

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Third Harvest: 6/17/14 & 6/20/14



What's in the box?

Lettuces, <i>Leopard & Plato II</i>	Kohlrabi, <i>Winner & Kolibri</i>
Kale, <i>Red Ursa</i>	Strawberries, <i>Albion</i>
Greens, <i>baby Komatsuna</i>	Blueberries, <i>mixed</i>
Beets, <i>Red Ace</i>	Avocado, <i>Bacon type</i>
Zucchini, <i>Raven</i>	Lemons, <i>Meyer</i>

Harvest Forecast* for June 24 and 27

Baby carrots	Cilantro	Strawberries
Broccoli	Fresh onions	Zucchini
Chard		

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

Recipes by Crop

Recipes are accessible online as PDF files on the CASFS website, indexed by crop. Go to:

casfs.ucsc.edu/community/produce-sales/recipes.html

Upcoming Event

**Creating the Home-Grown Bouquet:
Selecting, Growing & Arranging Cut Flowers**
Saturday, July 19 – 9:30 am-12:30 pm

Alan Chadwick Garden – UCSC



Join flower growers Melissa Betrone, Sky DeMuro and Molly Dillingham at the UCSC Chadwick Garden to learn how to grow and arrange cut flowers. Learn how to select and harvest flowers from your garden to create beautiful bouquets using organic and

drought-tolerant techniques. Workshop includes both lectures and hands-on practice as you make a bouquet to bring home.

COST: \$40 General admission (pre-registered)/\$50 at the door; FF&G members \$30/\$40; UCSC students and limited income \$25/\$35. Register online at <http://flowerclass.bpt.me>, or send a check, payable to "UC Regents" to: CASFS, 1156 High St., Santa Cruz, CA 95064, Attn: Workshop. For information call 831.459-3240 or email casfs@ucsc.edu.

Notes from the Field by Alexander Vaughn, First Year Apprentice

Welcome to week three of the CSA season. Inside this week's box you'll find, I trust, a welcome repeat of some of the Spring crops you've come to enjoy this time of year. Kale and chard are in strong supply and a good deal of head lettuce has sized up as well. The pac choi and kohlrabi of the first CSA planting has been harvested completely but there is another succession coming on quickly.

New this week is a variety of Romaine lettuce from the *Wild Garden Seed Catalogue* out of Philomath, Oregon. The variety is called "Leopard" and it is a small, dark green head beautifully dappled with red, as its name suggests. One might think that locally focused, organic farms need only grow a mirror image of the vegetable and fruit varieties commonly available in grocery stores and that this would be a viable and commercially successful choice for a farmer to make. This is true and certainly there is nothing so wrong with that. However, to ignore the range of varieties offered in seed catalogues in favor of tried and true commercial types is to banish the efforts of our farmer-breeder forebears to history and diminish the contribution modern farmers and breeders make to genetic diversity and beauty. It is to our benefit to grow and eat regionally specific varieties both old and new. They are bred for pest and disease resistance, they are well adapted to local growing conditions and they are often nutrient dense in ways that some of their more profitable cousins are not. In sum, as my mother would say, eat them: they're good for you.

Also new this week, for the Apprentice crew in the Field, are a range of tasks and ideas associated with CSA production and field scale agriculture. In only our first week in the Field we have hand weeded two 300 foot beds of beets, staked four beds of tomatoes, observed the tractor mounted John Deere seeder and discussed the control of pests and disease within an organic and biologically centered operation. We are learning – in the Field, in the Farm Garden and in the Chadwick Garden – what the venerable Lynn Miller of the *Small Farmer's Journal* calls "craftsmanship – or ... a humanistic way of working." A grower, ultimately, is a craftsman of the ecological growing environment, a steward of biological conditions favorable to plant growth. We are here to steep ourselves in this sense of craftsmanship and stewardship, and to find something of it to carry forward out of the Apprenticeship. We are also here, at least twice a week, to harvest and pack the share that you hold in your hands and we are grateful for the opportunity to do so.



Roasted Beets with Sautéed Beet Greens

Serves 4

- 1 bunch beets with greens
- 1/4 cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion (optional)
- salt and pepper to taste
- 1 tablespoon red wine vinegar (optional)

Preheat the oven to 350°. Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.

Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.

When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

allrecipes.com

Strawberry Semifreddo

Serves 4

- 2 egg yolks
- 1 egg
- 1/2 cup (125 grams) icing sugar
- 1/2 cup (125 grams) strawberries
- 6.6 ounces (200 ml) half and half
- 2 teaspoons vanilla liqueur (or other favorite liqueur, such as Amaretto, Limoncello)

Whisk egg yolks and sugar to a light and fluffy cream (should double the volume). Strawberries, wash, dry, cut the stems and mash thoroughly with a fork or use a blender. In the end, beat the cream stiff and add the beaten egg yolk and egg. Gently mix the eggs, cream, and finally the strawberry. To form a biscuit shape, line a plastic container with plastic wrap, fill with cream and put in the freezer for a few hours, preferably overnight, but at least 4-5 hours.

<http://rustykalnakuchnia.blogspot.com/>
by way of foodgawker.com

Meyer Lemon Sauce

Makes 1 cup

- 1/4 cup tahini
- 1 teaspoon minced garlic
- 1/4 cup freshly squeezed Meyer lemon
- 2 tablespoons tamari
- 1 tablespoons water
- 2 tablespoons toasted sesame oil
- salt and pepper freshly ground
- 2 tablespoons minced fresh parsley

In a large bowl, combine tahini, garlic, lemon juice, tamari and water. Whisk together to blend.

Whisk in sesame oil. Blend well. Taste and adjust seasonings; season with salt and pepper to taste. Stir in parsley, adding more water to achieve desired consistency.

Quick-fix Vegetarian by Robin Robertson

Knife and Fork Grilled Caesar Salad

Serves 4

- 1 long thin baguette
- 1/4 cup olive oil, divided
- 2 cloves garlic, halved
- 1 small tomato, halved and seeded
- 1 head romaine lettuce, outer leaves discarded and head cut into quarters
- salt and coarsely ground black pepper to taste
- 1 cup Caesar salad dressing, or to taste
- 1/2 cup Parmesan cheese shavings

Preheat grill for low heat and lightly oil the grate.

Cut baguette on a severely sharp diagonal to make 4 long slices about 1/2-inch thick. Lightly brush each cut side with about half of the olive oil.

Grill baguette slices on the preheated grill until lightly crispy, 2 to 3 minutes per side. Rub each side of baguette slices with the cut-side of garlic and cut-side of tomatoes. Set aside to cool.

Brush 2 cut sides of romaine quarters with remaining olive oil. Grill romaine quarters until lightly seared, 2 to 3 minutes per side. Sprinkle grilled romaine with salt and set aside to cool.

Place grilled romaine quarter, cut-side up, on top of a grilled baguette slice. Drizzle each with Caesar dressing and top with Parmesan cheese. Season with salt and black pepper.

allrecipes.com

