

WSU ORGANIC FARM
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Thanks to everyone who made it out to the Fall Harvest Party! It has turned into an annual event that we really enjoy putting on and a good chance to get lots of people out to the farm. Hopefully by now I'll have tilled in the pumpkin patch and gotten a little closer to being done with the season. We just have one more week after this, which will take us through the last full week in October.

New this week is Broccoli Raab, which we offered once in the spring and have tried again this fall. This unusual crop is in the Brassica family and is similar to broccoli but with the added greens. It grows quickly and produces a number of mild large edible leaves as well as a small broccoli-like floret in the center of the plant. We direct seeded this planting back in August and I thought it would have matured quicker but with the cooler weather it took a little bit longer. I'll try to grow more of this next season.

We are also very excited about our fall broccoli crop which is just coming on this week. As I did my weekly farm walk with Jewlee last week, it became apparent there was a rodent



problem in this planting. There is really nothing worse than seeing a beautifully maturing broccoli head nibbled on by some small creature that surely doesn't appreciate the efforts that go into pulling off a good fall broccoli crop. We've been working on growing broccoli unsuccessfully

for 3 years and just now have seemed to have gotten it to work. In the past our plantings have been too late, resulting in the crop maturing just after the CSA ends or not at all due to cold weather. So this year I tried an earlier maturing variety and seeded it earlier. This turned out to be the first week in July which seems like a long time ago, but if the critters don't eat the entire crop first I'll be very happy to have managed this successfully.

Jewlee has named herself the "Rodent Killer" and is leading the charge to get them under control. She uses a combination of traps which include special gopher traps, snap-type mouse traps for voles and mice, and the bucket trap. The bucket trap is probably the most exciting contraption we have for controlling large numbers of mice and voles. We take a five gallon bucket and suspend an aluminum pop can on a wire that crosses the top of the bucket. You need to drill a small hole on either side of the bucket about an inch down and also drill a hole in the bottom of the can. Take some small gauge wire and thread through the bucket and can so it can freely spin along the wire. Smear some peanut butter on the can and fill the bucket about a third full of water. Place the bucket where you suspect the critters to live or near the plants you wish to protect and add a narrow wooden ramp (a 3 foot 1x2 works) that rests on the lip of the bucket. If all goes well you will find the mice in the bucket in the morning and just need to dump them out for easy disposal. Happy Hunting!

-- Brad

**REMINDER: PLEASE TURN IN YOUR CSA SURVEY WHEN YOU PICK UP YOUR VEGGIES!
YOU CAN ALSO MAIL YOUR SURVEY TO THE FARM AT THE ADDRESS ABOVE. THANKS!**

Broccoli Raab

Brad asked me to find more recipes for the broccoli raab we are receiving this week. Frankly, despite scouring numerous cookbooks, I was not able to find any new recipes beyond the ones I printed in the newsletter when we had broccoli raab the first time! Pretty much everyone tells you to boil the broccoli raab after trimming the tough ends, and then sauté with garlic in olive oil. Some people suggest combining the garlic-sautéed broccoli raab with cooked pasta and Parmesan cheese. There was one slightly different version I found: after boiling the broccoli raab, you let it cool and then dress it with olive oil and lemon juice. Well, there you have it!

Mashed Parsnips and Potatoes

(from *Joy of Cooking 75th Anniversary Edition* by Rombauer, Becker and Becker)

8 ounces all-purpose or baking potatoes, peeled and thickly sliced
1 pound parsnips, peeled and cut into thick slices
½ cup milk or heavy cream
1 ½ tablespoons butter, softened
½ teaspoon salt
¼ teaspoon white pepper (I assume you can use black pepper too)

1. Boil the potatoes in water for five minutes. Add parsnips. Continue to cook until vegetables are completely tender, about 25 minutes.
2. Drain and return vegetables to pot. Over low heat, mash with a potato masher or beat with hand-held mixer until smooth. You can also puree the vegetables with a blender or food processor.
3. Mix in the milk, butter, salt and pepper. Heat through and serve.

Roasted Winter Vegetables

(from *Moosewood Restaurant New Classics*, by the Moosewood Collective)

Still have those turnips from a few weeks ago? Throw them in here, along with parsnips, potatoes and carrots!

¼ cup olive oil
1 tablespoon cider vinegar
1 ½ tablespoons dried sage
2 teaspoons dried thyme
3 teaspoons salt
¼ teaspoon ground black pepper
2 cups coarsely chopped onions
2 cups peeled and sliced carrots
2 cups peeled and cubed parsnips
2 cups peeled and cubed turnips
2 cups cubed potatoes
Grated Parmesan, feta, or Cheddar cheese (optional)

1. Preheat oven to 450 degrees F.
2. Whisk together the oil, herbs, salt and pepper. Toss the vegetables with the oil mixture.
3. Spread the vegetables in a single layer on an unlined shallow 11 x 17 baking sheet (or use two smaller baking sheets).
4. Bake for about 1 hour, stirring every 20 minutes, until crispy, browned and tender. Serve topped with grated cheese if you like.