

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

First Harvest: 6/3/14 & 6/6/14

## What's in the box?

Lettuce, <i>Vulcan Redleaf</i>	Kale, <i>Red Ursa</i>
Salad Mix	Cilantro, <i>Santo</i>
Spinach, <i>Tyee</i>	Strawberries, <i>Albion</i>
Arugula, <i>Astro</i>	Blueberries, <i>mixed</i>
Baby Pac Choi, <i>Mei Qing</i>	Avocado, <i>Bacon type</i>
Chard, <i>Bright Lights</i>	Shallots, <i>Conservor</i>

### Harvest Forecast\* for June 10 and 13

Avocado	Romaine	Spinach
Blueberries	Lettuce	Strawberries
Cilantro	Scallions	Zucchini
Red Beets		

\*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:

[casfs.ucsc.edu/community/produce-sales/recipes.html](http://casfs.ucsc.edu/community/produce-sales/recipes.html)

*Share a favorite recipe using our farm-fresh produce. May the feast begin!*

## Upcoming Event

A Garden of Poetry and Music  
Saturday, June 21 – noon-2 pm

Alan Chadwick Garden – UC Santa Cruz

Join us in the historic Alan Chadwick Garden and enjoy the talents of our region's poets and musicians. This is a wonderful way to celebrate the Summer Solstice! Free admission, snacks provided.



Questions?  
831.459-3240  
or email  
[casfs@ucsc.edu](mailto:casfs@ucsc.edu)

## Notes from the Field *by Pritha Golden, Second Year Field Asst.*

Yet again, another growing season is upon us. Over the winter, leaves fell off of the trees, birds quieted, insects went into hiding, and we got busy pruning, mulching, and tending to the many things that get left behind during the busy season. On rainy days we poured over harvest reports, made crop plans, and held meetings visioning this coming year. Now we can see the fruits of our labor and nature's inherent abundance come together at the farm. Our fields are again bursting with abundance and we are excited to share it with you.

The drought and abnormally hot winter have thrown California growers a curve ball, and we are no exception. The apples got confused, flowering during the winter instead of spring, and leafing out sporadically. Our first blueberry harvest started one month early, and we expect it to end early as well. To meet city and campus water restrictions, we have scaled back plantings on the order of 15% reduction, capping the overall CSA shares this year by a similar proportion.

In every challenge there is opportunity for growth and learning. Our farm practices are already focused on water conservation, and we are challenging ourselves to maximize our efficiencies even more. With fewer crops in the fields we are able to focus more energy toward a high quality educational experience for our apprentices and the greatest care for our crops. We will put our intentions toward your weekly CSA boxes and we hope that you enjoy them. Welcome!





## Parmesan Spinach Cakes

Serves 2-4

- 12 ounces fresh spinach, (see Note)
- 1/2 cup part-skim ricotta cheese, or low-fat cottage cheese
- 1/2 cup finely shredded Parmesan cheese, plus more for garnish
- 2 large eggs, beaten
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Preheat oven to 400°F. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt and pepper; stir to combine.

Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full).

Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.

**Note:** Baby and mature spinach can be used interchangeably in this recipe (yield may vary slightly); remove tough stems from mature spinach before using.

[www.eatingwell.com](http://www.eatingwell.com)

## Sauteed Swiss Chard with Orange

Serves 4

- 1 tablespoon extra-virgin olive oil
- 2 bunches Swiss chard (large stems removed), leaves cut into 1-inch strips
- Zest from 1 orange, cut into wide strips, plus juice
- Coarse salt and ground pepper

In a large skillet, heat oil over medium-high. Add Swiss chard and orange zest. Cook, tossing frequently, until chard wilts, about 4 minutes. Season with coarse salt and ground pepper, then add juice of the orange; toss to coat.

[www.marthastewart.com](http://www.marthastewart.com)



## Simone's Shallot Vinaigrette

Makes 1 cup

- 1 shallot, finely chopped
- 2 tablespoons fresh lemon juice
- 1 tablespoon unseasoned rice vinegar
- kosher salt, to taste
- black pepper, freshly ground, to taste
- 1/3 cup olive oil

Combine finely chopped shallot, fresh lemon juice, and rice vinegar in a jar with a lid; season with kosher salt and freshly ground black pepper. Let sit 20 minutes.

Add 1/3 cup olive oil and shake to combine.

Contributed by Simone Shubuck  
<http://www.bonappetit.com>

## Bakery Style Blueberry Scones

Serves 8

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder (yes, TABLEspoon)
- 1/2 teaspoon salt
- 1 tablespoon grated orange zest
- 1/2 cup cold salted butter, cut into very small cubes
- 1 large egg
- 1/2 cup cold heavy cream
- 1 cup blueberries, fresh
- a few tablespoons of additional heavy cream for brushing the tops
- turbinado sugar for sprinkling the tops

Preheat oven to 400°F. Stir flour, sugar, baking powder, salt, and orange zest in the bowl of a stand mixer (or mixing bowl). Add the butter. Mix ingredients with an electric mixer until fine crumbs form.

With the mixer on low speed, add the egg and heavy cream in a slow stream. Mix until a thick, stiff dough forms. Add the blueberries and mix until blueberries are just incorporated into the dough.

Flour your hands. Remove dough from the mixing bowl and place on a floured work surface. Roll into a rectangle, about 1 inch thick. Cut into 8 triangles; pull the triangles apart from each other and brush with heavy cream. Sprinkle with turbinado sugar. Bake for 18-20 minutes or until golden brown and firm to the touch. Sprinkle again with turbinado sugar for extra texture. Enjoy warm; store leftovers in an airtight container for 1-2 days.

**Note:** Parchment paper helps prevent burning. For lighter scones, keep butter as cold as possible throughout mixing. If dough gets warm and soft, put in fridge for a few minutes.

*Pinch of Yum*