

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Thirteenth Harvest: 8/28/12 & 8/31/12

What's in the box?

Lettuce, *Anuenue*
Spinach, *Bloomsdale*
& *Tyee*

Mei Qing Choi

Cilantro, *Santo*

Dill, *Greensleeves*

Tomatoes, *dry farm* &
heirloom mix

Corn, *XTender 270A*

Jalapeño Peppers,

Jala Fuego

Zucchini, *mix*

Broccoli, *Gypsy*

Strawberries, *Albion*

Apples, *Chehalis, Molly's*

Delicious, Ginger Gold,
& *Earlgold*

Harvest Forecast* for September 4 and 7

Apples	Green Beans	Tomatoes
Broccoli	Lettuce	Yellow Onions
Corn	Strawberries	Zukes
Dino Kale		

*Harvest may vary for 1 or 2 crops, determined on day of harvest

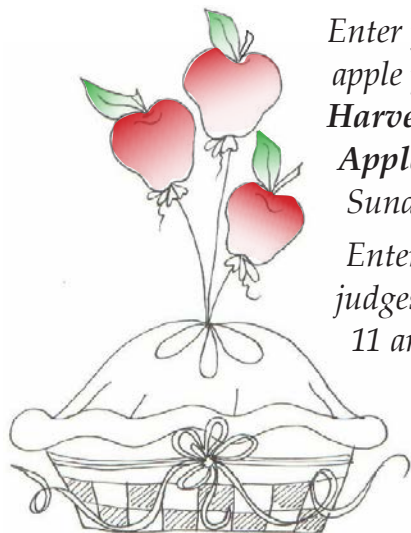
Upcoming Event

Harvest Festival @ UCSC Farm

Sunday, September 30 from 11am – 5pm

Come to the Farm for live music, great food, gardening talks, cooking demonstrations, Farm tours, hay rides, kids crafts, and more! **Cost: \$5/person; FREE: children under 12; UCSC students (w/ID); and FF&G members.** To volunteer or for more info: 831.459-3240; email: casfs@ucsc.edu.

Eleventh Annual Apple Pie Contest



Enter your favorite
apple pie in this year's
Harvest Festival

Apple Pie Contest on
Sunday, September 30.

Enter your pie to the
judges between
11 am-12:30 pm.

Notes from the Field by Zea Luce, First-Year Apprentice

With each forkful of earth turned up, I see oxalis bulbs. I am prepping a long bed in the garden and bend down to pull out the pesky weed every few seconds. For some reason, admitting that we have weeds in the garden and in the fields feels like airing our dirty laundry! However, I suppose it is well known that weeds come with the territory.

As part of our curriculum, we had a class on weeds. I find it interesting to think about what is considered a weed. Basically, it is something that we are not cultivating, that competes with our cash crops. I was amazed to learn how large the soil seed bank is for weeds! There are dormant and non-dormant weed seeds and most of them germinate in the top one-half inch of the soil. We often practice pre-irrigation, watering a garden bed or block in the field that is due to be planted. Then we wait for the weeds to germinate, get rid of them, and then plant the crop. This was a new, but obvious concept for me; it at least sets them back a bit.

They have many strategies for survival and we employ many control strategies. Many weeds set seed quickly, as fast as 35 days, to ensure their survival. Others have very long-lived seed, produce large numbers of seed, or make use of the wind to disperse. There are various methods of control, including cultural, mechanical, chemical, or biological tactics. Some of my favorite methods include just plain old hand weeding, using the wheel hoe, planting transplants to give them a head start, utilizing cover crops, crop rotation, and the neatest of all: flame weeding. This involves using the heat produced by burning propane to burst the cell walls of the tiny weeds, just prior to the germination of a crop. Who knew?

As you can see, we try our best to keep the weeds at bay. However, should you receive some oxalis mixed in with your greens, while it is likely not on purpose, it is edible. By far the largest genus in the wood-sorrel family, oxalis – *Oxalidaceae* – can be found throughout most of the world. It has pretty pink, white, or yellow flowers and its leaves resemble clover. It is mildly tangy because of its oxalic acid and can be a great addition to salads. Whether you welcome it on your property, enjoy nibbling on it, or think it a pesky weed, I have certainly gained a better appreciation and understanding of what grows abundantly here on the farm, including all the weeds.



