

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Thirteenth Harvest: 8/27/13 & 8/30/13

## What's in the box?

[[OR Bok Choy, *Mei Qing*  
Asian greens  
Beets, *mix*  
Basil, *Italian*  
Yellow Wax Beans, *Gold Rush*  
Broccoli, *Gypsy*  
Strawberries, *Albion*  
Summer Squash, *mix*  
Sweet Peppers, *mix*  
Tomatoes, *mix*  
Potatoes, *Yukon Gold*  
Apples, *mix*

### Harvest Forecast\* for September 3 and 6

|              |              |              |
|--------------|--------------|--------------|
| Apples       | Cabbage      | Strawberries |
| Asian greens | Lettuce      | Tomatoes     |
| Basil        | Onions       | Zucchini     |
|              | Romano beans |              |

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

### Upcoming Events

**Demeter Seed Project Quarterly Exchange**  
Saturday, August 31 – 2-3:30 pm  
UCSC Farm – Gatehouse

The Demeter Seed Library works to preserve our crop varieties and food sovereignty by collecting and distributing organic seeds. Come to connect, learn, and trade seeds in community for the season ahead! For more information, email [demeterseedlibrary@gmail.com](mailto:demeterseedlibrary@gmail.com) or visit online: [www.seedlibraries.org](http://www.seedlibraries.org)

**Free Docent-Led Tour**  
Sunday, September 1 – 2-3:30 pm  
UCSC Farm & Garden

Free, guided tour of one of Santa Cruz's most beautiful locations – the 30-acre organic farm at UCSC. Free public parking available. For more information or to schedule a guided group tour, email [casfs@ucsc.edu](mailto:casfs@ucsc.edu) or call 831.459-3240.



Artwork by Anna Pierce-Slive



## Heirloom Apple Salad

Serves 4 to 6

- |   |   |
|---|---|
| 1/4 teaspoon fine grain sea salt              | 3 large celery stalks, sliced   |
| 12 rosemary leaves, minced<br>(spiky needles) | see-through thin (reserve any<br>celery leaves)                                   |
| 1 medium garlic clove, peeled                 | 2 crisp, flavorful heirloom<br>apples, cut into sixths, and<br>then thinly sliced |
| 1 teaspoon sugar                              | 4 handfuls arugula, baby gems,<br>or baby romaine                                 |
| 1/2 cup crème fraîche<br>(or sour cream)      | 1/3 cup toasted hazelnuts,<br>walnuts, almonds, or pine nuts                      |
| 2-1/2 teaspoons white wine<br>vinegar         |   |
| freshly ground black pepper                   |   |

Make the dressing first. Crush the sea salt, rosemary, garlic, and sugar into a paste with a mortar and pestle (or smash it all together with a knife). Work in the crème fraîche and vinegar, taste and adjust with a bit of pepper and more salt if needed.

When you're ready to serve, combine the celery, apples, salad greens, and most of the nuts with a few half of the dressing. Toss well, adding more dressing until it is to your liking. Finish with the remaining nuts, and any torn celery leaves.

**Note:** If you're not going to use the apples immediately keep them in a bowl of water spiked with a bit of lemon juice (or the white wine vinegar you're using for the dressing). Drain and pat dry before using.

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## Pesto, Italian-Grandmother style

Makes 1 cup

- 1 large bunch of basil, leaves only, washed and dried
- 3 medium cloves of garlic
- one small handful of raw pine nuts
- 3/4 cup Parmesan, loosely packed and freshly grated
- a few tablespoons of extra-virgin olive oil

Start chopping the garlic along with about 1/3 of the basil leaves. Once this is loosely chopped add more basil, chop some more, add the rest of the basil, chop some more. Scrape and chop, gather and chop. At this point the basil and garlic should be a very fine mince. Add about half the pine nuts, chop. Add the rest of the pine nuts, chop. Add half of the Parmesan, chop. Add the rest of the Parmesan, and chop. In the end you want a chop so fine that you can press all the ingredients into a basil "cake." Transfer the pesto "cake" to a small bowl (not much bigger than the cake). Cover with a bit of olive oil, it doesn't take much, just a few tablespoons.

You can set this aside or place it in the refrigerator until you are ready to use it. Just before serving give the pesto a quick stir to incorporate some of the oil into the basil. One can thin the pesto with a splash of pasta water for more coverage, but for our gnocchi this wasn't necessary.

