What's in the box?

Lettuce, *Vulcan*
Spinach, *Tyee*
Chard, *Rhubarb Red*
Prize Choy
Beets, *Red Ace*
Onions, *Purplette*
Basil, *Aroma 2*
Cilantro, *Santo*
Kohlrabi, *Winner*
Strawberries, *Albion*
Blueberries, *mixed varieties*

Harvest Forecast* for July 3 and 6

Romaine	Baby Pac Choi	Zucchini
Spinach	Red Beets	Blueberries
Kale	Turnips	Strawberries

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

Upcoming Event

Summer Pruning Workshop
Saturday, July 28 | 10am-1pm
UCSC Farm

Summer pruning is one of the best ways to ensure the health and productivity of your fruit trees. Learn the basics from fruit tree expert Maathew Sutton, founder of Orchard Keepers.

Cost $30 general admission, $20 FF&G members and $5 UCSC students.

For more info call **831.459-3240** *or email* **casfs@ucsc.edu** *No pre-registration necessary; wear sun protection, comfortable shoes and bring a snack.*

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Notes from the Field *by Molly Logan, First-Year Apprentice*

This past week I found myself delightfully overwhelmed by the abundance of nourishing delicious food generated from really not *that* much space here at the farm and gardens, the efficient pace of field tasks, the splendors and challenges of communal living and, of course, the wonder of the unknown harvest of what's next to grow in my own life. Our weekly harvesting of boxfuls of technicolor rainbow chard and bucketfuls of decadent blueberries happily ~~eaten~~ picked was complemented by my group's first field-wide plant-out of seedlings.

In just over an hour, beds were filled with seedlings of Gypsy Broccoli, Bianca di Maggio Onions, Zefa Fina Fennel, Lincoln Leeks, Tulsi Basil, Aromas Basil, plus row upon row of spinach, parsnips, and carrots directly seeded, not to mention Philosophers and Encore and Deer Tongue lettuces for your salad mixes – thousands of seedlings and seeds carefully planted.

After lunch while I enjoyed a moment's pause on the picnic tables before work restarted, the buckwheat cover crop, incandescent in the afternoon sun, was dancing in the ocean breeze to the melody of the sprinklers' syncopation as they watered-in our massive plant-out. As I looked in awe at the field of plenty, I realized my crew of field workers will not be those who directly reap this crop, and we'll celebrate its harvest only from a distance. That responsibility and gift will fall to those apprentices who choose to specialize in the field scale in our final weeks here. To plant such a bounty that will be cared for and harvested primarily by others is albeit a tad bittersweet, but also a unique privilege of a community that shares in the joyful work of growing.

I wonder what seeds I'm planting in my daily life right now that might be harvested by others someday. In our professional work or in the ways we choose to live out our everydays within humanity, what future harvests are we growing in our communities by our ethics and actions? Are we planting kales of unexpected kindness, advocacy and partnership to counter injustice, hospitality to vanquish loneliness, compassion to replace violence, forgiveness that flows freely, education that heals intolerance – famine transformed to feasting? Or do we find ourselves more often than not casting seeds of bindweed instead, limiting the potential of others to thrive and grow? How might we share in the joyful work of growing healthier more just communities together now, even if the harvest is to be celebrated by those to come?

In these first few months, I've particularly appreciated the openness to growing something new, planting new varieties just because we're curious to see what deliciousness might grow, experimenting with new ways of simply growing better. The harvest season here has just begun – so may it be for you, and the growing season in which you find yourself.

Enjoy this week's food, and may you look forward to the seedlings we planted last week, each with the promise of sustenance and an occasion for feasting, food to be shared in your homes as you gather around tables in the lingering days of summer, with the hope of laughter and love gracing your cooking, your mealtimes, and your communities.

Saag Paneer

1-1/2 pounds fresh (baby) spinach, well washed and dried
2 tablespoons ghee, clarified butter, or unsalted butter
8-12 oz paneer cheese, cut into 1/2-inch cubes
2 medium onions, finely chopped
scant 1/2 teaspoon fine grain sea salt
3 medium garlic cloves, finely chopped
1 tablespoon grated fresh ginger
1 tablespoon spice mixture* (see below)
1/4 teaspoon turmeric
1 cup buttermilk
splash of cream or dollop of plain yogurt (optional)
fresh lemon to finish, and toasted sesame seeds to sprinkle

Chop the spinach well, and set aside in a large bowl.

While chopping the spinach, cook the paneer in one tablespoon of the butter over medium heat in a large skillet. Make sure the paneer is in a single layer and use a spatula to flip it regularly so all sides get deeply brown. (takes 7 minutes or so). Remove from pan and set aside.

Heat the other tablespoon of butter in your largest soup pot. Add the onions and salt, and saute until the onions soften, five minutes or so. Add the garlic, ginger, spice mixture, and turmeric. Cook, stirring frequently, until fragrant and nicely combined (a minute or two).

Turn the heat up to medium-high and add the spinach to the pan all at once, if possible. Cook, stirring all the while, until the spinach is collapsed and wilted, a couple of minutes. If you need to add the spinach in batches (adding more spinach as it collapses), that is fine too, just do it as quickly as possible.

Stir in the buttermilk and cream and heat gently while stirring. If the mixture seems dry, add more buttermilk a splash at a time (this rarely happens to me). Taste and add more salt if necessary and more red pepper flakes if you like. Add a generous squeeze of fresh lemon juice, stir in the paneer, sprinkle with sesame seeds and serve.

Spice Mixture: Use a mortar and pestle or spice grinder to grind the following spices as finely as possible: 2 tablespoons cumin seed, 1 tablespoons coriander seed, 2 teaspoons mustard seed, 1 teaspoon red pepper flakes, 1/8 teaspoon cardamom seeds, 3 whole cloves. Store in an airtight container and use as needed.

Source: www.101cookbooks.com

Ginger-Poached Noodles

4 cups vegetable broth
2 ounces fresh ginger, peeled and thinly sliced
8 ounces firm tofu, cut into small cubes
1 to 2 cups (half a bunch) of broccolini, broccoli, or
    baby broccoli - trimmed
4 ounces dried spinach noodles, soba, or noodles of your choice
1 to 2 tablespoons shoyu or soy sauce
1/4 cup fresh basil, shredded
scant 1/4 cup fresh mint, shredded
a squeeze of lime juice
crushed red pepper flakes (opt)
toasted sesame oil (opt)

Place the broth, ginger and tofu in a large saucepan and bring to a boil. Dial down the heat, and gently simmer for ten minutes or so. Remove (just) the tofu from the pan using a slotted spoon and set aside. Now add the broccolini to the simmering broth. Cook for just a minute, until bright, and remove from pan with fork. Add pasta to ginger broth and cook until done, stirring regularly. Remove pasta with fork, set aside, and pour out most of the broth and all of the ginger slices. Return the tofu, broccolini and noodles to the pot. Stir in the soy sauce, basil, mint, and a squeeze of lime juice. Finish with a couple pinches of crushed red pepper flakes. Taste and season to taste with salt, soy sauce, and perhaps a drop or two of toasted sesame oil.

Note: If you don't like picking around the ginger slices, tie them up loosely in a piece of cheesecloth. Also, I know that boiling pasta in a shallow pot of broth breaks rule #1 of pasta making – but it works out just fine in this case. I used dried noodles, but you can certainly use fresh noodles (use enough for 2-3 people).

www.101cookboks.com