

WSU ORGANIC FARM  
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## Harvest Celebration

Date: Saturday, October 11, 2008

Time: 10am to 4pm

Place: WSU Organic Farm at Tukey Horticultural Orchard  
(at the corner of Airport and Terre View Roads--follow the signs to the farm)

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 reasonably-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.

*Meet the crew, see your friends, enjoy the harvest and the crisp fall air!*

Last week the farm received its first fall frost and lost a few of the summer crops such as green beans, cucumbers, summer squash, and all the winter squashes. However the outdoor tomatoes held on and if we haven't gotten another killing frost by the time we print this there should be plenty of tomatoes left to harvest. We are busy tilling in the crops that are done and preparing the ground for winter with frost-hardy cover crops. This year we've planted Austrian Winter Peas, Hairy Vetch, and Fall Rye and they are all doing well with the cooler wet weather.

I did have a member write in about caring for the winter squash so I thought I'd go over it again. After checking in with my wife she tells me that she usually wipes our squash down with vinegar to help control mold but I also do recommend grapefruit seed extract which can be found at the Food Co-op. You are getting a spaghetti squash this week and it is the one that has significantly different flesh so be

prepared for something a little different. Check out Valeri's recommendations for this fun fall treat. All the onions and garlic that you now receive are also good for winter storage. The best way to keep these safe is in a cool dark space that will not freeze. A root cellar is perfect but an insulated garage or basement works well, too. All of the potatoes are also cured now and with their tougher skins will keep well in the same conditions as the garlic and onions.

The corn is now finished but will remain standing until the Fall Harvest Party is over. Last weeks' corn wasn't as sweet as the first couple weeks as we got a little behind on our timing. It was great to have plenty for everyone this year but now I have to work a little more on timing the plantings better. If corn stays on the plant past the time it ripens the sugars begin to convert to starch. Hopefully that explains the differences with last week's harvest.

--Brad Jaeckel, manager

A friend of mine just gave me a new cookbook that shows a lot of promise for CSA subscribers: *Vegetable Harvest* by Patricia Wells is French cuisine with “Vegetables at the Center of the Plate”. I have put in a few promising recipes for this time of year. Spaghetti squash is unique in that when cooked the insides look like bright yellow spaghetti-like strands. We can never resist using these as a spaghetti substitute—just scoop it onto your plate and smother with a hearty red sauce! --Valeri

### **Squash or Pumpkin Puree**

(from *Vegetable Harvest* by Patricia Wells) This explains how I substitute real pumpkin and squash for canned pumpkin in recipes.

Preheat the oven to 375 degrees F. Halve the squash crosswise and scoop out the seeds and strings. Place the halves, cut side up, on a large baking sheet. Cover the squash with foil. Roast until fork-tender. Roasting time will vary according to the size and freshness of the squash. A 3-pound squash should take about 1 hour, longer for larger squash. It should yield 2 to 3 cups puree. When cool, scrape the pulp from the shells and puree, a little at a time, in a food processor or a blender. The water content of squash and pumpkins varies. If the puree is watery, allow it to drain in a colander to remove excess moisture.

I then freeze any extra I have in 2-cup containers for later use.

### **Spicy Butternut Squash Soup**

(from *Vegetable Harvest* by Patricia Wells) serves 8

2 tablespoons extra-virgin olive oil  
2 medium onions, peeled, halved lengthwise,  
and thinly sliced  
Fine sea salt  
2 cups butternut squash puree (see above)

2 small parsnips or turnips, peeled and cubed  
1 baking apple, peeled and cubed  
1 quart Chicken Stock  
1 teaspoon Curry Powder  
1 teaspoon ground ginger

In a large stock pot, combine the oil, onions, and salt and sweat-cook, covered, over low heat until soft-3 to 4 minutes. Add the squash puree, parsnips, apple, and stock. Cook, covered, over moderate heat for 30 minutes. In a food processor or a blender or with an immersion blender, process until smooth. Add curry powder and the ginger. Taste for seasoning. Divide among 8 warmed shallow soup bowls and serve.

### **Steamed Leeks in Mustard and Caper Vinaigrette**

(from *Vegetable Harvest* by Patricia Wells) 4 serving

#### **The Vinaigrette**

1 tablespoons sherry-wine vinegar  
½ teaspoon fine sea salt  
2 teaspoons imported French mustard  
1 tablespoon caper in vinegar, drained  
¼ cup extra-virgin olive oil

#### **Other Ingredients**

8 small fresh leeks (about 1 pound), white portion, only, trimmed and rinsed  
½ cup finely minced fresh chives or flat-leaf parsley leaves

1. Prepare the vinaigrette: In a small bowl, combine the vinegar and salt and whisk to dissolve the salt. Add the mustard, capers, and oil and whisk to blend. Taste for seasoning. Set aside.
2. Bring 1 quart water to a simmer in the bottom of a steamer. Place the leeks on the steaming rack. Place the rack over the simmering water, cover, and steam until the leeks are soft and cooked through, about 10 minutes.
3. Drain the leeks and transfer to a platter. Immediately cover with the vinaigrette while the leeks are warm, so they soak up the sauce. Sprinkle with chives or parsley and serve.

