

FIELD notes

UCSC Farm

Community Supported Agriculture

Fourteenth Harvest: 9/3/13 & 9/6/13



What's in the box?

Lettuce, <i>Red Cross</i>	Strawberries,
Chard, <i>Bright Lights</i>	<i>Albion</i>
Onions, <i>Purplette</i>	Apples, <i>mix</i>
Cilantro, <i>Santo</i>	Tomatoes, <i>mix</i>
Yellow Wax Beans,	Sweet Peppers, <i>mix</i>
<i>Gold Rush</i>	Jalapeño Peppers
Cabbage, <i>Farao</i>	Tomatillos, <i>see Crop Note on back page</i>

Harvest Forecast* for September 10 & 13

Apples	Red Beets	Strawberries
Basil	Romano Beans	Tomatoes
Broccoli	Spinach	Zucchini

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

Upcoming Event

Harvest Festival @ UCSC Farm
Sunday, September 29 from 11am – 5pm

Come to the Farm for live music, great food, gardening talks, cooking demonstrations, Farm tours, hay rides, kids crafts, and more! **Cost: \$5/person; FREE: children under 12; UCSC students (w/ID); and FF&G members.** To volunteer or for more info: 831.459-3240; email: casfs@ucsc.edu.

Twelfth Annual Apple Pie Contest



Enter your favorite apple pie in this year's Harvest Festival Apple Pie Contest on Sunday, September 29. Enter your pie to the judges between 11 am-12:30 pm.

Notes from the Field by Liz Milazzo, Field Production Manager

What's new in the fields? The tomato harvest is happening, picking more than 400# twice a week! Thanks to the hard working apprentices for harvesting on Labor Day! We planted more variety of heirlooms this year (Cherokee Purple, Paul Robeson, Chianti Rose, Japanese Trifele, Persimmon, and Nebraska Wedding), as well as four varieties of red salad tomatoes, with 2 rows of the "Three Sisters" run completely dry farmed – no irrigation from day one. The rest of the block was irrigated till fruit set, and then dried off for flavor about two and a half weeks ago.

Tomatoes are our most vulnerable crop, and always remind us of the weather. An early rain of 1-2" will end the season promptly with a wave of "blight." Similarly, late spring rains can devastate the crop before it has a chance – again due to the spread of *Phytophthora infestans*, or "late blight" fungal pathogen. Fortunately, we've had a dry summer, and the plants are healthy, pumping out delicious fruit. This year the tomatoes followed a February planting of cereal rye cover crop, and I've never seen such beautiful plants early in the season. The grasses like rye work magic with their fibrous roots, and give you soil that looks like cake flour after the cover crop residue breaks down.

The warm dry summer has set up conditions for more powdery mildew than usual. I've noticed more mildew on ornamental plants as well. Generally, powdery mildew affects our zucchini and pumpkins/winter squash, and can be a big problem on the apple trees. Gia, first year apprentice on the crew, is experimenting with spraying diluted milk and a fermented lactic acid spray on our late planting of zucchini, and counting mildew colonies. These two home remedies are documented to be helpful in preventing build up of powdery mildew on cucurbits.

We'll undercut the storage onions this week, field drying them for a week or so, then clip the tops and bag them. We trialed an open pollinated variety of yellow onion this year, "Newburg," to compare to hybrid variety "Candy." The Newberg reached good size, and we're excited to try cooking with them and see how the flavor and tenderness compare. All of the onions got to good size this year, comparable to 2008. We'll bring out the onion ring recipe this year!

We were not so happy with our trial of open pollinated sweet corn ("Double Standard.") The flavor is good, but the husks are not tight, and the corn earworm damage is more than extensive. Helps me appreciate how nicely wrapped our usual variety is, and how important that tight husk is!

Pumpkins are early this year! Look for pie pumpkins at cart soon. All the varieties did well, so we'll have a great selection for your boxes and the Harvest Festival on September 29.



