

FIELD notes

UCSC Farm

Community Supported Agriculture

Eighth Harvest: 7/23/13 & 7/26/13



What's in the box?

Lettuce, <i>Vulcan</i>	Cucumbers,
Carrots, <i>Nelson</i>	<i>Suyo Long</i>
Cipollini, <i>Bianca di</i>	Broccoli, <i>Gypsy</i>
<i>Maggio</i>	Kohlrabi, <i>Winner or</i>
Basil, <i>Sweet Thai</i>	<i>Kolibri</i>
Beans, <i>green &</i>	Strawberries, <i>Albion</i>
<i>yellow wax</i>	Potatoes, <i>Yukon Gold</i>
Zucchini, <i>mix</i>	Avocado, <i>Bacon type</i>

Harvest Forecast* for July 30 and Aug. 2

Basil, Italian	Cucumbers	Plums, Satsuma
Beets	Lettuce	Strawberries
Corn, sweet	Onions, red	Zucchini

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

Newsletter Archives

Newsletters from this season are accessible online as PDF files. Go to:

<http://casfs.ucsc.edu/community-outreach/produce-sales/csa-newsletters-2013>

Upcoming Event

Summer Fruit Tree Pruning Workshop
Saturday, July 27 – 10 am-2 pm
UCSC Farm & Garden

Join us to learn the basic skills of summer fruit tree pruning. This workshop will be taught by Orin Martin, manager of the UCSC Chadwick Garden. \$30 general, \$20 Friends members, \$5 UCSC students. For more information email casfs@ucsc.edu or call 831.459-3240



Notes from the Field by Daniel Tebes, First Year Apprentice

"Nobody can discover the world for somebody else. Only when we discover it for ourselves does it become common ground and a common bond and we cease to be alone." –Wendell Berry, *A Place on Earth*

Two weeks ago, a powerful food justice event took place at the CASFS Farm and Garden. Over 150 youth from the Santa Cruz area and neighboring farms (Pie Ranch and Veggelution) came to the farm to take part in Youth Day, an annual event sponsored by Food What?!, a youth empowerment and food justice project. The event was organized by Food What?! youth crew summer interns and staff who worked with CASFS apprentices to develop and put on event activities and programming.

The day's activities included a farm and garden scavenger hunt, where youth were invited to visit different workshops run by apprentices that consisted of lip-balm-, pizza-, cheese-, and print-making; an introduction to beekeeping; a "vision tree" where youth participated in an art installation detailing some of the stories of influential actors in past and current social justice movements; and a closing ceremony, which culminated in a homemade pizza and organic pie extravaganza.

Youth Day is one of many educational programs sponsored by Food What?! that uses food, as described in its mission statement, "through sustainable agriculture and health, as the vehicle for growing strong, healthy, and inspired teens." Food What?! partners with at-risk and low-income youth to "grow, cook, eat, and distribute healthy, sustainably raised food and address food justice issues in our community." Food What?! is a powerful example of how we can engage complex food justice issues by working toward a more equitable and socially just food system through educational and empowerment programming. Check out their website at www.foodwhat.org or stop by and see the Food What?! youth farm here at the UCSC Farm and Garden.

The reality of injustice in our current food system is unsettling. One in six people in the U.S. are food insecure, or do not know where their next meal will come from; 25 million people live in a neighborhood without a supermarket or access to fresh produce; and 1 in 3 children born after 2000 are estimated to contract Type 2 diabetes. In addition, most youth do not "meet the recommendations for eating 2½ to 6½ cups of fruits and vegetables each day", and more than 33% of children and adolescents are overweight or obese, a rate that has doubled in children and tripled in adolescents since 30 years ago. These are a few of the many realities that food justice actors and organizations, like Food What?!, are working to change.

So what exactly is food justice? Food justice means working towards a future where all people who participate at multiple levels in the food system have access to healthy and affordable food, as well as the necessary knowledge, skillsets, and means to prepare and enjoy this food. The Food What?! project is a wonderful example of this. In addition, food justice means reimagining a food system that, in





some cases, has been largely exploitative in nature. Farmworkers, responsible for growing and harvesting the majority of all fresh produce sold in the U.S., are among the most underpaid, disenfranchised, and underrepresented populations in America, according to a 2009 landmark lawsuit co-sponsored by the ACLU. Seventy-five percent of farmworkers in the U.S. make less than \$10,000 annually, and only 25% of farmworkers hold an additional off-farm job with a combined median income of \$5,000-\$7,500, as reported by the U.S. Department of Labor. Reimagining an equitable food system means not only paying people within the food system a fair wage, but also improving workplace conditions and increasing access to institutional resources, such as affordable health care, vocational training, and adult education programming.

The farmworkers of Immokalee, Florida, have an inspiring food justice story to share. The Coalition of Immokalee Workers, a not-for-profit labor-rights organization comprised largely of Latino, Haitian, and Mayan immigrants, was able to persuade, through a series of boycotts and petitions, eleven major national fast-food purchasers (including McDonalds, Taco Bell, and Chipotle) to fund a direct and ongoing payment program whereby food purchasers pay farmworkers directly an additional one cent per pound of tomatoes sold, which has effectively doubled the average annual wage per Immokalee farmworker.

