

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Twenty-First Harvest: 10/25/11 & 10/28/11



What's in the box?

Spinach, *mixed varieties*

Escarole, *Natacha*

Kale, *Dino*

Collards, *Champion*

Cilantro, *Santo*

Sweet Peppers, *mixed varieties*

Apples, *Fuji (dry farmed)*

Potatoes, *Yellow Finn*

Winter Squash, *Butternut AND Delicata*

Onions, *Candy*

Upcoming Event

Fruit Tree Classes 2012

Jan. 7, 14 & 28 and Feb. 18 & 25

Saturday workshops on growing and caring for fruit trees, taught by Orin Martin, Alan Chadwick Garden Manager and Matthew Sutton, founder/owner of Orchard Keepers. A partial list of classes are:

Jan. 7 10am-1pm: Fruit Trees "101" – Basic Fruit Tree Care

Learn the basics of fruit tree planting, irrigation, fertility, pest management and winter pruning. \$30 general admission; \$20 FF&G

Jan. 14 10am-12pm: Fruit Tree Q&A – ProBuild Garden Ctr.

FREE! Bring your fruit tree questions to this Q&A session with local fruit tree experts. Learn about varieties that perform well on the Central Coast, along with fruit tree care tips.

Jan. 28 10am-1pm: In-Depth Winter Pruning – Pome Fruit

Learn how to prune your apple and pear trees. \$30 general; \$20 FF&G

Feb. 18 10am-1pm: In-Depth Winter Pruning – Stone Fruit

Learn how to prune your plum, apricot, cherry and other stone fruit trees.

Feb. 25 4-6pm: Fruit Tree Q&A – The Garden Ctr. (Mission St.)

FREE! Bring your fruit tree questions to this Q&A session at The Garden Center with local fruit tree experts.

All classes held at the UCSC Farm Gatehouse unless noted otherwise. For more information, See: <http://casfs.ucsc.edu> or email casfs@ucsc.edu



Notes from the Field *by Liz Milazzo, Field Production Manager*

A week ago we graduated 39 trainees who are going back to Georgia, North Carolina, Utah, Arkansas, Mexico, and our local counties to grow food with methods that protect the environment and contribute to social justice. Thanks, in particular, to the field crew who so enthusiastically harvested and packed the boxes each week: Katie, Tom, Lia, Kyle, Matthew, Joanna, Dan, Amy, Emily, Maria, Britt, and Patrick; to Second Year's Danielle and Anna, who graciously led the team; Amy Bolton who handled the CSA admin; and Ned Conwell whose skillful tractor work brought us broccoli and not mallow, sweet corn and not wild mustard.

We are discing the fields for cover crop, to be planted soon. The first early rain we got 3 weeks ago softened the soil and left us enough moisture for the cover to germinate quickly, and establish before the rains really begin. The species we work with here – bell beans and vetches, oats and rye – will sink down a root and ride out some long gaps between the first fall rains, if necessary. So, we can drill the cover crop and take the risk of not setting out sprinkler pipe right away – as a matter of fact, we haven't had to irrigate the cover crop at all in the last 20 years. We carefully block the crops in July and August so that the fields empty together, allowing large swaths for the disc to clear. All that's standing now is the little field of peppers, a patch of fall greens, and the Brussels sprouts trial.

Other than the tomatoes lost to late blight and pears which suffered scab, 2011 was a great harvest. We'll repeat the onions done from transplant in April, and add some red varieties; experiment with dry-farmed zucchini and cucumbers next year; grow lettuce and bean and cilantro seed to save; plant the tomatoes on wide spacing to help counter blight; experiment with a biodynamic "tree paste" to keep ants from climbing the apple trees. We'll keep "hiding" crops from the squirrels between field borders of basil, and "hiding" the small pumpkins in rows beyond the large pumpkins, ever grateful for the gifts of the Earth.

Heartfelt thanks as we end the CSA season: Thanks to you, our members, for supporting the training of new farmers; thanks to the Late Season CSA members for joining in August; thanks to Sheldon Kamieniecki, the Dean of Social Sciences, for bridge funding that helped CASFS operate in a year of devastating budget cuts; thanks to the True North Foundation for years and years of steadfast support for the CSA training; thanks to Claudia and Alec Webster for a generous grant that is helping CASFS and Environmental Studies strengthen education in sustainable agriculture; thanks to the Friends of the Farm and Garden for their steadfast advocacy on the part of farmer education and community education, and thanks to the many anonymous donors who help keep the Apprenticeship in Ecological Horticulture going each year.



Classic Italian Escarole and Bean Soup

- 2-3 tablespoons olive oil
- 3-4 cloves garlic, thinly sliced
- 1/2 teaspoon crushed red pepper flakes
- 1 head escarole, approximately 1 pound, washed and chopped into bite-sized pieces
- 2 14-oz. cans cannellini, drained and rinsed
- Salt and freshly ground black pepper
- Freshly grated Parmesan
- Slices of rustic bread

Heat a soup pot over medium-high heat and add enough olive oil to cover the bottom. Add the garlic and red pepper flakes and sauté for a minute or two. Add the escarole and stir to coat with the oil. Sauté, stirring occasionally, until the escarole begins to wilt.

Stir in the beans. Lower the heat, add up to a cup of water (more if you prefer it soupier), season with salt and pepper, and simmer for 5-10 minutes.

To serve, divide equally among four soup bowls, drizzle a little more olive oil over each serving, and garnish with the Parmesan. Serve with a slice of good crusty bread. Or, garnish with homemade croutons.

AlmostItalian.com

2011 Winter Box

We've sent an email invitation to get a one-time **Winter Box**. Cost is \$40 for a nice variety of winter fruit and veggies. If you need a sign-up form, please contact us via email at farmcsa@ucsc.edu.

2011 CSA Shareholders End-of-Season Survey

Our season comes to a close this week on Friday, October 28.

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.

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

Stay in touch via the CASFS website (CASFS.ucsc.edu), our Facebook page, email to farmcsa@ucsc.edu, or phone 831-459-3240.

We'll announce the 2012 CSA sign-up process by email in January!



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Wilted Spinach Salad with Roasted Peppers

- 2 red peppers, roasted, peeled and sliced into long strips
- 6 tablespoons extra virgin olive oil
- Salt and pepper
- 1/4 medium-sized red onion, thinly sliced
- 8 to 12 thin baguette slices for croutons
- About 12 cups of spinach
- 2 handfuls of escarole leaves
- 3 tablespoons balsamic vinegar
- 1 garlic clove, finely chopped
- 10 Nicoise olives, pitted
- 1 ounce Parmesan cheese, grated (about 1/3 cup)

Toss the roasted pepper strips with a little olive oil and a few pinches of salt and pepper to marinate. Cover the onion slices with cold water to leach out the strong flavor.

Place baguette slices on baking sheet, and brush lightly with 1-1/2 tablespoons olive oil, toast at 375° till lightly browned, about 8 minutes.

Wash and spin dry the greens.

Drain the onions. In a large bowl, combine the vinegar, garlic, 1/4 teasp. salt, and a few pinches of pepper. Toss the greens, onions, peppers, and olives. Include the roasting juice from the peppers (it is sweet). Heat the remaining 1/4 cup olive oil in a small skillet until it is very hot, just below the point of smoking. Immediately pour it over the salad, and toss with tongs to coat the leaves, sprinkling in the Parmesan as you toss. Add the croutons and serve immediately.

Adapted from "Fields of Greens" by Annie Somerville