7-30-2018

USU Student Organic Farm

Follow this and additional works at: https://digitalcommons.usu.edu/student_orgfarm

Part of the Agriculture Commons

Recommended Citation
https://digitalcommons.usu.edu/student_orgfarm/110

This Newsletter is brought to you for free and open access by the Plants, Soils, and Climate at DigitalCommons@USU. It has been accepted for inclusion in USU Student Organic Farm Newsletter by an authorized administrator of DigitalCommons@USU. For more information, please contact rebecca.nelson@usu.edu.
What’s New On The Farm

It’s all coming together! With a few serious harvests under our belts now, we’re getting our groove. We’re harvesting some things every day now! A day or two of growth turns a green pepper yellow, a green tomato red, a yellow tomato overripe, a squash into a gourd and a cucumber into a zucchini. That last isn’t really true, but you’ve probably noticed the big seeds and sorry about that! We hope you’re enjoying your big baskets; they’ll be abundant for a good while yet.

Preserving the harvest

So much food coming on all at once is such an amazing challenge. We’ve invested water, time, seeds and soil preparation and now we’re getting what we’ve worked for, and it’s a little overwhelming! I’ve heard that zucchini season is the only time in Cache Valley when people lock their doors. If you’d like to make sure you make the most of your baskets but can’t eat it all in a week, here are some quick reminders of ways to keep food for easy access later in the year. Pro-tip: Deseret Industries sells Kerr and Bell mason jars for 25 cents each!

Fermenting

Lacto-fermentation is a simple way to turn sturdy veggies into pickled goodness that is tasty and a great way to keep healthy gut bacteria. I like to add fermented whatever to sandwiches, morning eggs, salads, or even as a side to a rich evening meal. Most cultures traditionally incorporate some sort of fermented vegetable into their standard cuisine.

Processing and storing

Tomato sauce, soup base, salsa, and pesto come to mind- all of these can be prepared and the frozen over the winter. Freezer Zip-locks, freezer-rated tupperware and home vacuum-sealers are minimal investments and can make meal prep easy all winter.

Dehydrating

Make the most of the harvest and the summer heat with a solar dehydrator, for everything from tomatoes to melons. Dehydrated watermelon is like candy.

Freezing

Each vegetable has unique requirements for successful freezing, but generally it’s good to freeze cut veggies in single layers on a cookie sheet before bagging.

Root cellars or other naturally-cool spaces

Many veggies will store for a long time at 40-50 degrees and about 80% humidity. Ground temperature below the frost line (30”-40” below the surface in Logan) stays at around 50 degrees, which is why it’s not a bad idea to frame in a room in an otherwise uninsulated corner of an unfinished basement for storing food.
During my week off I took a trip home to Chattaroy, WA… and it was awesome. I spent most of my free time chilling with my family, our cats and dogs, a few deer, and a wild peacock. When I wasn’t bonding with them, I was reading, running, and—yep, you might have guessed it—gardening. But what can I say?.. I like to garden. I helped my grandma clean up our garden and put a fence around it. The deer in Chattaroy are everywhere… hopefully we won’t have to do the same on our farm. Let me tell you, though, after working on the farm, this small, family size garden was a piece of cake to care for. I had the entire thing weeded in about an hour and it was nice to work outside again. Needless to say I’m sure I’ll have a garden for most of my life.

My grandma didn’t plant any squash this year, but luckily, we have squash coming out of our ears at our farm, so I brought some with me to let my family try. They were very curious about the Benning squash because it is less common, and they loved them!

One thing she did plant was zucchini, though. Zucchini are awesome, but I think we are all too familiar with having a few gigantic zucchinis and not knowing what to do with them. My family and I found ourselves in this exact situation last week, and I think I’ve invented something great. I was making fajitas and decided to cut the zucchini into strips and throw them into the pan. Surprisingly, it worked well. Zucchini really can be added to anything! I’ve included the recipe below if you want to try it.

### Zucchini Fajitas

**Ingredients**
- Bell Peppers
- Onion
- Zucchini
- Meat/ Mushrooms (As a vegan, I use a combination of mushrooms and pinto beans)
- Fajita seasoning
- Oil
- Tortillas

**Directions**

Slice all the veggies into thin strips and put them in a large frying pan with a little bit of oil. Add as much fajita seasoning as you want, mix it in, then cover the pan and let it cook while stirring occasionally. After about 5 min add the meat/beans, mix, cover the pan, and let it cook until the veggies are soft. If you are using meat, cook the meat before adding it in because it takes longer to cook than the veggies. Once it’s done cooking, wrap it up in a tortilla and enjoy!
What’s In The Basket

Radishes - White icicle, spicy and juicy
Cucurbits - More bennings, crookneck and zucchini, as well as lemon cucumbers and dill cucumbers
Leeks - Second to last harvest of these!
Tomatoes - A variety ripening daily
Bell pepper - We have organic and conventional courtesy of Greenville Research farm for those looking for extra
Chard and Kale - You know it!
Tomatillos - These are truly coming on now! Some of them are so sweet, they’re amazing
Arugula, parsley and basil - We will have bunches available for those who want some!

Coming up: Potatoes, melons, garlic

Un-RECIPE FOR
Simply Summer Salad

INGREDIENTS:

- 1 teaspoon red-wine vinegar
- 1/4 teaspoon sugar
- 1 tablespoon olive oil
- 1 1/2 cups quartered cherry tomatoes
- 1 small cucumber, peeled, halved lengthwise, seeded, and cut crosswise into 1/4-inch slices (about 1 1/2 cups)
- 1/2 cup crumbled Feta
- 1/4 cup shredded fresh basil leaves

DIRECTIONS:

In a bowl whisk together the vinegar, the sugar, the oil, and salt and pepper to taste, add the tomatoes, the cucumber, the Feta, and the basil, and toss the salad well.

Serve chilled, with shredded basil as a garnish.

An Un-Recipe offers guidelines to create delicious dishes based on the way ingredients, kitchen tools and cooks interact in the kitchen. Email us with questions!