

9-17-2012

Cucumbers

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Recommended Citation

Fox, Jillian; Spackman, Amanda; Nafziger, Alanna; and Whitfield, Mary Louise, "Cucumbers" (2012). *USU Student Organic Farm Newsletter*. Paper 61.

http://digitalcommons.usu.edu/student_orgfarm/61

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USU Student Organic Farm

September 17, 2012
Volume 3, Issue 18

Newsletter



Rainbow carrots from the farm.

Conquering the Bounty

Article by: Amanda Spackman

Cucumbers are a fun vegetable, their slightly sweet crunchy taste is a great addition to many foods, unfortunately, and preservation of the vegetable is not as easy as other crops. Cucumbers are 95% water, so when frozen and thawed you get, well, 95% water, not the most appetizing thought. Pickling really is the best way to truly preserve pickles. Jill gave a great recipe for a quick refrigerator pickle that will keep your cukes good for a little longer. You could certainly try a homemade traditional canned pickle, but the 240 hours required on the recipe I just googled seemed not worth the effort, although it might be fun to try once. My suggestion? Use em' up now. Cucumbers taste great simply sliced with a little black pepper on them. They also add a great crunch to sandwiches. They can be added to smoothies for a fresh taste. What you do, use them up before they're gone!

Veggie Feature: Cucumbers

Article by Jillian Fox

Well folks, the season is really starting to wind down. The zucchini have finally stopped producing like rabbits, the tomatoes aren't nearly as copious, and the potatoes and fall squash are near harvest. Fall is upon us, and as I'm sitting here typing this article, I'm wondering where the summer went. Here we are, looking at October, and I can't help but think about the early days of the CSA when all Amanda and I had to write about were greens. Oh and green onions. Lots and lots of green onions. Thank goodness for the warm sunny days that have brought us corn, tomatillos, green beans, squash (yes, we still try to be delicious, fresh produce. So, on an almost-final note, I would love to share one of my favorite techniques to use during the summer when the cucumbers are small, sweet, and just too good to let go to waste. This recipe is variable on many levels (I like my brine very vinegary), and it is adjustable to any quantity of cucumbers you may have. I just keep a bowl full in my refrigerator and just add more cucumbers as I get them from the farm. It makes a delicious "quick pickle"

Refrigerator Pickles

- 1-part water**
- 2-parts vinegar (apple cider is my favorite)**
- Fresh dill**
- 2-Tablespoons of sugar**
- 1-teaspoon salt**
- 1-teaspoon pepper**
- Cucumbers, sliced or cut into wedges**

**Combine all ingredients in a medium bowl with a lid. Add the cucumbers. Refrigerate at least 1 hour, but will keep in the fridge for quite a long time.
Enjoy!**

On the Farm News

Announcements

Pumpkin Days is the 13th of October! Get excited!

Potatoes are being harvested, prepare your root cellars and tell your friends.

Our very last pick-up is next week, bring many bags!

Student Organic Farm T-shirts have been made and boy howdy are they good looking. We'll be selling them if you are interested in buying one.

End of season survey will be sent out soon. Please fill it out so we can do a better job next year. 😊

For more information about the USU Student Organic Farm or CSA shares visit:

www.usu.edu/organicfarm

Article by: Alanna Nafziger

The weather grows colder and even colder still, the cucumbers, squash, and pumpkins are all feeling the effects many of their leaves shriveled and dark. I am feeling it too; with only one more week of pick-up the season is almost done. We have started taking plants out and slowly disassembling the farm. Taking things down and pulling plants out makes me think of their beginnings, how long it took to find a proper way to trellis or how many months something has been in the ground providing for us. It is a time of reflection, looking back on the successes and failures of the season, preparing for winter, which will be here faster than we expect I am sure. It is also a great tie of harvest and today marks the first day of potato harvest as well as the first winter squash and the pumpkins are lying big and orange in the field. It's almost time to starting drinking warm cider and crunching around in leaves. Stay cozy!

Meet your Farmers

Name: Mary Louise Whitfield

Major: Interdisciplinary Studies- Nutrition and Health Education

Hometown: Texarkana, Texas

Role on the Farm: Food Literacy Intern

Why did you choose to spend your summer on the farm?

I have always loved being outside during the summer and the Student Organic Farm was a good opportunity to be outside and learn about vegetables. Sunshine and vegetables, you can't go wrong with that!

What is your favorite vegetable and why?

My favorite vegetable is Brussels sprouts, although kale is a close second. I'm a pretty picky eater, but I never pass up my veggies.

What form of transportation best describes your personality?

The most ideal mode of transportation for me would be a 1993 Nissan Sentra with a "I heart yoga" bumper sticker. I call her Sexy Sentra 😊 We have been together for 8 years now.

If you could be a superhero, what would be your super power and how would you use it to better the farm?

I would be a huge frog that would go around eating all those grasshoppers. I hate grasshoppers.

More Cucumbers!?

Article by Amanda Spackman

Sorry Guys...I know you must be tired of cucumbers at this point, but I just had to share a few more ideas for using up your cucumbers. I love trying new foods. It is one of my favorite activities to pick an ethnic restaurant and taste a new and unexpected food. Trying from other parts of the is a great way to get yourself out of a food rut, and also a great way to use up your summer's bounty in a totally unexpected way. I have two ideas for you of ethnic foods involving cucumbers! The first is Greek Tzatziki sauce. This is a very traditional yogurt and cucumber based dip, usually seasoned with dill, and sometimes garlic and lemon juice. The second ethnic food to try is Thai cucumber relish. I discovered this dish at the Thai restaurant in Logan, The Kamin and it is wonderful! It usually

accompanies the dish chicken satay, which are basically just a Thai version of chicken kabobs. This relish though would also taste good paired with just about anything. I wish I had more room to give you both recipes, but links to the recipes will have to do. Enjoy!

<http://kalynsprintablerecipes.blogspot.com/2009/08/tzatziki-greek-yogurt-and-cucumber.html>

<http://www.foodnetwork.com/recipes/chicken-satay-with-spicy-peanut-and-cucumber-relish/index.html>