

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/12/11 & 7/15/11

What's in the box?

Lettuce, *Sylvesta Green Butter*

Arugula, *Astro*

Kale, *Red Ursa*

Carrots, *Nelson*

Onions, *Bianca di Maggio (cipollini)*

Turnips, *Scarlet Queen*

Basil, *Aroma2*

Potatoes, *Yukon Gold*

Strawberries, *Albion*

Blueberries, *mixed varieties*

Notes from the Field *by Aileen Suzara,* *First-Year Apprentice*

Farm Fresh Flavors

What does a July in Santa Cruz taste like? I'm finding that out here on the CASFS farm. These past few weeks, it's been easy to witness the signs of summer. Shiny green peppers are swelling on the stalk. Once-dormant beans are now climbing up the pole. Bees are buzzing in the lavender. And on foggy harvest mornings, apprentices are now busy bringing in fresh, vibrant produce by the armful, box, and the wheelbarrow – from succulent baby bok choy, to moon-round turnips, rainbow chard and red-veined dandelion greens. Simply put, summer is delicious.

Before this apprenticeship, I was cooking by night at a vegetarian Filipino restaurant in Oakland. What kept me returning to the kitchen night after night was a sense of connection between myself, the meals we prepared, and the folks in our community eating just outside the kitchen door. What I missed, though, was a more direct relationship with the cultivation of food, and the land itself. That desire is a part of what brought me here. I'm happy to say I've found that and more – the opportunity to take a hand in cultivating (and cooking and eating) food straight from the ground.

Perhaps one of the most challenging (and highly rewarding) "chores" of every CASFS apprentice is to prepare community meals. It's no small feat to cook three nourishing meals for nearly 50 people. But it is quite possibly one of the more tangible experiences that affirms our place in the food loop. From preparing beds, to planting seeds, irrigating and eventually harvesting produce, there is a sense of completion in cooking and eating it as food. I've been blown away by the creativity and sensitivity brought to the kitchen, through the sharing of family recipes and careful preparation. And in every bite, the flavors of the summer and the land shine through.

Read on for some delicious recipes and tips for the produce in this week's box, from fellow apprentice and farmer-chef Matthew Raiford.

The world begins at the kitchen table. – Joy Harjo

Upcoming Event

Farm & Garden Fall Plant Sale
Friday, September 9, 12-6 pm and
Saturday, Sept. 10, 10 am-2 pm
UCSC Barn Theatre Parking Lot,
corner of Bay and High streets

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

Questions?
Call 831.459-3240 or
email: casfs@ucsc.edu





Berry Zabaglione

- 2 C blueberries
- 2 C strawberries hulled and cut in half
- 4 large egg yolks
- ¼ C sugar
- 1 vanilla bean
- ½ C Grand Marnier or ice wine

Preheat the broiler. Half-fill a medium-sized pot with water and bring to a boil on the stove.

Place the berries in bowl and toss, then transfer into 4 medium ramekins.

Split the vanilla bean in half and scrape out the seeds in a bowl with the yolks, sugar and liqueur or ice wine. Place the bowl over the pot of water and whisk constantly until the zabaglione is thick, and slightly pale in color. Zabaglione will be fluffy.

Pour the zabaglione over the berries and place in the oven for approximately 2 minutes or just until brown.

Sautéed Turnips and Cipollini

- 2 T unsalted butter
- 1 teasp. brown sugar
- Sea salt and fresh cracked black pepper
- 3 turnips, peeled and trimmed (save the greens and julienne)
- 1 bunch cipollini, small diced
- ½ C water
- ½ bunch of basil

Melt butter in a large sauté pan over medium-low heat. Add brown sugar and cook until butter starts to brown, about 1 minute. Add turnips and onions, swirling pan to evenly coat. Add water, cover, and cook until almost all water has evaporated and vegetables are glazed, about 20 minutes.

Remove cover; add turnip greens and continue cooking until liquid has evaporated and vegetables are caramelized, 3-5 minutes. Season to taste with salt and pepper. Transfer to a large serving platter, and garnish with fresh basil.

CHEFARMER CORNER

MATTHEW RAIFORD

We would like to introduce First-Year apprentice Matthew Raiford, a professional chef and passionate member of the culinary community. He has coined the name CheFarmer as he transitions from a chef to a farmer, obtaining as much knowledge about local and sustainable produce as possible. This week's recipes are contributed by CheFarmer Raiford.

CheFarmer Raiford was trained in classic French cuisine through the Culinary Institute of America, and has an affinity for Mediterranean flavors. With over 15 years of formal experience in the food and hospitality industry, he has worked and traveled extensively and taught culinary arts in Georgia, Texas and Maryland, preparing dishes from around the world. Most recently, CheFarmer Raiford was the Executive Chef for Haute Catering in Washington, D.C., the premiere catering company for the House of Representatives, Canadian Embassy, Pentagon Conference Center, National Defense University and the National Archives. After the apprenticeship, CheFarmer Raiford will go home to Georgia to restart the once twenty-five acre family farm in Georgia to take his place as a sixth generation farmer.

Lavender and Strawberry Sorbet

- 1 C sugar
- 1-½ cups water
- 8 fresh lavender spikes
- 8 C strawberries, hulled
- 2 egg whites

Place the sugar and water in a medium pot on the stove and bring to a boil. Stir until the sugar dissolves. Remove from heat and add lavender and allow to infuse for an hour in the refrigerator.

Puree strawberries in a food processor, then strain puree through a sieve.

Add strawberries to lavender syrup and place into a freezer-proof container. Allow to freeze for 4 hours or until mixture is slushy.

Whisk egg whites until frothy. Add lavender strawberry mixture to food processor, process until smooth. Stir in egg whites, then add to the sorbet until well incorporated.

Return sorbet to freezer and allow to freeze.