

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

Thanks to everyone for coming out for the big Harvest Party on Saturday! We really enjoy putting this event on and love having sooooo many folks visit the farm. The air has turned crisp and cool now with the fall season and we finally have lost those crops of summer. This will be the last week of peppers and maybe tomatoes, most of which we harvested last week and put into storage to protect them from the frosts. We cleaned out an old refrigerated truck box that the orchard has and are storing many of the harvested crops there until we are ready to let them go. The box is insulated and has been a great site to give us some much needed storage space.

As it turns out we did really well with the winter squash and onions this year and do have extras. If anyone is interested in a larger amount of any of these we do a reduced price for 10 pounds or more of any crop. Let us know at your pickup site or by e-mail and we can put an order together for you. This is a great way to stock up for the winter months on the staples that will store well in your own home.

We are also handing out the annual CSA survey this week and would appreciate it if you can find the time to complete these and either bring back to your pickup site or mail in to our office address. The surveys have been so helpful for us to improve this CSA and learn more about our important membership pool. Many of our students use the survey information for their research projects and I also use the information in presentations to our classes on campus. So this is your chance to let us know what you think about this season and if there are any changes you would like to see.

Hopefully this week the Napa cabbage is ready as well as some of the fall broccoli. Both of these crops were seeded back in early July and have been “babied” along through the last month of cold weather. The trick with these crops is to get them to mature before it gets too cold and they freeze. We’ve found varieties that will mature before the end of October if we can get them started early enough. Also, the butternut squash are making an appearance. These are one of my favorites and are very versatile for many different recipes calling for winter squash. They also store great!

--Brad Jaeckel, manager



As some of the vegetables make a reappearance at the end of the season I suggest you look back at early newsletters again. I have included a couple fall ideas from my new cookbook and some personal standbys. Next week Trent will attempt to write down his winter freezer chili, if you want to wait to use your napa cabbage in that. --Valeri

Mock Caesar Salad Dressing

(from the *Smith-Schillberg kitchen*)

1T Olive oil	Salt and freshly milled Pepper
2T Lemon juice	4T Yogurt
1T Worcestershire sauce	¼ cup Parmesan cheese
1 Garlic clove	

Head of romaine lettuce prepared for salad. Combine the dressing ingredients, shake, and pour over the lettuce. Toss and serve. If the head is particularly large, I double the dressing amount.

Steamed, Creamy Cabbage

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

1 pound cabbage	¾ teaspoon fine sea salt.
4 tablespoons light cream	Freshly ground black pepper
1 tablespoon freshly squeezed lemon juice	

1. Using the largest holes of a box grater or a food processor fitted with a shredding blade, grate the cabbage. You should have 4 cups. Set aside.
2. Combine the cream, lemon juice, salt, and pepper in a large bowl. Toss to blend. Set aside.
3. Bring 1 quart water to a simmer in the bottom of a steamer. Place the cabbage on the steaming rack. Place the rack over the simmering water, cover, and steam until the cabbage is tender, about 7 minutes. Do not overcook.
4. With a slotted spoon, carefully transfer the cabbage to the bowl with the cream dressing. Toss to coat evenly with the dressing. Taste for seasoning. Serve warm.

Broccoli Puree with a hint of Mint

(from *Vegetable Harvest* by Patricia Wells) serves 12

2 pounds broccoli florets and stems, trimmed and rinsed	1 cup fresh mint leaves and stems, rinsed
	Fine sea salt

Bring 1 quart water to a simmer in the bottom of a steamer. Place the broccoli on the steaming rack. Place the rack over the simmering water, cover, and steam until the broccoli is soft and cooked through, about 10 minutes. With a slotted spoon, transfer the broccoli to a food processor or a blender. Add the mint and salt and puree to a smooth-textured puree.

Apple, Cabbage Sausage Main Dish

(from the *Smith-Schillberg kitchen*)

½ head of cabbage, cut in wedges	2 or 3 sausages
2 apples, cored and quartered	Potatoes, sliced (opt.)

In a frying pan place the sausages, wedges of cabbage and apple quarters. Cover and slowly cook. When the apples become soft and cabbage is cooked through serve with mustard. If desired at this point the apples and cabbage can be removed and the sausages allowed to brown more. Serve with mustard.