So what can I do to be a part of this change? As Mark Bittman writes in a 2011 op-ed in *The New York Times*, we all can be a part of positive social and environmental change – it starts with examining the simple act of what we eat (or don't eat) three times a day, and what this means for our food system and the people who are a part of it. Food justice stems from our willingness to get involved, and from supporting organizations like Food What?! that empower young people to take action in their communities. Food justice sprouts when a community comes together around a common set of beliefs – of what is right and what is wrong – and works for change; food justice lives in the dream of a farmworker who works late into the night, organizing friends and co-workers for a one cent per pound increase in order to realize a better future for his kids; it grows from the good food we grow, and the good food we eat and share with each other; it matures as we cultivate new gardens and farms – as some of us take up gardening for the first time in many years, and as others, persuaded by a friend, join a CSA on a whim and scramble to find recipes and time to enjoy unfamiliar foods; and it begins again and again, as we share our stories and experiences with one another – pollenating new minds with transformative ideas, and propagating a movement toward a food system rooted in fairness.

The Good Food Movement is alive and strong in Santa Cruz, and I am honored to share in this week's harvest with you. Thank you for supporting the CASFS Farm and Garden, and for being a member of our community CSA.



Avocado Coconut Oil Tartine

Serves 4

- 3/4 cup toasted and chopped macadamia nuts
- 1 small clove garlic, finely grated
- zest of one medium orange
- 4 squash blossoms, cut into chiffonade*
- scant 1/2 teaspoon fine grain sea salt, or to taste
- 4 slices good levain bread, sliced 3/4-inch thick
- 4 tablespoons pure virgin coconut oil
- 2 ripe avocados, halved, pits removed
- 4 scallions, slivered
- extra-virgin olive oil, to drizzle

Combine the macadamia nuts, garlic, orange zest, squash blossoms and salt in a small bowl and mix thoroughly. Toast the bread (alternately, a broiler, or grill will work) until it's golden. Just before serving, while the bread is still warm, place 1 tablespoon of the coconut oil on each tartine and spread evenly, saturating the toast. Spoon and smash half an avocado onto each piece of toast, then evenly distribute the nut mixture equally as well. Finish with a sprinkling of scallions, a drizzle of olive oil, and season to your liking. Serve each whole, or sliced into bite-friendly thirds.

***Note:** Slivered basil is a fine substitution for squash blossoms.

101cookbooks.com

Veggies with Thai Basil

Serves 4

- 2 medium zucchini
- 1-2 carrots, slivered
- 1 peeled kohlrabi, cut into 1/2 inch chunks
- 1 cup sliced mushrooms
- 1 cup tofu, chicken, or beef, cut in bite-size pieces
- 1/2 cup fresh Thai basil leaves
- Cilantro for garnish, optional
- 2 tablespoons soy sauce
- 2 tablespoons fish sauce
- Juice from 1/2 lime
- 1/2 tablespoon fresh ginger, minced
- 1/2 tablespoon fresh garlic, minced
- 1-1/2 to 2 teaspoons chili paste (ideally sambal olek)
- 2 teaspoons sugar
- 1 teaspoon cornstarch or tapioca starch (optional)
- Vegetable oil
- Cooked rice, rice noodles, or wheat pasta for 4 servings

In a small bowl, combine the ginger, garlic, soy and fish sauce, sugar, lime juice and chili paste. Set aside. For a thicker sauce, add corn or tapioca starch.

In a wok or frying pan, heat oil and sauté the summer squash or zucchini, kohlrabi, and carrots on medium-high for about 3 minutes. Add the sauce to the pan and mix well. Cook an additional 5 minutes or so, until the veggies are tender-crisp. Remove from heat, mix in the Thai basil and cilantro, and serve over hot rice or noodles.

Submitted by Lan Dinh

Avocado "Crème Fraîche"

- 1 avocado
- 1 tablespoon lime juice
- 1/2 teaspoon sea salt
- 2/3 cup purified water, more as needed

Put all of the ingredients in a blender with just enough water to barely cover. Blend until mixture reaches the consistency of thick, velvet-smooth sour cream.

Use as a topping for tacos or enchiladas, or as a dressing for a salad of Romaine lettuce.

Cream of Zucchini and Avocado Soup

- 1 cup water, plus additional to thin
- 2 medium zucchini, peeled and chopped (about 2 cups)
- 2 stalks celery, chopped
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 2 teaspoons mellow white miso
- 2 small cloves garlic, crushed
- 1/2 teaspoon sea salt, or to taste
- dash cayenne
- 1 avocado, mashed
- 2 tablespoons minced fresh dill (or 2 teaspoons dried)

Place all ingredients except avocado and dill in a blender and process until smooth. Add the mashed avocado and dill and blend briefly. Add water, as necessary, to thin the soup to desired consistency, and blend again. Serve with a drizzle of olive oil and inch of fresh dill on top. Serve chilled or at room temperature.*

***Note:** Soup can be heated on stovetop at lowest temperature; stir constantly until soup is slightly warmer than your finger. Stored in a sealed container in the refrigerator, soup will keep for up to 3 days.

Submitted by Heather Haxo Phillips | edibleeastbay.com

