

FIELD *notes*

UCSC Farm

Community Supported Agriculture

First Harvest: 6/4/13 & 6/7/13

What's in the box?

Salad Mix	Kale, <i>Red Ursa</i>
Lettuce, <i>Vulcan Redleaf</i>	Onions, <i>Purplettes</i>
Spinach, <i>Tyee</i>	Strawberries, <i>Albion</i>
Arugula, <i>Astro</i>	Blueberries, <i>mixed</i>
Chard, <i>Bright Lights & Rhubarb Red</i>	Avocado, <i>Bacon type</i>

Harvest Forecast* for June 11 and 14

Arugula	Baby pac choi	Scallions
Baby red beets	Meyer lemons	Spinach
Blueberries	Romaine lettuce	Strawberries
Rainbow chard		

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

Recipes by Crop

Recipes that appear in the *Field Notes* newsletter are accessible online as PDF files on the CASFS website, indexed by crop. Go to:

<http://bit.ly/Recipesbycrop>

We invite our CSA members to share a favorite recipe using our farm-fresh produce.

May the feast begin!

Upcoming Event

Selecting, Growing and Arranging Cut Flowers
Sunday, June 9 – 9:30 am-4:00 pm

Alan Chadwick Garden – UC Santa Cruz

Learn how to select, grow and arrange cut flowers to create beautiful bouquets. Includes both lectures and hands-on practice. Taught by Zoe Hitchner, Everett Family Farm, and Orin Martin, manager of the Alan Chadwick Garden.

PRE-REGISTRATION REQUIRED;
Tickets online: <http://flowers.bpt.me>

COST: \$85 General Admission
\$75 FF&G members; and
\$40 UCSC Students

Questions?

Call 831.459-3240

or email casfs@ucsc.edu

Notes from the Field *by Liz Milazzo, Field Production Manager*

Welcome to the first week of CSA! It looks to be a great season, with nice conditions for growing and a wonderful apprentice group passionate about farming, gardening and food justice.

Several exciting developments have taken place since last season: CASFS has hired another farmer, Darryl Wong (formerly of Freewheelin' Farm) to manage on-farm research, and we've tilled a new field above the historic Hay Barn. The Hay Barn renovation is scheduled to begin in 2014, and we look forward to the linking of agricultural past and present! We're also happy to be partnering with the good folks at Westside Farm and Feed to add a CSA drop site in town – please check out this wonderful new business at 817 Swift Street (south of Mission, right turn just before railroad tracks).

As you've no doubt noticed, it's been a dry year with rains at 59% of normal. The winter cover crop was tilled in before the apprentices arrived in mid-April, with just a small strip of bell beans, vetch and rye left standing in the shade of the cypress trees to demonstrate our mowing and spading equipment. Normally we wait a long time for the soil to dry to just the right moisture for tilling, but this year we couldn't mow and spade fast enough once the ground began to dry. We actually set up sprinklers to add moisture back in between mowing and spading the last fields. It's somewhat startling to have to irrigate so early, but it worked to preserve soil integrity, and the cover crop was nicely digested, leaving fresh, workable soil for planting. Along with other water users on campus, we've committed to a voluntary 5% reduction in water use, as well as basic conservation practices such as limiting overhead watering in the middle of the day and repairing leaky valves.

The dry conditions mean that sweet corn and green beans will be early this year, as well as zucchini and potatoes. It's looking like a good tomato year with the dry and warm weather. The blueberries are peaking early this year, so savor them now!

We are very grateful for your support of our city-limits farm, and want to know how it's going for you this season. We'll be checking in mid-season with a brief online (optional) survey, but please do contact us with any feedback.

To happy, healthy eating!



Green Smoothies

Serves 1-2

"Green smoothies" provide fiber, fresh green vegetables and fruit with lots of vitamins and minerals, and help alkalize your system. Easy to make, they offer sustained energy, and can be filling and low in calories.

- 1 cup of fresh berries (strawberries or blueberries)
- 1 banana, peeled (optional)
- 2 cups of mixed greens (like spinach, kale, or chard)
- 1 whole lemon, peeled, with the seeds removed
- 1 tablespoon of flax seed (ground)
- 1 teaspoon of chia seed
- A few raw walnuts (soaked for 4 hours)
- 1 tablespoon vegan protein powder (optional)

Blend all ingredients with filtered water until the mixture reaches a desirable consistency. This recipe does not recommend fruit juice, since fruit juice is high in natural sugars and does not have fiber.

Spinach with Currants & Pine Nuts

Serves 4

- 3 tablespoons olive oil
- 1 tablespoon minced shallot
- 2 pounds spinach
- Kosher salt and freshly ground pepper, to taste
- 1/4 cup currants
- 1/4 cup pine nuts, toasted

In a sauté pan over medium-high heat, warm one tablespoon of the olive oil. Add the shallot and cook, stirring, until fragrant, 5 to 10 seconds. Add one tablespoon of the olive oil and half of the spinach, and season with salt and pepper. Cook, stirring, until the spinach is wilted, 3 to 4 minutes. Transfer to a bowl. Add the remaining olive oil to the pan and cook the remaining spinach.

Return all of the spinach to the pan and stir in the currants and pine nuts. Serve immediately.

Williams-Sonoma Kitchen

Greens and Bulgur Gratin

Serves 4

- 1/2 cup coarse bulgur
- 2 pounds assorted greens such as kale, spinach, chard or collards
- 6 large garlic cloves, minced fresh
- 3 tablespoons olive oil
- 1/4 cup freshly grated Parmesan (about 1 ounce)
- 6 ounces chilled whole milk or part-skim mozzarella, grated coarse
- 1/2 cup fine fresh bread crumbs
- 1 tablespoon olive oil

Preheat oven to 400°F and lightly oil 1-1/2 quart gratin dish or other shallow baking dish. In a heat-proof bowl pour enough boiling water over bulgur to cover by one inch. Cover bowl and let stand 20 minutes. Drain bulgur in a sieve, pressing out excess liquid. Set aside in a bowl.

Keeping each variety of greens separate, tear greens into bite-size pieces, discarding stems. Wash greens and transfer to a colander to drain. Steam coarser greens (kale or collards) until wilted, about 4 minutes. Add delicate greens (spinach or chard) to coarse greens and steam, covered, stirring occasionally, until just wilted – another 3 to 4 minutes. Drain greens in colander, pressing out excess liquid.

Cook garlic in oil over moderate heat, stirring, until softened but not golden. Stir in greens and bulgur and

season generously with salt and pepper. Stir in Parmesan and remove skillet from heat. Spread half of greens mixture in dish and sprinkle evenly with mozzarella. Spread remaining greens mixture over mozzarella and smooth. Gratin may be prepared up to this point 8 hours ahead and chilled, covered. In a small bowl with a fork stir together bread crumbs and oil until crumbs are evenly moistened.

Sprinkle topping over greens mixture and bake in middle of oven for 30 minutes, or until bubbling and top is lightly browned.

Adapted from Gourmet, September 1995

Fresh Blueberry Sauce

- 2 cups fresh blueberries
- 1/3 cup sugar (or to taste)
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon salt
- 1/2 teaspoon vanilla extract

Wash and crush blueberries; add sugar, lemon juice and salt. Mix well. In a small saucepan, bring blueberry mixture to a boil; boil one minute. Add vanilla.

Chill and serve over puddings, cake, or ice cream.

Southern Food