**Special equipment:** Large mezzaluna for chopping.

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## Tomato Jam

Yields 1 pint

- |  |   |
|--|---|
| 1 pound tomatoes, chopped<br>and cored | 1/2 teaspoon cumin                        |
| 1/2 cup sugar                          | 1/2 teaspoon sea salt                     |
| 2 tablespoons lime juice               | 1/2 teaspoon ground black<br>pepper       |
| 2 teaspoons lime zest                  | 1 or 2 dried chiles de arbol,<br>crumbled |
| 1/4 teaspoon ground<br>cinnamon        | Pinch of chipotle powder                  |
| 1/4 teaspoon allspice                  |   |

Combine all the ingredients in a pan, bring to a boil and then simmer, stirring often until tomatoes have dissolved and jam is thick and glossy, about 45 minutes. Pack jam into a sterilized container. Keeps in the refrigerator for 2 weeks.

**Variations:** Add chopped jalapeños, chopped cooked bacon. This gets close to chipotle ketchup if you keep cooking and stirring.

Adapted from *New York Times*

## Crop Notes

Each year we trial many new varieties of crops – looking for drought tolerance, insect and disease resistance, a large root system, always evaluating flavor and attractiveness. We've also been seriously building "seed resiliency," identifying and growing to seed open-pollinated varieties that we can keep at the center of our crop mix. The sweet corn that we've offered for years, XTender 270A, is a hybrid super sweet corn available from Johnny's and High Mowing Seeds (two companies we do a lot of business with) – but it is not available as organic seed. Our search for organic seed led to a new variety to trial this year, "Double Standard," an old-fashioned open pollinated sweet corn, of the era before the breeding of the super sweet corns. We gave this variety in Tuesday boxes, but it has a lot of tip damage, so Friday's harvest is available only at cart today. It's good tasting, but with smaller ears, and doesn't have a tight wrap of leaves around the ear, so more corn earworm damage. Come by cart and check it out, and let us know what you think. :)

## Tomato Variety Guide 2013



**Three Sisters** – An OP breeding project in search of the perfect tomato. It grows in three distinct forms: A large single-pleated salad size, which dominates; a Roma type; and a pleated, flattened globe type. Originally from Seeds of Change. Farm saved seed from 2010 and 2012.

**Perfect Rogue** – 5 oz. red globes. Trialing for dry farm or low-irrigation slicer.



**Defiant F1** – Bred for blight resistance. 6-8 oz. globe-shaped fruit are smooth and medium firm with good texture. Deep red internal and external texture.

**Early Girl F1** – 6-8 oz. tomato. Globe shaped. Most commonly grown variety grown in Santa Cruz county as dry farmed. Excellent flavor with no or little irrigation. So-so flavor with full irrigation.



**Legend** – Approximately 4 inches, ½ pound fruit. Deep red when ripe. Uniformly round in shape. Late blight resistant, from the University of Oregon. Trialing for dry farm or low-irrigation.

### *Heirlooms*

**Chianti Rose (Brandywine)** – 8-16 oz. fruits are pink when ripe. Mostly smooth but some have furrows. Result of a cross between Brandywine and Oxheart. UCSC Farm seed, before that from Don Tipping at a seed exchange.



**Cherokee Purple** – Heirloom slicer. 8-12 oz. fruits are a combination red, green, and purplish brown when ripe. Shoulders remain green when ripe.

**Persimmon** – Beefsteak sized fruit orangy-yellow in color. Great in soups and sauces. Heirloom dates back to the mid-1800s. Prone to cracking, with less cracking in shade.



**Japanese Trifele** – Pear-shaped fruit with green streaked shoulders deepening to a burnished mahogany and darkened, nearly black base. Harvest when shoulders are still green. 2 ½ - 3 inches long and wide. Originated in Russia.

**Paul Robeson** – 7-10 oz. fruit are a black-brick color. Sweet and smoky flavor.



**Nebraska Wedding** – Nebraska Wedding has glowing orange skin and flesh. 3-4" globes are juicy and can weigh up to a pound. Nebraskan brides were given seeds of this tomato as a wedding gift. It was said to have been brought from MN by pioneers in the late 1800s via covered wagons. It still thrives in cold, windy Nebraska.

### *Cherry Tomatoes*

**Estonian Yellow Cherry** – Multi-flora type with up to 100 fruits in a cluster. Small, round yellow fruits with pointy ends and good sweet intense flavor. Collected by Lila Towle from an elderly Russian woman at the covered market outside of Tallinn, Estonia. Given to The Seed Ambassadors Project by Lila Towle of Frøsamlerne, the Danish seed saving organization.



**Sungold (UCSC Farm Seed)**

1-¼ in. across, apricot orange in color when ripe.