

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fifteenth Harvest: 9/11/12 & 9/14/12

What's in the box?

Curly Endive, <i>D'ubuisson</i>	Tomatoes, <i>dry farm & heirloom mix</i>
Carrots, <i>Nelson</i>	Apples, <i>Valstar, Gala & Ginger Gold</i>
Fennel, <i>Zefa Fino</i>	Potatoes, <i>Yukon Gold</i>
Celeriac, <i>Mars</i>	Onions, <i>Candy</i>
Corn, <i>XTender270A</i>	Shallot, <i>Ambition</i>
Zucchini, <i>mix</i>	Hot Pepper, <i>Tiburon</i>
Strawberries, <i>Albion</i>	

Harvest Forecast* for September 18 and 21

Apples	Chard	Potatoes,
Beans	Lettuce	Fingerling
Beets, Red	Onions, Yellow	Tomatoes
Broccoli	Peppers,	Zukes
Cilantro	Sweet Red	

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

Upcoming Event

Cover Crops in the Orchard
Sunday, October 7 | 10am-1pm
Alan Chadwick Garden, UCSC

Orin Martin and Matthew Sutton will discuss and demonstrate cover cropping for the home orchard. Learn how to prepare your orchard's soil for winter rains and boost soil fertility, including best choices for cover crops and planting techniques. Cost: \$30 for general public, \$20 for Friends of the Farm & Garden members, \$5 for UCSC students, payable the day of the workshop. For more information, contact 831.459-3240 or casfs@ucsc.edu.

Notes from the Field by Rachael Richardson, First-Year Apprentice *Celeriac, Poblano Peppers, Endive, and French Shallots!*

This week we have some new items in the box! *Celeriac* is a cousin of celery, with an enlarged stem that is edible, sometimes referred to as "celery root." It has a lovely, earthy, subtle celery flavor combined with a smooth texture. It is delicious in a raw salad, baked with potatoes in a gratin, or made into a creamy puréed soup. Shred it and mix it with carrots for an original summer slaw, or cut it up and make French fries out of it. We don't often grow celery because it uses a tremendous amount of irrigation water to get tender stems. Turns out this is true also of celeriac! The stems and leaves appear a little dry, but are incredibly sweet and would make a nice addition to soup stock. Recipes follow for the "celery root".

Poblano peppers are a thick-walled mildly hot pepper with a delicious flavor roasted – mellow and smoky. I often will roast a single pepper on top of the stove to have as an addition to eggs, a potato dish, tacos, everything and anything while they are in season! Kylie offers a method of roasting them over a gas burner with tongs. For those with electric stoves, you can blister the whole pepper in a hot skillet (no oil needed), turning periodically as it blackens, and then steam in a bowl or paper bag to make it easy to peel and seed. Absolutely delicious!

Curly Endive is a bitter green in the lettuce family, close cousin of escarole, radicchio, and endive frisee. Highly valued in a lot of Mediterranean cooking, the bitter greens are noted for helping with liver cleansing and liver health. A classic prep is a wilted endive salad with goat cheese and toasted almonds, perhaps slices of apple or pear. Slice the endive in narrow strips, dress with a warm vinaigrette, and let sit for an hour or so before dressing with the other condiments.

The shallot selection is "*Ambition*" from Johnny's Seeds in Maine, a red skinned shallot with long storage. The concentrated sweet flavor is great sautéed in many dishes, or finely minced in a vinaigrette dressing.

Swimming in Tomatoes!

Monday we harvested 800 pounds of tomatoes!! Such a surprise after last year's struggle with late blight. In any case, we have super delicious red tomatoes for canning for \$1.00/lb. for a 15-lb. case. Pre-order with Amy (farmcsa@ucsc.edu or 459-3240) for purchase at Friday cart, or Saturday during the plant sale. We will also host a tomato U-pick this Friday afternoon, Sept. 14, 3 to 6 pm. Dry farmed tomatoes for \$0.90 per pound.



Rajas Poblanas

- 2 pounds fresh large poblano chiles
- 1 onion, sliced in long thin strips
- 4 garlic cloves, minced
- 2 teaspoons oregano roughly chopped
- 3/4 cup crema (Mexican sour cream) – can also use crème fraîche or sour cream
- 1/4 cup crumbled queso fresco (can get this and the crema at any Mexican market)
- Kosher salt

Place poblanos peppers directly on the flame of a gas burner. Using tongs, rotate over the flame until the pepper skin is almost completely black. If you don't have a gas stove, you can also do this under the broiler or in a dry skillet on the stove top. Once the peppers are black, place in a ceramic bowl with a plate on top or in a brown paper bag to trap the heat. This will steam the peppers and loosen the skin. Once cool, slip the skin off the peppers and slice into thin, long strips, similar to the onions. Discard the pepper seeds.

Heat a large dry heavy skillet over medium-high heat. Add onion; cook, stirring often, until beginning to char, 6–7 minutes. Add garlic; cook until fragrant, about 1 minute. Add oregano and 3/4 cup water; simmer until onion is tender and water has evaporated, 5–7 minutes.

Add chiles; cook until flavors meld, about 5 minutes. Turn down heat and stir in crema. Add salt to taste and stir so that the mixture is creamy and fairly smooth. Remove from heat and add crumbled queso fresco. Serve hot in a warm corn tortilla.

Adapted from La Super Rica Mexican Restaurant, Santa Barbara, CA

Carrot and Celeriac Slaw

- 5 tablespoons good mayonnaise
- 4 teaspoons cider vinegar
- 2 to 3 teaspoons Dijon mustard
- Salt
- Pepper
- 1/2 pound finely shredded carrot
- 1/2 pound finely shredded celery root

In a large bowl, whisk together the mayonnaise, vinegar, mustard, salt, and pepper. Toss with the carrots and celery root, cover with plastic wrap, and refrigerate at least 1 hour, up to overnight. Serve slightly cold. *Serves 4-6*

www.frenchrevolutionfood.com

Creamy Celeriac Soup

- 4 tablespoons butter
- 1-2 celeriac (about 2 pounds), peeled and roughly chopped
- 1 large leek, sliced (about 3/4 pound)
- 1 smallish potato, diced (about 1/4 pound)
- 2 cloves of garlic, peeled and chopped
- 1 large onion, peeled and chopped
- 3 cups chicken or vegetable stock
- 7 tablespoons (3.5 ounces) heavy cream
- Salt and pepper
- 3 slices good thick bacon, cut into 1/2 inch strips

In a heavy saucepan, melt the butter over medium-low heat. Add the celeriac, potato, garlic, and onion, and a pinch of salt and pepper. Cook the vegetables gentle until they soften, about 10 minutes.

Add the stock, bring to a boil, then simmer over low heat for about 20 minutes until the celeriac is completely tender.

Meanwhile, fry the bacon in a skillet until just crispy, then drain on paper towels.

Transfer to a blender and puree until smooth (or use an immersion blender). Return to medium heat, and season to taste. Whisk in the cream and serve immediately, topped with the bacon.

