

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eleventh Harvest: 8/24/10 & 8/27/10

What's in the box?

Lettuce, *Magenta*

Beet Greens

Scallions

Cilantro, *Santo*

Basil, *Aroma 2*

Broccoli, *Gypsy*

Mixed Summer Squash and Zucchini

Sweet Corn

Strawberries, *Seascape & Albion*

Pears, *Flemish Beauty*

Apples, a mix of *MacIntosh (type)* and *Gra-venstein* or *Molly's Delicious*

Upcoming Event: Fall Plant Sale

Friday, Sept 9 from noon to 6 pm and
Saturday, Sept 10 from 10 am to 2pm.

Location: Barn Theatre Parking Lot, UCSC
(corner of Bay and High Streets)

Description: Fall is a wonderful time to plant vegetable crops that will extend your gardening season and to give perennials a good head start for next spring's blossoms. The region's best-suited varieties of organically grown winter vegetables and landscape plants will be available. Proceeds support the Apprenticeship program.

Friends/CSA members receive 10% off all purchases. Questions? Call 459-3240 or send email to casfs@ucsc.edu

Words from the Field *from Joe Chavez, First Year Apprentice*

For the few weeks that I have been lucky enough to greet CSA members at the pick-up site I have to say how happy I am to see CSA members riding bicycles to pick up their shares, sometimes even the entire family, each with their own helmet and bicycle. Riding a bike, especially up the hill, makes one feel alive, as one CSA member put it. Perhaps the same way that the taste of a crisp, juicy organic apple makes one feel alive, or just the sight of such beautiful and colorful fruits and vegetables that you take home each week. It's that connection to our food, to our environment, and to one another that makes us feel alive.

As I watched CSA members loading up their weekly share into panniers, backpacks, and boxes tied to their bicycle racks it reminded me of my life in New York City before moving to Santa Cruz to start the apprenticeship. I used to ride my bike to the Park Slope Food Co-operative, one of the largest and oldest food cooperatives in the country, located in the Park Slope neighborhood of Brooklyn. As one of over 15,000 members I could buy local, organic produce at a very reasonable price in exchange for working a 2 hour and 45 minute shift once every 4 weeks. I really enjoyed being a member of the Co-op. It connected me to a community of people who, in some way or another, cared about where their food came from.

While a good number of members lived in Park Slope and could walk to the Co-op, I lived two miles away in another neighborhood. With no direct subway or bus line, and no car, I made the commitment of riding my bike to the Co-op to buy my food. The bike ride became part of my experience connecting me to a more just and community-driven food system. I'll admit there were times when I didn't feel like cycling just to go to the store, but I knew that if I just got on my bike that the ride would soothe and soften my mood as I pedaled fervently past old stone churches, across busy thoroughfares and under the arching canopy of London Plane trees that lined some streets. By the time I arrived outside the ever-bustling brick building to look for an open bike rack I felt most definitely alive—especially when it was 15 degrees F in the middle of winter!

Now that I'm living on the CASFS farm in Santa Cruz I have the privilege of being even closer to my food source. I don't need a car or even a bicycle, but instead can take a short walk out into the garden or field. At the same time, I realize that compared with the majority U.S. population, my current situation is an anomaly, as many are reliant on automobiles to get them to a grocery store or a farmers market, and for some riding a bicycle several miles is not an option.

If we are a community that eats locally perhaps we also need to rethink what it means to live locally. If we are involved in the process of re-shaping our food systems so that our food comes from local farms where we know who grows it and what methods are used, then another part of that process of localizing our daily lives might be re-shaping our communities so that no one has to get into an automobile or pay a fare to access healthy food. Can we create and develop livable, walkable cities and neighborhoods that not only bring us closer to the places where we buy our food, but also bring us closer to one another? Would we then feel more connected, more alive?



Asian Noodle Salad

adapted from "The New Vegetarian Epicure" by Anna Thomas

- 2 Tbs. peanut oil
- Several small zucchini & several carrots, quartered lengthwise
- 1/2 # oyster mushrooms or white mushrooms
- 1/2 large onion (or several of the cipollini onions)
- 1-2 cloves garlic
- 1 tsp dark sesame oil
- 1 1/2 cups shredded cabbage
- 2 Tbs. minced fresh ginger
- 2-3 Tbs. rice vinegar
- soy sauce
- 1 lb soba or udon noodles
- 1/2 cup thinly sliced scallion greens (or cipollini greens)
- 1 Tbs. hot red peppers (crushed)
- 2/3 cup cilantro leaves, coarsely chopped

Toss the zucchini & carrots with a tsp. of peanut oil and a little salt, and spread on a cookie sheet. Roast in a 400 degree oven for 15-20 minutes, just until tender and barely beginning to color. Remove and allow to cool.

Cut the mushrooms in thin strips or slices, thin slice the onion, and mince the garlic. Heat the remaining peanut oil and a tsp. of sesame oil in a saute pan, and saute the mushrooms, onion, & garlic until lightly browned. Add the shredded cabbage to the pan, along with minced ginger, and saute over medium heat until limp and starting to color. Add the rice vinegar & a dash of soy sauce, and keep tossing the cabbage over medium heat until the excess liquid is gone.

Cook the noodles in boiling, salted water until they are *al dente*.

In a large bowl, combine the drained noodles, the roasted vegetables, mushroom mixture, scallions, peppers, & cilantro. Dress with 1 Tbs. sesame oil, 2 Tbs rice vinegar, and 2 Tbs. soy sauce (or to taste), and toss gently until lightly coated with the dressing. Serve at room temperature and garnish with cilantro sprigs and red chile pepper.

Fruit Tips: Pears

While a few varieties of pears ripen well on the tree, most pears do not -- if left on the tree, they suffer "internal breakdown," and start rotting near the core. Because of this, most of the European pear varieties are picked firm, and cooled to 30 degrees for several weeks to pre-condition the fruit for proper ripening. This is the treatment for Bartlett, D'Anjou, Comice, and Bosc pears.

The varieties you are receiving today, **however**, are our early pears that don't need the cold treatment. Simply leave them on the counter for several days. They are ripe when they smell aromatic, and the tip of the pear near the stem yields to light pressure.

