

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Thirteenth Harvest: 8/30/11 & 9/2/11

## What's in the box?

Lettuce, *Red Cross*  
Kale, *Red Ursa*  
Carrots, *Nelson*  
Beets, *mixed varieties (topped)*  
Onions, *Candy*  
Basil, *Aroma2*  
Sweet Corn, *Xtra Tender 270A*  
Green Beans, *Bronco*  
Peppers, *Tiburon (Poblano type)*  
Zucchini, *mixed varieties*  
Cabbage, *Farao*  
Apples OR Pears, (*Apples*) *Molly's Delicious, Chehalis, & Ginger Gold (Pears)* *French Butter & Tyson*  
Potatoes, *Yukon Gold or German Butterball*

### Upcoming Event

#### Medicinal Herb Walk

Saturday, October 1, 10am-1pm  
Louise Cain Gatehouse

Come taste, smell and feel the abundance of medicinal herbs growing at UCSC Farm's fields and gardens. Many herbs are common landscape plants and garden weeds. You will leave this class with applicable knowledge of how to use common plants and a new appreciation for plants that you commonly see. Questions? Call 831.459-3240 or email [casfs@ucsc.edu](mailto:casfs@ucsc.edu).



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

As August rolls into September, we've reached that time of year when we're conferencing in the packing shed to figure out how not to overwhelm you with too much food. Many crops are available in abundance! We still have some carrots and beets to get out of the ground as we make room for yellow onions, potatoes, apples, pears, sweet corn, the first peppers. This week we're looking at a literal ton of yellow sweet onions curing in burlap sacks, we're moving from the first planting of sweet corn over to the second, and will dig the last 3 rows of potatoes. I've got a call in to Second Harvest Food Bank to see if they can help us harvest beets getting overgrown in the Main field. We had trouble with early carrot plantings – and beets are normally foolproof – so I gave in to the urge for security on June 16th and planted four long beds of beets. So many beets!

And we count our blessings. I talked with a farmer in Vermont on Sunday evening whose garden was under a foot of water.

We treated the sweet corn this year with Bt (*Bacillus thuringiensis*), an organically approved microbial insecticide useful against many caterpillars, including corn earworm. Bt is a naturally occurring bacterium found in soil and on plants that produces a protein crystal toxic to specific caterpillars once they ingest it. The Bt seems to have helped significantly – we'll know better in a week or so when we are harvesting the later plantings which usually have more earworm. The treatment involves applying several drops of oil mixed with Bt onto the silk of the corn just as pollination is complete. Bt acts as a stomach poison to the earworm larvae, and the carrier oil can smother the egg stage and prevent a population from hatching in the first place. So far, fewer worms this year.

The late blight we are seeing on the tomatoes this year is quite worrisome. We'll likely disc in the whole crop next week, to our great disappointment. Understanding this situation is at the top of our winter list – I presume we'll need to strictly adhere to the most resistant varieties next year, try more preventative sprays, perhaps adjust micronutrients available to boost disease resistance, plant multiple successions, increase airflow, carefully select the most disease suppressive compost for the greenhouse mixes in March ... and pray!



## Poblano Cream Sauce

Serves 6

- 2 poblano chilies
- 1/2 cup vegetable broth
- 1/4 cup butter
- 8 ounces goat cheese
- 4 ounces Monterey Jack Cheese
- 1/2 cup heavy cream
- Sea Salt
- White Pepper

Use the method described at right to prepare the peppers.

Combine chiles and broth in a blender or food processor; process until smooth.

Melt butter in a large skillet over medium heat, and stir in chile mixture. Add goat cheese and jack cheese, stirring constantly. Cook 2 to 3 minutes, stirring constantly, until cheeses melt. Add cream stir until incorporated and add salt and pepper to taste.

This sauce is great with fish, pork chops, halibut and also a great accompaniment to grilled vegetables.

## CHEFARMER CORNER

MATTHEW RAIFORD

Hello, everyone! The summer is passing us by and fall is quickly approaching, but BBQs and family gatherings are still in full swing. This week in your CSA Box is one of my favorite summer peppers the *poblano*; a very versatile pepper with just the right amount of mild heat that can be roasted, stuffed, or eaten fresh in a salad.

In 1997, while working in Las Vegas at MGM Grand's Coyote Café, the poblanos were often roasted to bring out their flavor even more. Here is a quick and easy way to roast this pepper:

### Roasting Poblano Peppers

Roast the poblano over an open flame on a gas stove, using tongs to turn frequently until the skin starts to blister and char black on all sides, about 10-15 minutes, or place the poblano in 475 degree oven for about 10-15 minutes.

Place the roasted pepper in a bowl and cover with plastic wrap. This steam will allow the skin to soften slightly and remove easily with a paring knife or your fingertips. Discard the stem and seeds and do not rinse.

## Autumn Apple Tart

Serves 6

- 1-1/4 cups all-purpose flour
  - 1 teaspoon baking powder
  - 1/2 teaspoon salt
  - 1 tablespoon sugar
  - 1/2 cup cold butter
  - 1 egg, beaten
  - 2 tablespoons milk
  - 4-6 medium tart apples, peeled and cut into 1/4-inch slices
- \*TOPPING:
- 1/3 cup sugar
  - 4-1/2 teaspoons all-purpose flour
  - 1/2 teaspoon ground cinnamon
  - 1/2 teaspoon ground nutmeg
  - 2 tablespoons cold butter

In a medium bowl, combine the flour, baking powder, salt and sugar. Cut in butter until mixture resembles fine crumbs. Combine egg and milk; gradually add to flour mixture, tossing with a fork until dough forms a ball.

With lightly floured hands, press dough onto the bottom and up the sides of a 12-in. fluted tart pan with removable bottom. Arrange apple slices in a circular pattern over dough, starting at the outer edge and overlapping slices.

For topping, combine the sugar, flour and spices in a small bowl. Cut in butter until crumbly. Sprinkle over apples. Bake at 325 degrees F for 50-60 minutes or until apples are tender. Serve warm or cold..

**TIP:** Double the topping for caramelized crunch. Thinly slice apples and add lemon juice for tartness.

Source: Allrecipes.com

