, hold them under cold running water as you rub off their skins. Set the beets aside to cool while you prepare the potatoes.
3. In a basket over boiling water, steam the potatoes, covered, for 8 to 10 minutes, until tender. Transfer them to a bowl and toss with lemon juice, oil, 1/2 teaspoon salt, and pepper to taste.
4. Cut the cooled beets into 1/2-inch cubes. Transfer them to a separate bowl and toss them with vinegar, oil, garlic, caraway, and salt.
5. In a skillet over medium heat, toast the chopped hazelnuts, shaking the pan from time to time, for about 3 minutes, until the nuts are lightly browned and fragrant. Transfer the nuts to a bowl and set aside to cool slightly.
6. Slice 1/4 inch off the bottom of each endive and discard any bruised outer leaves. Separate the endive into individual petals.
7. Combine the dressed beets and potatoes and toss well. Season with additional salt and pepper to taste.
8. Divided the salad among 4 plates and garnish with endive petals. Sprinkle the hazelnuts and chopped dill on top and serve.