

FIELD notes

UCSC Farm

Community Supported Agriculture

Ninth Harvest: 7/30/13 & 8/2/13

What's in the box?

Lettuce, <i>Red Cross</i>	Zucchini, <i>mix</i>
Spinach, <i>Tyee</i>	Cucumbers,
Beets, <i>Red Ace</i>	<i>Marketmore</i>
Fresh Onions,	Strawberries, <i>Albion</i>
<i>"Torpedo"</i>	Plums, <i>Satsuma</i>
Basil, <i>Genovese</i>	Jalapeno, <i>"Jalafuego"</i>
Cilantro, <i>Santo</i>	<i>variety</i>
Corn, <i>Xtender 270A</i>	

Harvest Forecast* for August 6 and 9

Carrots	Cucumbers	Lettuce
Cipollini onions	Fingerling potatoes	Strawberries
Corn	Golden beets	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

Free Docent-Led Tour
Sunday, August 4 – 2-3:30 pm
UCSC Farm & Garden

Take a free, guided tour of one of Santa Cruz's most beautiful locations – the 30-acre organic farm at UCSC. Guided tours are offered the first Sunday of the month from 2-3:30 pm. Free public parking available. For more information or to schedule a guided group tour, email casfs@ucsc.edu or call 831.459-3240.



Notes from the Field by Rachael Richardson, Second Year Apprentice

The first planting of corn has ripened! Nothing heralds summer like the satisfying crunch of sweet corn kernels. A dynamic ingredient that works in many dishes, corn adds honeyed tones and a delightful crispness to everything from salad to beans, from rice dishes or pasta to stir-fries. Really, it is perfect with almost nothing added to it. My favorite way to eat sweet corn is directly off the cob, cooked *al dente* so that the kernels still have some bite, and dressed with a modest amount of butter and salt (and sometimes chopped cilantro). This simple dog-day treat can be grilled and beautified with ample toppings, either on cob or loose (see *Elote recipe* for inspiration). Corn adds rich milkiness and refreshing sugar and color to even the most basic sautéed vegetables. A simple classic is butter-cooked onions and garlic with summer squash or green beans, corn, and chopped basil, salt and pepper. Add a jalapeno pepper with the onions for a spicier experience.

Conventional corn growers use large amounts of pesticides due to the fact that corn is quite vulnerable to worm damage. The white-yellow tassels that grow from the tip of the corn cob are landing grounds for a certain moth that lays its eggs on the corn silks. Out of these eggs hatches a small critter called the corn earworm, which eats the kernels at the cob tip. Organic growers do not have many options for eliminating the corn earworm. Sowing corn early in the spring can help limit the impact of the worm. Today, we have cut the tips off the corn in your box to avoid sending one home with you. If you do encounter one, don't panic. While they look rather exotic and rubbery, simply chopping off the end of the cob eliminates the worm damage and makes the corn safe and delicious to eat.

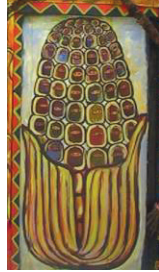
I am extremely passionate about vegetables and fruits, both growing and eating them. The amount of exquisite, fresh-out-the-field food that I have access to at this moment in my life is unbelievable! This time of year truly makes me feel rich. The produce is just *so good*, and so diverse in flavor, feel, and form that a basic raw salad can be transformed into a full meal. A dressing that balances acidic bitterness, sweetness, saltiness, and spice can tie together the produce in this week's box in all kinds of wild ways: a fresh spinach salad with mustard-lemon vinaigrette, plums, strawberries, and thinly sliced red onion, with Parmesan or toasted nuts. Or sliced cucumbers, torpedo onions, cilantro, feta, ginger, and apple cider vinegar atop red butterleaf. Cucumber juice is a surprising treat that rejuvenates, and is among many of the new and different ways to use these just-picked jewels from the earth.



Elote

- 2 ears corn
- 1/4 cup mayonnaise
- 1/4 cup Cotija cheese (Parmesan works, as well)
- 1 lime, cut into wedges
- 1 tablespoons chili powder
- 1/2 tablespoon cumin salt

Serves 2



Prepare a grill or grill pan with high heat. Keep corn in husks, or remove one strip of husks. Place directly on grill. Cook for 10-15 minutes, turning occasionally, until husks are well blackened and the kernels are bright yellow. Remove husks and slather each ear with a generous spoonful of mayonnaise. Add the juice of one lime wedge per ear, followed by a pinch of salt, a healthy sprinkle of cheese and a light dusting of cumin and chili powder. If serving off the cob, remove kernels from each ear and place in a jar or small cup and top with remaining ingredients.

If you prefer, serve the corn with the toppings on the side and let everyone dress their own.

Creamy Zucchini or Summer Squash Ricotta Spread

- 1 teaspoon extra-virgin olive oil
- 1 medium zucchini or summer squash, grated on the large holes of a box grater
- 1 garlic clove, minced
- 1/2 teaspoon fresh thyme leaves
- Coarse salt and ground pepper
- 1/2 cup ricotta
- 1 tablespoon lemon zest
- 2 teaspoon lemon juice

In a medium nonstick skillet, heat olive oil over medium-high. Add zucchini, garlic, and thyme; season with salt and pepper. Cook, stirring occasionally, until zucchini is tender and golden brown in spots, about 5 minutes. Transfer to a medium bowl and let cool to room temperature (or refrigerate, up to overnight; bring to room temperature before continuing). Add ricotta, lemon zest, and lemon juice, and stir to combine. Season with salt and pepper.

www.marthastewart.com

Squash and Onions with Brown Sugar

- 1 large yellow squash (or 2 medium)
- 2 small onions (or one medium)
- 2 tablespoons unsalted butter
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1-1/2 tablespoons brown sugar

Slice the squash into 1/2-inch rounds, cutting large ones in half. You should end up with roughly 2 cups of cut squash. Cut the onions into similar-sized slices.

Add the butter to a wide sauce pan that has a lid and heat over medium heat. When the butter has melted, add the onions and cook until soft, about 4-5 minutes. Add squash, salt, pepper, and brown sugar. Stir, then cover and cook for about 20 minutes, until squash is very soft.

Remove the cover and continue to cook for about 8 minutes, just to give the juices a chance to evaporate slightly. There will be some liquid in the pan, but it should be thicker than water, almost like a glaze. Season with more salt and pepper, if needed, and serve immediately.

www.thekitchn.com

Plums with Prosciutto, Goat Cheese, Baby Arugula, and Champagne Vinegar

Serves 6

- 8 ounces soft fresh goat cheese
- 3/4 teaspoon ground black pepper
- 6 thin prosciutto slices
- 2 teaspoons Champagne vinegar or white wine vinegar
- 1 teaspoon minced shallot
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 2 tablespoons extra-virgin olive oil
- 4 ounces baby arugula
- 6 sweet firm red plums (such as Satsumas or Burgundies), halved, pitted, cut into 1/4-inch-thick wedges
- 1 teaspoon thinly sliced fresh mint (for garnish)

Roll cheese into 1-inch-thick log about 10 inches long. Sprinkle with 3/4 teaspoon pepper. Cut log crosswise into 6 equal pieces. Wrap each piece with prosciutto.

Whisk vinegar, shallot, mustard, and honey in medium bowl; gradually whisk in oil. Season with salt and pepper. Add arugula; toss to coat. Divide plums and prosciutto-wrapped goat cheese pieces among plates. Place dressed arugula alongside; garnish with mint.

Bon Appétit | September 2007