

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fifth Harvest: 7/1/14 & 7/3/14

What's in the box?

Salad Mix	Broccoli, <i>Gypsy</i>
Arugula, <i>Silvette</i>	Onions, <i>Purplette</i>
Chard, <i>Bright Lights</i>	Strawberries, <i>Albion</i>
Spinach, <i>Tyee</i>	Blueberries, <i>mixed</i>
Carrots, <i>Jeanette</i>	Avocado, <i>Bacon type</i>
Beets, <i>Red Ace</i>	

Harvest Forecast* for July 8 and 11

Basil	Lettuce / Salad Mix	Zucchini /
Broccoli	Onions, Cipollini	Summer
Carrots	Strawberries	Squash

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

Recipes by Crop

Recipe PDFs are online, indexed by crop, at:

<http://casfs.ucsc.edu/community/produce-sales/recipes.html>

Newsletter archives are also available online at:

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

Upcoming Event

Summer Fruit Tree Pruning

Saturday, July 26 – 9:30 to 12:30 pm

UCSC Farm & Garden - Gatehouse

Summer pruning is one of the best ways to ensure the health and productivity of your fruit trees, and to maintain their ideal size and shape. Learn summer pruning techniques from Matthew Sutton, founder and owner of Orchard Keepers, and Chadwick Garden manager Orin Martin at this lecture/demo workshop.

COST: \$20 for Friends of the Farm & Garden members (pre-registered) / \$30 at the door; \$30 / \$40 general admission; \$15 UCSC students and limited income. Register online at <http://summerprune.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 Mae Joseph, First Year Apprentice

Welcome to the fifth week of our CSA! I sincerely hope you have enjoyed the produce that we have been able to provide you and your family and friends for the last four weeks. The CASFS apprenticeship is a large group effort. Without your involvement we wouldn't get the hands-on, marketing experience that is a CSA. Community Supported Agriculture is extremely important in a large state like California. For me, it fosters a welcomed sense of being a part of something bigger.

Coming from New England there is a lot that is different about growing food in California. Water conservation is number 1 on that list. Last June in Massachusetts we were inundated with 19 inches of rain. *Only in the month of June!* One of our fields flooded, which prevented us from planting our flowers where we wanted to, as well as causing our pick-your-own beans to go into the ground late. Here, on the central coast we have had to somewhat modify our crop plan because of the lack of rain. While the farm is fortunate to be on municipal water, it has meant that some of our crops have been a little stressed out. Although from the beautiful broccoli that has been in your box, you would never know!

Carrots are a new edition to the CSA box. The Jeanette variety was in your box last week and you should look forward to more. Squash is also on the way. I have never seen so many blossoms on one plant before! Fruits and vegetables sure do grow much faster here than I've seen back East. I'm personally really excited about harvesting more beets from the field. One of my favorite preservation methods for beets is Bragg's apple cider vinegar, a handful of garlic cloves, salt and pepper. I parboil and quarter them and leave them in an airtight container with the aforementioned ingredients for 72 hours.

I will leave you with an excerpt from my favorite agricultural guru, Wendell Berry:

*So, friends, every day do something
that won't compute. Love the Lord.
Love the world. Work for nothing.
Take all that you have and be poor.
Love someone who does not deserve it.
Denounce the government and embrace
the flag. Hope to live in that free
republic for which it stands.
Give your approval to all you cannot
understand. Praise ignorance, for what man
has not encountered he has not destroyed.
Ask the questions that have no answers.
Invest in the millennium. Plant sequoias.
Say that your main crop is the forest
that you did not plant,
that you will not live to harvest.
Say that the leaves are harvested
when they have rotted into the mold.
Call that profit. Prophecy such returns.*



Pickled Beets in 60

Serves 4-6

- 5 medium beets
- 1/3 cup apple cider vinegar
- 1/3 cup lemon juice
- 2 tablespoons brown sugar
- 1-1/2 tablespoon extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1 tablespoon Montreal Steak Seasoning

Place beets in a pot of boiling water and cook for 30 minutes or until a fork is inserted and the beet falls off easily. While beets are cooking, mix together the last six ingredients and set aside.

Drain the beets when done, rinse with cold water, peel and thinly slice.

Place in a bowl and pour in the wet ingredients. Allow the beets to marinate at room temperature for at least 30 minutes.

CheFarmer Matthew Raiford

Blueberry and Poppy Seed Bublana

- 2 eggs, separated
- 2 tablespoons granulated sugar
- 2 heaping tablespoons flour
- 1/2 tablespoon (7 grams) baking powder
- 1 tablespoon poppy seeds
- 1 tablespoon poppy seed oil (or a neutral oil, such as canola)
- zest of half a lemon
- 1 heaping cup blueberries

Preheat oven to 370°F. Butter and dust with flour a 9"x9" baking pan with high sides.

In a small bowl, combine flour, baking powder and poppy seeds, put aside.

Combine egg whites and sugar in a bowl and whip with electric mixer until soft peaks form. Add the egg yolks and mix briefly. Using only a spatula, mix into the dry ingredients the oil and lemon zest. Pour the batter into the prepared baking pan.

Place blueberries coated in lemon juice and flour on top of the batter and put it immediately into the oven to bake for about 20 minutes, or until the surface is golden in colour and the toothpick comes out clean.

After baking, let the bublanina rest for a bit, slice it (4x4) and dust with powdered sugar.

<http://slovakroots.blogspot.ch>

Strawberry, Spinach and Pear Salad

Serves 4

- 1/2 cup black walnuts
- 10 ounces spinach leaves
- 10 ounces romaine lettuce, torn
- 1/2 cup balsamic vinaigrette
- 8 large strawberries, sliced
- 2 pears - peeled, cored and sliced
- 1 (6 ounce) container crumbled feta
- 3 tablespoons balsamic vinaigrette

Place walnuts in a small skillet over medium-high heat; toast nuts while stirring constantly for 4-5 minutes; set aside to cool completely.

Toss together spinach and romaine lettuce in a large mixing bowl, and toss with 1/2 cup of balsamic vinaigrette. Arrange the strawberries, pears, feta cheese, and walnuts over the top of the salad. Dress salad with another 3 tablespoons vinaigrette to serve.



allrecipes.com

A Good Spinach Recipe

Serves 6

- 3 tablespoons sunflower oil, ghee, or clarified butter
- 3/4 teaspoon fine grain sea salt
- 4 large leeks, trimmed & thinly sliced
- 3/4 teaspoon chile flakes, or more to taste
- 3/4 teaspoon cumin seeds, lightly crushed
- 1/4 teaspoon ground turmeric
- 3/4 teaspoon dried oregano
- 40 fresh mint leaves
- 4-5 massive handfuls of spinach, very roughly chopped
- 1 lemon, cut into wedges
- 1/2 cup walnuts, toasted
- 1/2 cup crumbled feta, fresh ricotta, or fresh paneer

In a large skillet or pot heat the oil over medium-high heat. Stir in the salt and leeks, and cook until tender - just barely starting to brown, about 7-10 minutes. Stir in the chile flakes, cumin seeds, turmeric, and oregano, and cook for another 30 seconds or so. Add the mint leaves and the spinach, in batches if needed, stirring constantly. Cook until the spinach begins to wilt, and brightens - just a minute or so. Squeeze the juice of one of the lemon wedges into the spinach, stir well, taste, and adjust with more salt if necessary. Serve topped with the walnuts and crumbled cheese.

101cookbooks.com