

WSU Organic Farm
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The jack-o-lanterns are ready! We are getting the CSA pumpkins out of the field this week so we don't have to worry about having enough after the upcoming Harvest Party. Every member can take one home and have it in plenty of time before Halloween. These are great pumpkins for carving, painting, making pies and roasting seeds, or just looking at. The variety is Howden which is a very standard open-pollinated type. They seem to be bigger this year and probably average around 10 pounds. There are some big ones though that easily reach 20+ pounds. The WSU Physics Dept. gets a few of the biggies each year for their Dad's Weekend Pumpkin Drop where they toss them out of one of the tall dorm buildings on campus. Talk to CSA member and physics professor Fred Gittes about this fun event!

We have also had some staff changes since school has started back up again so we will have some more farm bios in the remaining newsletters to introduce you to the new workers. A few of the regular volunteers had difficult school conflicts and had to stop working but we were able to find some great replacements and even a couple new students. I can actually get students credit for working at the farm in the fall and their help on harvest days has been very helpful. For each university credit a student needs to put in 40 hours of farm time. So we have a couple folks who are just taking one credit and work one harvest day a week through October.

Besides extra winter squash that is available for sale, we also have stored potatoes for sale, too. Again, the deal is, if you get 10 pounds or more the price is \$1 per pound. Talk to me or Jewlee if you're interested in getting some extra squash or potatoes for your pantry.

- Brad Jaeckel

Harvest Party at the Farm!

Saturday, October 14, 2006

10 a.m. to 4 p.m.

Haywagon rides

U-pick pumpkins, fresh-pressed cider,
and U-pick orchard fruit for sale

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



Volunteer Alice Swan has been providing illustrations for the newsletter throughout the season, as well as working in place of her husband Nick Wallin since the start of school back in August. Nick teaches in the WSU music department and this is his busy season, but Alice eagerly took his place as she did last season.

Alice spends most of her time caring for their ever-growing one year old, Rex. But she also enjoys knitting, sewing, and gardening at their home in Moscow. She has a real love for movies and works part-time as the house manager for the Kenworthy Theater in downtown Moscow. This sounds like a pretty sweet job because Alice not only gets to watch all the movies but she also gets to pick them.

Getting a good recipe from Alice was no problem. She's a big fan of kale and its one of those hearty greens that we've all seen a lot of this season. Try this Tuscan Kale Pesto: steam or boil kale until tender, puree with olive oil, garlic, and salt. Serve on bread or with pasta. Alice prefers kale over chard because its flavor is similar to broccoli.

MMMM, more pumpkins and winter squash...and kohlrabi, too!

Rosemary Butternut Bisque (from *A Well-Seasoned Appetite* by Molly O'Neill)

2 medium butternut squash, peeled, seeds and fibers scooped out, cut into 1/2-inch dice
6 cups chicken broth
1 tablespoon chopped fresh rosemary
2 teaspoons grated orange zest

1 teaspoon kosher salt
Freshly ground pepper to taste
2 tablespoons heavy cream (optional)

Preheat the oven to 375 degrees F. Place the squash on a baking sheet and roast until tender, about 25 minutes. Transfer to a large saucepan and add the broth, rosemary, and orange zest. Bring to a boil over medium-high heat. Reduce the heat and simmer for 30 minutes.

Transfer the mixture to a food processor and process until smooth. Stir in the salt and pepper. Ladle the soup into bowls and swirl a little of the cream into each bowl, if desired. Serve immediately. Serves 6 as first course or 4 as main course.

Pumpkin Polenta (from Molly O'Neill) Use this pretty polenta to accompany roast chicken, pork, or duck...

1 cup chicken broth
1/2 cup stone-ground cornmeal

1 cup pumpkin puree

Preheat oven to 200 degrees F. Pour broth into saucepan and bring to a boil. Reduce the heat to medium-low. Gradually whisk in the cornmeal and add the pumpkin puree. Whisk constantly until smooth, about 5 minutes. Spread cornmeal mixture in a greased pie plate and place in the warm oven for about 20 minutes while you prepare the rest of the meal. Remove polenta from oven and cut into 8 wedges for 4 plates. Serve with accompanying meat, if desired, drizzle with meat's cooking juices, and garnish with fresh sage.

Honey-Pumpkin Butter (from *Recipes from a Kitchen Garden* by Renee Shepherd)

2 cups cooked pumpkin, pureed
1/2 cup honey
1 teaspoon grated lemon rind
1 tablespoon lemon juice
1 teaspoon cinnamon

1/4 teaspoon nutmeg
1/4 teaspoon ginger
1/8 teaspoon cloves
1/4 teaspoon salt

In a saucepan, combine all ingredients thoroughly. Simmer uncovered on low heat for 35 to 40 minutes, stirring frequently, until quite thick. When as thick as you like it, ladle into jelly jars and refrigerate. Delicious on toast, muffins, or pancakes. Makes 1 1/4 to 1 1/2 cups.

Kohlrabi Saute (from *More Recipes from a Kitchen Garden* by Renee Shepherd)

2 medium kohlrabi bulbs
1/2 tablespoon butter or margarine
1/2 tablespoon olive oil
1/2 clove garlic, minced
1/2 medium onion, chopped

1/2 tablespoon lemon juice
1 tablespoon chopped parsley
Salt and freshly ground pepper to taste
1 tablespoon sour cream

Peel the tough outer skin from the kohlrabi, then coarsely grate bulbs. In a skillet heat butter and olive oil. Add garlic, onion, and kohlrabi and saute, stirring often, for 5 to 7 minutes, or until kohlrabi is tender-crisp. Stir in lemon juice and parsley, then season with salt and pepper. Stir in sour cream, and serve hot. Serves 2 to 3.