

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Twentieth Harvest: 10/18/11 & 10/21/11

What's in the box?

Lettuce, *Vulcan*

Chard, *Bright Lights*

Kale, *Red Ursa*

Beets, *Red Ace*

Dill, *Hercules*

Parsley, *Survivor Italian*

Sweet Peppers, *mixed varieties*

Hot Peppers, *Padron*

Apples, *Mutsu*

Onions, *Candy*

Winter Squash, *Delicata*

Broccoli, *Gypsy*

Upcoming Event

Follow the Fruit Trees: 2012 Workshop Series
on Year-Round Fruit Tree Care

Feb. 11-12, May 12, July 14, Aug. 18, 2012

Alan Chadwick Garden

Learn how to establish and care for fruit trees in this workshop series designed to "follow the fruit trees" through the seasons. Hands-on workshops spaced throughout the year will take you from site selection to harvesting and processing as you learn how to optimize your trees' health and production with proper seasonal care.

Led by Orin Martin, Alan Chadwick Garden Manager and Matthew Sutton, founder/owner of OrchardCare, participants will learn how to:

Select a suitable site	Set up irrigation
Assess & analyze soil	Control pests & diseases
Create a plan for planting & care	Thin fruit
Select suitable varieties/rootstocks	Harvest & post-harvest handling
Plant trees	Process fruit (preserving, juicing)
Winter/summer pruning	Fertilize & cover crop (fall & winter)

Cost: \$500, general public; \$450, Friends of the UCSC Farm & Garden. **Class size limited to 16.**

To enroll, **please send a check**, payable to **UC Regents**, to: Amy Bolton, CASFS/UCSC Farm, 1156 High St., Santa Cruz, CA 95064. **Please include contact information (email, address & phone).**

\$100 deposit required to hold your place in the class, with the balance due by **January 9, 2012**. For more information please contact Amy Bolton at 831.459-3240 or casfs@ucsc.edu.

Notes from the Field *by Anna Lee & Danielle Garcia, Second Year Field Apprentices*

Anna: Last Friday was the final day of the Apprenticeship in Ecological Horticulture. To celebrate, we held an intimate ceremony under twinkling strings of lights at the stage, followed by dessert and a slide show in the veggie shed. As the portraits in the show flicked by, I saw dedicated, accomplished horticulturalists, of course, but I also saw so many other types of beauty. The community I was privileged to call my own for the past six months was populated by some of the most amazing people I've met. Our kitchen was graced by world-class chefs, stellar bakers, intrepid fermenters, and prolific food preservers. Our back porch hosted guitarists, fiddlers, singers, harmonica players, and even an upright bass. Writers, philosophers, bibliophiles, and poets shared conversation around our dinner table, while rock climbers, runners, and softball stars basked outside. And they all shared themselves and their talents so generously. I knew whom to seek when I wanted to laugh, or when I needed a hand, a hug, or even a haircut. I'll cherish my time at CASFS for all I learned in the gardens and in the fields, but also for the friends it gave me, and for the love it cultivated.

Danielle: As our season together takes a pause, so my time on the farm comes to a close. I moved to Santa Cruz over two years ago for the apprenticeship program, and was given the honor of staying on a second year to help in the management of the field and incoming group of apprentices. And what a year we've had! I so enjoyed planning for the boxes this winter while the field grew wild with cover crops, planting out our first block on a foggy April morning, and months later, harvesting thousands of pounds of beautiful produce that sustained and nourished us all. We apprentices have shared in many of the same anticipations as you in this seasonal food journey; the endless greens of early summer, the excitement of our first bites of sweet corn, the devastation of losing our tomatoes to blight, and the comfort of hearty winter squash, telling us to slow down and prepare for transition. As this journey heads into the off-season, my mind turns to ways to preserve our summer bounty for the months to come. This evening I began by canning a delicious roasted red pepper spread, which I hope you will try with the last of the summer's sweet red peppers. May this winter bring us the same nourishment and sustenance, and may we all come together to celebrate this bounty in the year to come.



Roasted Red Pepper Spread

- 2 pounds (12-14) red bell peppers
- 1/4 pound Italian plum tomatoes
- 1 large garlic clove
- 1/4 small white onion
- 2 tablespoons red wine vinegar
- 2 teaspoons finely chopped fresh basil
- 1 teaspoon granulated sugar
- 1/8 teaspoon salt

Under a broiler or on a grill at 425°, roast red peppers, tomatoes, garlic and onion, turning to roast on all sides, until tomatoes and peppers are blistered, blackened and softened, and garlic and onion are blackened in spots – about 15 minutes.

Remove from heat. Let garlic and onion cool. Place peppers and tomatoes in paper bags. Secure openings and let cool, enough to handle – about 15 minutes.

Peel papery skins off garlic and onion. Finely chop garlic and set aside. Peel and seed peppers and tomatoes. Working in batches, place peppers and tomatoes in a blender or food processor fitted with a metal blade and purée until smooth.

Return pepper/tomato mixture to a large saucepan, add the vinegar, basil, sugar and salt and bring just to a boil, stirring until thickened – about 2 minutes.

Ball Complete Book of Home Preserving

2011 CSA Shareholders End-of-Season Survey

Greetings and well wishes, CSA members! Our season comes to a close on Friday, October 28.

Thank you for participating in community supported agriculture, and for choosing the CASFS Farm CSA. We're doing our annual end-of-season survey online through Survey Monkey (see link below; email announcement sent 10/17/11).

As in the past, we review your feedback and, whenever possible, incorporate your suggestions in order to improve your experience in our CSA program.

Wishing you a happy holiday season, and a gentle spring, and looking forward to seeing you next year!

<http://www.surveymonkey.com/s/XLGNSVL>



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Roasted Delicata Soup

- 2 pounds delicata squash, halved and seeded
- 1 medium shallot, finely diced
- 4 cups low sodium chicken broth
- 1 teaspoon fresh rosemary, chopped
- 3 tablespoon salted butter
- Sea salt, and freshly ground pepper to taste
- 1 tablespoon crumbled blue cheese (optional)

Preheat the oven to 350°. Line a baking pan with foil. Place squash halves with open sides up. Divide one tablespoon of the butter among them and put it into the various cavities. Roast in oven for approximately 30-40 minutes (depending on the thickness of the squash) until inside of squash is soft and can be easily removed. Remove from oven. Set aside to cool briefly.

In a stock pan on stove, melt remaining butter over medium to low heat. Add the shallot and rosemary and cook until the shallot is soft and fragrant, but not browned (about 4-5 minutes). Add the 4 cups of stock and increase the heat to medium-high.

Scoop out cooked squash into bit sized chunks and add it to soup. Cook the squash in the soup for about 15 minutes until stock is slightly reduced and the flavors come together. Remove from heat. Blend the soup mixture until smooth in batches in a blender or using a hand mixture. Season with salt and pepper to taste.

Pour soup into bowls to serve. Top each bowl with a teaspoon of blue cheese* and stir it into the soup. **Sour cream or creme fraiche also serves for creamy effect.*

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