

# FIELD notes

UCSC Farm

Community Supported Agriculture

Seventeenth Harvest: 9/25/12 & 9/28/12



## What's in the box?

|                             |                                  |
|-----------------------------|----------------------------------|
| Lettuce, <i>Two Star</i>    | Sweet Red Peppers,               |
| Chard, <i>Bright Lights</i> | <i>Gypsy</i>                     |
| Carrots, <i>Nelson</i>      | Poblano Peppers                  |
| Baby Leeks, <i>Lincoln</i>  | Apples, <i>Jonagold Decoster</i> |
| Parsnips, <i>Lancer</i>     | Potatoes, <i>Yellow Finn</i>     |
| Parsley, <i>Italian</i>     | Onions, <i>Candy</i>             |
| "Survivor"                  | and a <b>Pumpkin</b> of your     |
| Tomatoes, <i>dry farm</i>   | choosing!                        |

### Harvest Forecast\* for October 2 and 5

|        |                  |               |
|--------|------------------|---------------|
| Apples | Peppers, Anaheim | Squash, Acorn |
| Beets  | Potatoes         | Strawberries  |
| Onions | Spinach          | Tomatoes      |

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

## Upcoming Event

**Seed Exchange & Culture Swap**  
Saturday, October 13 from 12 – 5pm  
Louise Cain Gatehouse

The UC Santa Cruz Demeter Seed Library invites students, staff, faculty, community members, and farmers to participate in the ancient tradition of sharing heirloom and open pollinated vegetable



and flower seeds. Join the seed project for free and gain access to its collection of locally adapted seeds. We will have workshops on seed saving, making kombucha, as well as free access to seeds and scobys.



## Chili Peppers by Dean Fernandez, First-Year Apprentice

It's hard to imagine a world cuisine without the chili, but countries like Asia, India, and China didn't get the pepper until the mid-sixteenth century. In fact, *Capsicum annuum* – the chili pepper – isn't a pepper at all. It is a berry. Columbus is credited with the "discovery" of the pepper. Just as he mistakenly named the Native Americans "Indians," he dubbed the chili a pepper, thinking the spice in the food he was eating was from the black pepper (*Piper nigrum*) – the spice he set out to find circa 1492.

The chili pepper is native to South America and is used for food and medicinal purposes. It has more vitamin C than broccoli or an orange, is a powerful decongestant, and helps to improve circulation. It is part of the nightshade family, which includes tomatoes, potatoes, and tobacco, contributing to the myth that the chili is addictive.

This time of year Southwest towns such as Hatch, New Mexico, become heaven on earth for chili lovers. Harvest season means chili roasting and that gives off a distinct aroma that is perpetually suspended in the sky come August and September.

On Saturday, October 6th, you too can participate in a traditional chili roast when we celebrate Alan Chadwick Garden Manager Orin Martin's birthday at the Westside farmer's market. We'll be roasting and smoking chili's both green and red to give Santa Cruz a taste of what's referred to in New Mexico as "Pepper Mania."



Fueled by Orin's passion, many, many varieties of sweet and hot peppers are cultivated each year in the farm and gardens! Last year the weather was so cold that the peppers didn't ripen until our cart season had virtually ended. This year has been warmer, and cart is well stocked with peppers: many Italian roasting peppers such as "Carmen" and "Corno di Toro" (bullhorn); "Jimmy Nardello" frying peppers; "Poblano" peppers for roasting; "Anaheim" or "New Mexican" for chile rellenos; the delicious miniature "Padron" peppers (toss with salt and toss around a hot skillet), "Gypsy" red peppers for slicing in salads, etc. We'll be offering one or another variety of peppers each week for the remainder of the CSA.



## Pan Seared Hog Island Oysters with Parsnip Soup and Carrot Emulsion

### **Parsnip Soup ingredients:**

- 2 tablespoons vegetable oil
- 1/4 yellow onion, chopped
- 1 garlic clove, minced
- 1/2 shallot, chopped
- 1 pound parsnips, peeled and diced
- 1/4 cup white wine
- 1 quart chicken stock
- 1/2 cup heavy cream
- Small pat of sweet butter
- Salt and pepper, to taste
- 1 bay leaf
- 5 cloves
- 1 star anise
- 1/4 tablespoon fennel seed
- Fresh grated nutmeg, for garnish

### **Carrot emulsion ingredients:**

- 3 pounds sweet carrots
- 2 cups grape seed oil
- 1 cinnamon stick

### **To finish**

- 4 oysters (one per person)
- 4 ounces flour
- 2 tablespoons butter (suggest clarified butter)

**Parsnip soup:** Heat a sauce pan large enough to hold all vegetables and liquid over medium-high flame, add oil and sauté onions, garlic and shallots in oil till translucent;



do not allow to color. Add parsnips and sauté gently, continuing to be careful not let vegetables color. Add wine and stock and bring to a simmer. Place bay leaf, star anise, clove and fennel in cheese cloth and add to the pan. Simmer until vegetables are tender, approx. 30 minutes.

Remove spice sachet and add cream and butter. Blend (in batches if needed, should only come up halfway to the top of blender) and pass through a mesh strainer to create a smooth textured soup. Taste and adjust seasoning with salt and pepper. Add grated nutmeg to taste.

**Carrot emulsion:** Peel carrots and juice in a vegetable juicer. Pour juice into a saucepan, add the cinnamon stick and slowly reduce by three-quarters over low heat. Whisk in the grapeseed oil and pass through a chinoise.

**Oysters:** Drain oyster liquor, reserve 1/4 cup of liquor. Dredge oysters in flour and set aside. Heat a sauté pan over high heat. Add clarified butter and reserved liquor. When pan is very hot, sear oysters for only 30 seconds per side, until lightly browned. Serve with soup, garnished with carrot emulsion. Serves 4

*Adapted from Mark Ayers, Hyatt Regency Monterey Resort & Spa; recipe posted on [www.cuesa.org](http://www.cuesa.org)*

## Poblano Pesto

- 1/2 pound tomatillos
- 8 tablespoons olive oil, divided
- Kosher salt and freshly ground pepper to taste
- 6 cloves garlic, peeled
- 2 tablespoons New Mexico piñon, or other pine nuts
- 4 poblano chiles, roasted, peeled, seeded, with stems removed
- Salt to taste
- Fresh lime juice or juice from pickled jalapeños to taste

Preheat the oven to 400°F. Soak the tomatillos for 10 minutes in hot water. Remove the outer papery husk and pat the tomatillos dry with paper towels. Toss them with 2 tablespoons olive oil, and sprinkle with salt and pepper.

Place on a baking sheet and roast in the oven for 20 minutes, or until soft and lightly browned. Cool.

Place the garlic in a small skillet with 2 tablespoons olive oil over medium heat. Sauté until cloves are lightly browned and set aside.

Place the garlic and piñon nuts in the work bowl of a food processor and finely chop. Add the tomatillos and their juice, the poblano chiles, and the remaining olive oil, and purée until smooth. Season with salt and lime juice to taste. Make sure the purée is thin enough to drizzle, adding 1-2 tablespoons water if it seems too thick. Pour the mixture into a container, cover with plastic wrap pressed onto the surface of the pesto, and set aside.