Crop Update: Tomatoes are Peaking, and Basil is Suffering!

We're thrilled to have a good tomato crop this year, after two years of late blight. We've been spraying a biological pesticide, *Serenade*, every couple of weeks as prevention for late blight. By far, the healthiest tomato plants in our fields are the dry-farmed tomatoes, planted in May into moist soil. With no supplemental irrigation, the plants grow a deep root system, possibly 6 to 10 feet down, setting them up for success.

continued on back page



Apple Pie Contest Winning Recipe

Of the 17 beautiful pies entered in last year's Annual Apple Pie Contest at the Harvest Festival, **Louise Drummond's** entry emerged the winner. She's generously given us permission to share her recipe.

Piecrust:

- 2 cups pastry flour plus extra to dust rolling surface
- 1 cup butter
- Water to moisten, iced

Filling:

- 7 large apples
- 1 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 cup flour
- 1 teaspoon vanilla
- Juice of 1 lemon

Piecrust: Cut butter into flour, mix in enough very cold water for dough to pull together in a ball. Flatten dough on floured surface, fold floured dough together several times. Chill.

Filling: Peel, core and slice apples. Mix together dry ingredients, then mix with apples. Add vanilla and lemon juice.

Roll out lower pie crust. Fill with apple mixture. Roll out upper crust and top pie. Trim, seal, and shape edge. Cut vent holes. Sprinkle with one tablespoon each of walnut pieces and sugar.

Bake for about one hour at 350°, until nicely browned.

Crop Update *(continued)*

If you have time, you might enjoy wandering over to the "Rock" field and taking a look at the dry farmed tomatoes. We are growing Early Girl and Three Sisters in the dry farmed rows, and in regular irrigated beds: Cherokee Purple (pink interior), Black Seaman (red-green flesh), and Jaune Flamme, a small orange plum.

Basil has disappeared out of our crop mix, probably for the rest of the summer, due to the spread of a virulent downy mildew that showed up on basil in this country first in 2007. The problem is so severe in some areas that a national monitoring program was created to track outbreaks. We are terribly disappointed that it found our farm (probably on air currents from other local farms reporting the same disease), and will start taking action to remove infected plants that might further spread spores.

Salsa Cruda

- 6-8 medium-sized vine-ripe tomatoes (2 pounds)
- 1/2 medium yellow onion (sweet varieties are best)
- 2-3 fresh jalapeño chiles
- 1/2 cup chopped cilantro
- salt to taste

Cut the tomatoes into small dice, using a sharp, serrated knife. Don't use the food processor for this, as it will turn the tomatoes into soup. If the tomatoes are very, very juicy, you could drain them a few minutes in a colander.

Finely chop the onion. Cut the jalapeños in half lengthwise, remove the ribs and seeds, and chop them finely. Remove the cilantro leaves from their stems and chop them roughly.

Toss all ingredients together in a bowl, add salt to taste, and lemon, if desired. Makes about 4 cups

Source: The New Vegetarian Epicure by Anna Thomas

Roasted Tomato Sauce

- 4 pounds very red summer tomatoes (12-16 medium tomatoes)
- 1 pound sweet onions
- 5 large cloves garlic
- 2 tablespoons fruity green olive oil
- 1 teaspoon salt, more to taste
- 3 tablespoons coarsely chopped fresh basil

Peel tomatoes: Cut a cross in the bottom of each one with a sharp knife and put them into boiling water for 1 minute. Remove tomatoes from the hot water and put directly into cold water. Slip off skins and trim them over a bowl, catching all the juice.

Cut them into large chunks or wedges. Peel and chop the onions. Peel and slice the garlic cloves.

Toss together all ingredients, including the juice of the tomatoes, and spread all evenly over a large baking sheet.

Put the tomatoes in a 375° oven and roast for about 2 to 2-1/2 hours, stirring once after the first hour, then every 30 minutes or so. Most of the liquid will cook away, and the tomatoes will melt into a soft, thick, slightly caramelized marmalade. It's wonderful!

Serve on pasta, with rice, on pizza, with polenta, in soups, in a quesadilla, in an omelet – with anything that goes well with tomatoes. *Makes 2 to 2-1/2 cups*

Source: The New Vegetarian Epicure by Anna Thomas