

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Ninth Harvest: 7/31/12 & 8/3/12

What's in the box?

Lettuce, <i>Red Cross</i>	Green Beans, <i>Bronco</i>
Spinach, <i>Bloomsdale</i>	Zucchini / Summer
Carrots, <i>Nelson</i>	Squash, <i>mixed</i>
Onions, <i>Cipollini</i>	Broccoli, <i>Gypsy</i>
<i>Bianca di Maggio</i>	Cabbage, <i>Farao</i>
Leeks, <i>Tadorna</i>	Strawberries, <i>Albion</i>
Zucchini, <i>mixed</i>	Peppers, <i>Padron</i>

Harvest Forecast* for August 7 and 10

Beets	Lettuce	Plums
Green Beans	Onions	Strawberries
Leeks	Squash	

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

Upcoming Event

Garden Cruz: Organic Matters

Wednesdays & Saturdays, Aug. 29-Oct. 27

UCSC Farm & Alan Chadwick Garden

Taught by staff and graduates of the UCSC Farm & Garden Apprenticeship Program, along with invited experts, *Garden Cruz: Organic Matters* will provide a solid foundation to further your lifelong study, practice and enjoyment of organic gardening.

Early Bird \$50 discount deadline is August 10!

Begins **Wed., Aug. 29**; runs **8 consecutive Saturdays, 8:30am-4pm & 5 Wednesday eves. from 6:30-8:30pm.**

Cost: \$1,200 general admission

\$1,100 FF&G members

<http://casfs.ucsc.edu/gardencruz>

To register or for more info call **831.459-3240**
or email casfs@ucsc.edu

Notes from the Field by Layton Guenther, First-Year Apprentice

"Do I dare disturb the universe?"

"Do I dare to eat a peach?" – T.S. Eliot

Both pertinent questions. I find myself asking several variations of the two throughout my days here at CASFS. One of the most egregiously delightful things about living with 45 some-odd collection of folks from the far-flung corners of the nation is that there are nearly always interesting, intellectually demanding and sometimes downright Dionysian pursuits that occur within the humble walls of our farm center.

Weekends at CASFS can feel like you're either on the moon, or in paradise, or the afterglow of some eschatological evening affair, or all three. Who stayed up all night canning all of those nectarines from Masumoto Farms? What are all of these fresh bagels doing here? Where did that stuffed unicorn come from?

Now that we get the New York Times delivered to our collective doorstep, weekends in the farm center start to feel a little homier. This is perhaps significant for those of us from the Northeast, who in past lives have spent leisurely Sundays poring over the endless pages of somewhat pertinent news stories; and often effusively irrelevant chirpings of, say, wedding announcements, or the Sunday crossword.

Often, for me, weekends are a good time to catch up on two major pastimes: playing music and cooking. Allow me to let you in on a little secret: the Chalet in the Up Garden inspires nothing if not exquisite awe for the beauty there, so much so that one can hardly keep from singing, plucking, chopping, grilling one's way to heaven. Pour one out for Alan Chadwick, he would be pleased.

In the Up Garden, one does indeed dare to eat a peach, or four. But disturb the universe? We pause. Leave that to the crepuscular critters: raccoons that will eat your roasted almonds straight out of your cubby and all but replace the twist tie when they're done; rabbits that unbutton beds of baby lettuces for their own personal salad bars.

In case it didn't make it onto your calendars this year, August 1st happens to be the Full Sturgeon Moon. To my knowledge, there are no sturgeon to be had in this corner of the Monterey Bay, so let's rename it, shall we? Happy Full Belly Moon, everybody. Happy Full Belly Moon, Alan Chadwick. This one's for you.





Easy Cabbage Salad

- 1/2 green cabbage, chopped finely
- 1 tablespoon white wine vinegar
- 1 tablespoon olive oil or sunflower oil
- 1 green capsicum* diced
- 1/2 red onion, finely diced
- 1/2 teaspoon salt and pepper
- 1 tablespoon honey

Pull away the outside leaves of the green cabbage (red can also be used). Chop finely. Salt it lightly, add 1 tablespoon of white wine vinegar and toss this through for 5 minutes. This draws out the juices from the cabbage. Add olive oil and mix. Add the diced green capsicum, onion, pepper and honey and toss lightly. *Serves 4*

**Green capsicum is another name for bell pepper; mild or hot peppers may be used, depending upon your taste.*

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Green Beans with Black Sesame Sauce

- 8 ounces green beans
- 1/4 cup roasted black sesame seeds
- 2 tablespoons superfine sugar
- 1/2 tablespoons mirin
- 1 tablespoon soy sauce

String the beans and cut in half lengthwise and then in half again. Parboil for a few minutes, taking care to remove before they soften. Drain and soak in iced water for a few minutes, drain again and pat dry.

In a large mortar lightly crush the sesame seeds. Add the sugar, mirin and soy sauce and mix to a smooth paste.

Add the green beans into the mortar and toss, making sure that the beans are all well covered with the dressing.

Note from Harumi: I suggest mixing the beans by hand for best results. *Serves 4*

Source: Harumi's Japanese Cooking by Harumi Kurihara



Gujarat Green Beans

- 1 pound green beans
- 4 tablespoons canola oil
- 1 tablespoon whole black mustard seeds
- 4 cloves garlic, peeled; 3 minced and 1 crushed
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon freshly ground black pepper
- 1 hot dried chile

Trim the beans and cut into 1-inch lengths while bringing saucepan of water to boil. Blanch beans for 3-4 minutes or until just tender. Drain in colander and rinse under cold water. Set aside.

Heat oil in large skillet over medium heat. When oil is hot, add mustard seeds and stir until they start to pop. Add garlic and stir until they begin to brown. Add the chile and stir again for a few seconds.

Put in green beans, salt, and sugar. Toss to mix. Turn heat to medium-low. Cook beans, stirring occasionally, for 7 or 8 minutes or until beans have absorbed flavors. Add the black pepper, toss, and serve.

*Source: Fresh from the Farm & Garden, Vol. 2
Seasonal Recipes for Busy Cooks*