Corn and Tomatillo Salsa

Makes 3 cups

- 1/2 medium red onion, diced, about 1/2 cup
- Champagne or rice vinegar
- 1/4 cup water
- 2 ears corn, shaved, about 2 cups
- salt
- 1/4 pound tomatillos, husked and diced
- 1 jalapeño chili, seeded and diced
- 1-1/2 tablespoons fresh lime juice
- sugar (optional)
- cayenne pepper to taste
- 2 tablespoons chopped cilantro

Toss the onions with a splash of vinegar.

Combine the water, the corn and 1/4 teaspoon salt in a small saucepan and cook over medium-low heat until the corn is tender, about 5 minutes. Transfer to a bowl and toss with the tomatillos, the chili, and the onions. Season with 1/4 teaspoon salt, the lime juice, and a pinch of sugar, if needed. For a hotter salsa, add a pinch or two of cayenne. Adjust the seasoning with salt and a splash of vinegar. Toss in the cilantro just before serving.

Everyday Greens by Annie Somerville

Tomatillo Salsa Verde

- 1 pound tomatillos, husked
- 1/2 cup finely chopped onion
- 1 teaspoon minced garlic
- 1 serrano chile peppers, minced
- 2 tablespoons chopped cilantro
- 1 tablespoon chopped fresh oregano
- 1/2 teaspoon ground cumin
- 1 1/2 teaspoons salt, or to taste
- 2 cups water



Place tomatillos, onion, garlic, and chile pepper into a saucepan. Season with cilantro, oregano, cumin, and salt; pour in water. Bring to a boil over high heat, then reduce heat to medium-low, and simmer until the tomatillos are soft, 10 to 15 minutes.

Using a blender, carefully puree the tomatillos and water in batches until smooth.

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The tomatillo (*Physalis philadelphica*) is of the nightshade family, related to the cape gooseberry, bearing small, round and green or green-purple fruit of the same name. Tomatillos, originating in Mexico, are grown as annuals throughout the Western Hemisphere.

Crop Notes

The tomatillos in your box today are a gift from educational farm and CSA **Full Circle Farm** in Sunnyvale. Tomatillos are tart, firm, and fruity – but not juicy until cooked, and not usually eaten raw. Tomatillos are harvested locally from mid-summer through fall.

Preparation: Remove the paper cover. (Many recipes call for pre-cooking.) For saucy effect, simmer in water with a little salt. Gently cook 2-15 minutes depending on size. Check often to prevent bursting, and cool in liquid. For a firmer, drier consistency and more concentrated flavor, roast in the oven. Wash and place on a lightly oiled baking tray, roast at 375° for 10-15 minutes. Skins will char, and tomatillos will plump up as they cook.

Apple Zucchini Crostini

Makes 3 dozen

- 5-7 slices whole grain bread, very thinly sliced
- 3 ounces goat cheese or chevre, crumbled
- tiny splash of milk or cream
- splash of extra virgin olive oil
- two big pinches of salt
- 1/4 cup apple, cut into 1/4 inch dice
- 3/4 cup zucchini, cut into 1/4-inch dice
- 1-1/2 teaspoons lemon juice, freshly squeezed
- a bit of freshly ground black pepper

Preheat oven to 350°. Cut bread into bite-sized pieces, brush with olive oil and sprinkle with a bit of salt. Arrange in a single layer on a baking sheet and bake until golden, about 14 minutes, flipping once. Remove and let cool.

Whisk the goat cheese in a small bowl with enough milk to make it fluffy, light, and easily dollop-able. Spoon into a piping bag, or a small plastic bag with a bit of the corner cut off, and set aside in a cool place.

Zucchini-apple prep: Heat a bit of olive oil in a skillet over medium-high. Stir in salt and apples. Saute for about 15 seconds and then stir in the zucchini. Cook for another 15-20 seconds. You only want to heat and soften things up, not turn everything to mush. Quickly remove from the heat and stir in the lemon juice and a tiny drizzle of extra virgin olive oil. Toss and taste, add more salt if needed. Transfer zucchini mixture to a large plate to cool a bit.

Assemble: Take one piece of the toasted bread and spoon a small amount of the zucchini mixture on top of it. Squeeze a little bit of the goat cheese on top of that and a few flecks of black pepper. Repeat and arrange on your favorite serving platter.

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