

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Seventh Harvest: 7/16/13 & 7/19/13

## What's in the box?

Lettuce, <i>Vulcan</i>	Beets, <i>Touchstone Gold</i>
Baby Beet Greens	Beans, <i>Gold Rush</i>
Spinach, <i>Tyee</i>	Cucumbers, <i>mix</i>
Basil, <i>Genovese</i>	Onions, <i>Purplette</i>
Cilantro, <i>Santo</i>	Strawberries, <i>Albion</i>
Carrots, <i>Nelson</i>	Avocado, <i>Bacon type</i>

### Harvest Forecast\* for July 23 and 26

Broccoli	Green Beans	Spinach
Carrots	Potatoes	Strawberries
Cipollini Onions		Zucchini

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

## Upcoming Event

**3rd Annual Farm to Fork Dinner**  
**Sunday, September 15 – 3 - 7 pm**  
**UCSC Farm & Garden**

Save the date and join us for this special fundraising dinner at the UCSC Farm to support the Apprenticeship training program. Enjoy the views of the Farm and the Monterey Bay as you dine on an array of courses created by chefs Matthew Raiford, Amy Padilla, and Heidi Schlecht. Take part in the silent auction featuring unique items, experiences and services. Tickets are \$125, available online at [2013farmtofork.bpt.me](http://2013farmtofork.bpt.me) (service charge applies) or by mail. For more information, email [casfs@ucsc.edu](mailto:casfs@ucsc.edu) or call 831.459-3240.



## Notes from the Field by James Nakahara, First Year Apprentice

My name is James Nakahara and I am a first year apprentice at the Center for Agroecology and Sustainable Food Systems (CASFS). I want to start by thanking everyone for his or her backing of the program. CASFS has a huge community behind it and the support of everyone involved makes it possible for 39 new and intrepid farmers and gardeners to embark on a life-changing journey each year.

We are now in the mid-way point of the program, three months down, three to go. Everyone has begun the process of thinking about the future and what that may hold. Even though we have learned much in the past months, there is still much more to do and learn and be a part of.

Most recently, the majority of our class participated in Youth Day. This cooperative event between Food What!?, a youth empowerment program, and the apprenticeship was a huge success. Over 150 young adults from all over the state were dynamic participants in numerous workshops and activities. To me, the most impactful activity was the pizza workshop. Here, the youth were shown how to make a pizza from scratch, using wholesome, organic ingredients that they themselves had harvested. It was immensely gratifying to see young people vested in work that has a tangible influence in their lives.

Midsummer is often the time on a farm where everything is growing and thriving. Life is abundant. I have found much abundance here, not only in the food that I eat, but also in the company that I keep. Everyone here has amazing character and something to offer to the group that the program by itself cannot. There are talented musicians, remarkable activists, and incredible farmers. Each person brings something to the table that has given me new insight, new ideas, and new concepts to work with, and on. There is no better place to develop my farming techniques, or to work on my personal growth, and the people around me are evidence of that. It is rare to find a place where great minds can flourish together, and CASFS is the setting for just that sort of collaboration. I can't wait to see where we go, and what we will do with our last months together and beyond.

As sad as I am that the program is half way finished, I am excited about what opportunities and experiences the next few months have for us, and grateful for the abundance of knowledge, skill, and friendships that we have been given this far.



## Avocado Salad

Serves 6-8

- 1/2 red onion, thinly sliced
- 1 cup red wine vinegar
- 1 avocado (about 1 pound total), sliced
- 1 tablespoon highest-quality extra-virgin olive oil
- Salt and black pepper

**Marinate the onion:** Place the onion slices and vinegar in a resealable plastic bag, press out as much air as possible, and close the bag. Alternatively, place the onion and vinegar in a small bowl and put a piece of plastic wrap directly on the surface of the ingredients so that the onion slices remain submerged in the vinegar. Allow the onion to marinate for at least 30 minutes.

**Assemble the salad and serve:** Reserve a few tablespoons of the vinegar used to marinate the onion before draining the onion slices and setting aside. Place the avocado slices on a serving platter and top with the red onion slices. Drizzle the oil and reserved red wine vinegar over the salad and season with salt and pepper to taste.

*Epicurious | May 2011*

## Shrimp Risotto with Baby Spinach and Basil

Serves 6

- 1 pound uncooked large shrimp, peeled, deveined
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 1/2 cups chopped onion
- 4 large garlic cloves, minced
- 4-1/2 to 5-1/2 cups chicken broth\*
- 1-1/2 cups arborio rice or medium-grain white rice (about 9-1/2 ounces)
- 1 cup dry white wine
- 3/4 cup baby spinach leaves
- 1/2 cup freshly grated pecorino romano cheese
- 1/4 cup chopped fresh basil
- lemon squeeze and zest to taste

Heat the butter and oil in a heavy bottomed pan over medium heat until butter stops foaming and starts to turn a light brown. Add shrimp and 1/2 cup wine, and give it a toss, saute for 5 minutes until firm. Transfer shrimp to small bowl; cover with foil to keep warm.

Heat oil in heavy large saucepan over medium heat. Add chopped onion and sauté until tender, about 5 minutes. Add minced garlic and stir 1 minute. Add rice and stir until edge of rice is translucent but center is still opaque, about 2 minutes. Add 1/2 cup wine and cook until absorbed, stirring occasionally, about 2 minutes.

## Farfalle with Golden Beets, Beet Greens and Pine Nuts

Serves 4-6

- 1/3 cup pine nuts
- 4 tablespoons extra-virgin olive oil, divided
- 2 large onions, quartered lengthwise through root end, sliced crosswise (about 4 cups)
- 3 garlic cloves, minced
- 2 bunches 2-inch-diameter golden beets with fresh healthy greens; beets peeled, each cut into 8 wedges, greens cut into 1-inch-wide strips
- 12 ounces farfalle (bow-tie pasta)
- 1/3 cup grated Parmesan cheese plus additional for serving

Heat heavy large skillet over medium heat. Add pine nuts and stir until lightly toasted, about 3 minutes. Transfer to small bowl. Add 2 tablespoons oil and onions to same skillet and sauté until beginning to soften and turn golden, about 10 minutes. Reduce heat to medium-low and continue to sauté until onions are tender and browned, about 30 minutes longer. Add garlic and stir 2 minutes. Scatter beet greens over onions. Drizzle remaining 2 tablespoons oil over; cover and cook until beet greens are tender, about 5 minutes.

Roast beets at 425° for 20 minutes. Cook pasta until tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid. Return pasta to pot.

Stir onion-greens mixture and beets into pasta. Add pasta cooking liquid by 1/4 cupfuls to moisten. Season with salt and coarsely ground black pepper. Stir in 1/3 cup Parmesan cheese. Divide pasta among shallow bowls. Sprinkle with pine nuts. Serve, passing additional cheese.

*Bon Appétit | February 2009*

Add 3/4 cup broth. Simmer until almost all broth is absorbed, stirring often, about 2 minutes. Continue to add broth, 3/4 cup at a time, until rice is just tender and mixture is creamy, stirring often and allowing broth to be absorbed after each addition, about 25 minutes total. During last 5 minutes, add spinach in 4 batches, stirring and allowing spinach to wilt after each addition. Mix in shrimp, 1/2 cup cheese, and basil. Season risotto to taste with salt and pepper. Squeeze lemon juice and add zest, to taste. Spoon risotto into shallow bowls and serve with cheese.

**Note:** \*Substitute broth with 1 part shrimp stock: 1 part clam juice: 1 part chicken stock. Add mushrooms to onion/garlic mixture.

*Adapted from Bon Appétit | March 2003*