



## IT WAS SIMPLE

by Kate Baldwin

Farm Organizer Ariel Agenbroad asked that I try to explain what made me want to volunteer with the UI Organic Farm, so here goes.

The first thing that comes to mind is the garden of my Aunt Becky. It sat each summer outside the house of my youth. Its small rows stretched out across the lawn close to a fading red barn. Nearby a line of three fruit trees grew: apple, apple, pear.

I remember the endless handfuls of green beans that came up with her each time she stood from a crouch among the lush rows. I remember how those emerald leaves grew up around her ankles as the weeks passed.

She worked alone in the evenings silhouetted by a dipping sun. Sometimes, the rewards would show up inside the screen of our back porch. But it was garden that never invited me in.

When I moved here from Michigan, I heard about the UI's Organic Farm through the farmstand that ran last fall. I put my name on the mailing list to remind myself that I should be stopping by for the fresh produce on Thursdays.

## THIS WEEK'S HARVEST:

- ◆ Copra, Mercury & Italian Gold Coin Onions
- ◆ Marketmore & Lemon Cucumbers
- ◆ Gold Bar, Black Beauty & Costata Romanesco Summer Squash
- ◆ Assorted Patty Pan Squashes
- ◆ Rainbow Swiss Chard
- ◆ New Girl Tomatoes
- ◆ Early Mountain Wonder Bell Peppers
- ◆ Sweet Basil
- ◆ Applegreen. Little Fingers & Dusky Eggplants
- ◆ Cornell's Bush Delicata Squash
- ◆ Lettuces
  
- ◆ At the Ag Days Food & Activity Fair/Farmstand: *More of the above plus fresh cut flower bouquets, fresh squeezed juices, beets, juice carrots and more!*

Then this spring, the hills between Pullman and Moscow sat dark and brown for so long I think I just wanted to be a part of the hands that brought the ground back to life. Even if it was only in a small way.

On my first visit, I was unprepared and unsure of what to do. Still the work was there and the help was needed.

My ankles broke to the left and to the right as I wobbled onto the moonscape of a dry Idaho farm. Though unsteady, I found the ground to be solid when I knelt down with a spade in my hands. And it's been that way since.

Pick up a shovel and dig. Pick up a tray and gather. Or pick up a hose and the wash. Show up. That's all it takes. Show up and make it grow. It was simple.

## RECIPES, RECIPES, RECIPES

For new and old favorites...

### PEPPER JELLY

Be sure to have all equipment needed and ready before you start any type of canning project.

- 6 1/2 cups sugar
- 1 1/2 cups white vinegar (5% acidity)
- 1 1/2 cups finely minced green bell pepper
- 1/4 cup finely minced jalapeno peppers
- 2 (3-ounce) packages liquid pectin

Combine sugar, vinegar, green pepper and jalapeno pepper in a large saucepan; stir well. Bring to a boil; boil 3 minutes, stirring frequently. Stir in pectin, and boil an additional minute, stirring frequently. Remove from heat; let cool 5 minutes. Skim off foam with a metal spoon.

Quickly pour hot jelly into hot sterilized jars, filling to 1/4-inch from top; wipe jar rims. Cover at once with metal lids, and screw on bands.

Process in boiling-water bath 10 minutes.  
Makes 7 half pints.

### BAKED DELICATA SQUASH

Ingredients: 1 delicata squash, 1-2 Tbsp. butter salt and freshly ground black pepper

Cut off the ends of squash, cut in half lengthwise. Remove the seeds. Leaving the skins on, cut the squash into 1/2-inch wide lengths. Place these on a baking sheet, dot with butter, and sprinkle generously with salt and pepper. Roast at 375 degree F. oven until soft. This is the basic recipe. You can add herbs, spices or honey to it if you wish.

### SIMPLE SWISS CHARD

1 large bunch of fresh Swiss chard, 1 small clove garlic, sliced, 2 Tbsp olive oil, 2 Tbsp water, Pinch of dried crushed red pepper, 1 teaspoon butter, salt

Rinse out the Swiss chard leaves thoroughly. Roughly

chop into inch-wide strips. Remove the toughest third of the stalk, discard.

Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the swiss chard to a serving dish.

### TOMATO AND SWEET PEPPER SALAD

- 3 sweet peppers
- 4 ripe tomatoes
- 2 teaspoons grated lemon zest
- 1 tablespoon lemon juice
- 2 cloves garlic peeled and crushed
- pinch sweet paprika
- 1/2 teaspoon ground cumin
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 t black pepper

Grill or roast peppers, remove skins, cut into small cubes and set aside. Blanch tomatoes for 15-20 seconds in boiling water. Drain and remove skins and stems. Cut in half and remove seeds. Cut into small cubes. Rinse the preserved lemon under running water and remove the pulp. Cut the rind into fine dice. Arrange peppers, tomatoes and lemon in a dish. Mix remaining ingredients to make a dressing and pour over the salad. Mix well.

