

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Seventeenth Harvest: 9/27/11 & 9/30/11



## What's in the box?

Spinach, *Bloomsdale Select & Tye*

Chard, *Bright Lights*

Mustard Greens, *Mizuna*

Carrots, *Nelson*

Fennel, *Perfection*

Dill, *Greensleeves*

Sweet Peppers, *mixed varieties*

Beans, *Gold Rush*

Summer Squash, *mixed varieties*

Broccoli, *DeCicco*

Apples, *Gale Gala*

Potatoes, *German Butterball*

Onions, *Candy*

Winter Squash, *Kabocha*

## Upcoming Event

### Medicinal Herb Walk

**Saturday Oct. 1 | 11am-5pm @ the Gatehouse**

Come taste, smell and feel the abundance of medicinal herbs growing in the UCSC Farm's fields and gardens with Western/Chinese herbalist Darren Huckle. You'll leave this class with an appreciation for and applicable knowledge of how to use common plants.

**Cost:** \$20, general public; \$15 Friends members; \$5 UCSC students. If you have questions, please email [casfs@ucsc.edu](mailto:casfs@ucsc.edu) or call 831.459-3240.



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

*Welcome UCSC students to the Fall Season CSA!* Thank you for supporting the UCSC Farm CSA program. The CSA student shares begin this week and run through the end of October.

It was great to have a wonderful turnout for the Harvest Festival this weekend! Despite the light rain (in the hundredths of an inch here), upwards of 1500 folks came out to enjoy the fall beauty on the farm and connect with friends. This week we begin harvesting from our field of fall greens and roots planted on August 25th on the site of the old apple orchard, and we're happy to bring you Swiss chard, Mizuna mustard, and spinach – all from this field. The field was planted to a summer cover crop of buckwheat in June, turned under in mid-July. The fertility has been striking, even to our seasoned-farmer sensibilities.

Today's winter squash selection is Red Kabocha. It's incredibly tender and sweet – perfect simply cut into wedges and roasted in the oven with a little olive oil and salt and pepper. No need to peel it, you won't even notice the skin when it's cooked.

We'll be putting the remaining pumpkins into bins shortly to remove temptation from the squirrels. Jack-O-Lanterns will be for sale at the cart on Tuesdays and Fridays, as well as up here on the farm.





## Kabocha Squash Soup with Coconut Milk and Lime Leaves

- Vegetable stock (5 cups)
- 1 medium kabocha squash, about 3-1/2 pounds, cut in half, seeds removed
- 1 tablespoon vegetable oil or olive oil
- 1 large yellow onion, chopped (about 2 cups)
- Salt and pepper
- 1 tablespoon minced garlic
- 3 stalks lemongrass, tough tops and outer leaves removed, finely chopped, about 1/3 cup
- 1/4 cup grated fresh ginger
- 1 or 2 kaffir lime leaves
- One 14-ounce can unsweetened coconut milk
- 10 to 15 Thai basil leaves, bundled and cut into thin ribbons, (about 2 tablespoons)

Preheat oven to 400°. Place the squash, cut side down, in a baking dish with a little water. Cover and roast until tender, 30-35 minutes. When the squash is cook enough to handle, scoop it out of the skin. You should have about 4 cups.

Heat the oil in a soup pot and add the onions, 1/2 teaspoon salt, and a pinch of pepper and cook until they begin to soften, about 3 minutes. Add the garlic, lemongrass, and ginger and cook for 2 minutes. Add the squash, the stock, and the lime leaf and bring to a boil. Lower the heat and simmer, uncovered, about 30 minutes.

Remove the lime leaf and puree the squash mixture in a blender until smooth. Pass through a food mill and return to the pot over medium-low heat. Add the coconut milk and cook for 5-10 minutes.

Adjust the seasoning with salt and pepper to taste.

Garnish each serving with Thai basil.



## CHEFARMER CORNER

MATTHEW RAIFORD

So, how was your weekend? Sunny on Saturday and cool and rainy on Sunday? Well, here at the Farm this past Sunday, even the rain made us feel like it was sunny. If you didn't make to the Farm, you missed a treat, and that treat was called *Harvest Festival!* Watching the families with their children, UCSC students, and our farm friends – their laughter, picking out pumpkins, petting the goats, and face painting, not to mention the roasted corn, apple cider and apple pie – it was just like the sun was beaming down on our face. So, what's new in your CSA box this week? Kabocha squash, commonly called Japanese pumpkin. It's popular for its strong yet sweet flavor and moist, fluffy texture, which is like chestnuts. Try this wonderful Kabocha Squash Soup recipe from Annie Somerville's *Everyday Greens*.

## Mizuna with German Butterball Potatoes and Shallot Vinaigrette

- 1/2 pound German butterball potatoes, medium diced, cooked
- 1/4 cup extra-virgin olive oil
- 1/4 cup apple cider vinegar
- 1 teaspoon Dijon
- 1 large shallot, minced
- 4 ounces mizuna mustard, rinsed and dried
- 4 boiled eggs cut into four pieces
- Sea salt and fresh cracked black pepper

Combine oil, vinegar, Dijon and shallots and whisk, then add salt and pepper to taste. Take a 1/4 cup of vinaigrette and pour over potatoes and toss. Set aside for 15 minutes.

Place mizuna in a bowl and toss with remaining vinaigrette. Add potato mixture and toss gently.



Place salad on plates, top each with 4 slices of egg and then add sprinkle a little sea salt and fresh cracked pepper.