

FIELD notes

UCSC Farm

Community Supported Agriculture

Eleventh Harvest: 8/11/15 & 8/14/15

What's in the box?

Salad Mix	Sweet Corn, XTender2171
Carrots, Nelson or Cosmic Purple	Zucchini, mixed varieties
Onions, Bianca di Maggio	Cabbage, Farao
Basil, Sweet Thai	Strawberries, Albion
Tomatoes, dry farmed & heirloom	Potatoes, Yukon Gold

Harvest Forecast* August 18 & 21

Broccoli	Sweet Corn	Onions
Snap Beans	Tomatoes	Zucchini
Redleaf Lettuce		Poblano Peppers

*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

Fifth Annual Farm to Fork Benefit Dinner
Saturday, September 3:00 – 7:00 pm
UCSC Farm & Garden and the
Cowell Ranch Hay Barn

Celebrate the UC Santa Cruz Farm Apprenticeship program at the fifth annual Farm to Fork Benefit Dinner, followed by the opening of the historic Cowell Ranch Hay Barn! Raise a glass and be prepared to offer support for the Apprenticeship program as we enjoy an organic meal prepared by Amy Padilla and Heidi Schlecht of Feel Good Foods. This year, we honor apprenticeship alumnus CheFarmer Matthew Raiford for creating this signature fall fundraising event.

The day begins at 3:00 with a sparkling wine and appetizer reception at the Farm and Garden, followed by tours of the fields. At 4:30, we begin the procession to the Cowell Ranch Haybarn for dinner and silent auction. Tickets are \$150 per person. Register online at farmtofork.ucsc.edu

After dinner, we will throw open the barn doors to the community to celebrate the renovated hay barn with a free barn dance and pie potluck!

Notes from the Field by Julie Farrell, Second Year Field Assistant

This week marks the halfway point of our 2015 market season! The plants seem to sense this juncture, having made some grand transitions in the past few weeks. The dry beans test our punctuality, threatening to forsake their crispy pods at any moment in a grand array of purples, whites, reds, and blacks in every shape and size. The monstrous storage onions and winter squash seem to have grown tired, sighing towards shorter days and cooler months as they—as we say with a technical and beautiful term—senesce. Other crops are more vigorous than ever this time of year. A surfeit of comically and rather unbelievably-sized summer squash has proven excellent fodder for friendly practical jokes on the farm, which also seem to intensify this time of year.

In the apprenticeship schedule, this week also serves as a milestone, marking the end of a brief break for most apprentices and the start of a very important stage known as the “Final 10 (weeks),” hunkering down into independent projects and site-specific routine. In our mechanically cultivated fields, we look forward to new friends on the scene. Apples swell on their boughs, peppers blush and bitter greens yearn to join in the harvest. The comings and goings of each crop provide new layers of complexity in our farm system, and with them new opportunities for growth and understanding in our craft. Like the plants, we too begin to look ahead toward the cooler months and beyond, transforming an early broccoli planting into a verdant field of sorghum sudangrass cover crop. That, in turn, will be judiciously mowed and incorporated ahead of our autumn strawberry planting, ensuring fruit for next year.

As a team, we are setting ambitious goals for seed saving, record keeping, crop-watching and understanding all aspects of our farm systems. We are learning to build trust and efficiency in our labors, with healthy doses of music and laughter as well. We are learning how much corn it takes to prevent cross-pollination, and how healthy our squirrel populations are. Needless to say, we've got a whole lot of learning going on around here. And a whole lot of summer squash.





Panko-Parmesan Crusted Zucchini Fries

- 2 extra large or 3 large zucchini
- 2 C panko breadcrumbs
- 1 C grated Parmesan/Parmesan-Romano cheese
- 1-1/2 tsp. dry Italian seasoning
- 1 tsp garlic salt
- 3 large eggs, beaten
- 1/2 C melted butter

Preheat oven to 450°F and line a large baking sheet with aluminum foil. Fit a baking rack inside of baking pan and spray with cooking spray.

Remove stem from both ends, then cut zucchini into two halves. Slice each piece lengthwise in half again.

Lay on cutting board, flat side down. Cut into 1/4-1/3 inch slices. It's important that the pieces be the same width and length so, the fries will cook evenly.

In a shallow bowl, mix together the panko, Parmesan, Italian seasoning and garlic salt until well blended.

Dip zucchini in egg wash, then into panko Parmesan breadcrumbs. Place side by side on the baking rack leaving equal space between each piece. Drizzle each with the melted butter.

Place into the preheated oven and bake for 16-18 minutes or until golden and crispy.

Allow to cool on the rack/pan for a couple of minutes before removing to a serving plate.

Serve with your favorite dipping sauce.

www.melissassouthernstylekitchen.com

Zucchini and Potato Bake

- 2 medium zucchini, quartered and cut into large pieces
- 4 medium potatoes, peeled and cut into large chunks
- 1 medium red bell pepper, seeded and chopped
- 1 clove garlic, sliced
- 1/2 C dry bread crumbs
- 1/4 C olive oil
- paprika to taste
- salt to taste
- ground black pepper to taste

Preheat oven to 400°F. In a medium baking pan, toss together the zucchini, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt, and pepper.

Bake 1 hour in preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

allrecipes.com

Grilled Corn & Tomato Salad with Thai Basil Vinaigrette Dressing

Thai Basil Vinaigrette Dressing:

- 1/2 C chopped Thai basil leaves
- 1/2 C chopped cilantro leaves
- 1/4 C lime juice
- 1/4 C orange juice
- 1 T honey
- 2 tsp. freshly grated ginger
- 1 tsp. lime zest
- 1/2 tsp. kosher salt
- 1/4 C canola oil
- 1/2 tsp. fresh cracked black pepper

Salad:

- 8 large ears corn
- Kitchen twine
- 1 small or 1/2 large red onion, finely chopped
- 2 C tomatoes, chopped
- 4 to 5 large Thai basil leaves, roughly chopped
- Kosher salt and freshly cracked black pepper

Preheat a grill to medium-high heat. Peel back corn husks, but do not remove them completely. Carefully pick off and discard corn silk threads. Pull husks back over the ears and tie ends closed with kitchen twine. Soak corn in large bowl of cold water for 10 minutes. Drain the water, shake off the excess and put them on the grill for 15 minutes, turning every 3 to 4 minutes until the corn is tender. Remove from the grill and let the ears cool to room temperature.

Vinaigrette: While the corn is cooling, puree all the ingredients, except the canola oil, in a blender or food processor. After the mixture is well incorporated, slowly drizzle in the canola oil while the processor is still running. Blend for 30 seconds, then transfer the dressing to a bowl.



Assembly: Once corn has cooled, cut kernels off the cobs into a medium bowl and discard cobs. Add red onion and tomatoes and mix to combine. Drizzle in 1/2 cup of the Thai Basil Vinaigrette while lightly tossing the salad together. Reserve remaining dressing. Gently stir in the basil leaves. Season salad with salt and pepper to taste, and add more dressing, if desired. Serve slightly chilled on serving plates, using a slotted spoon to keep excess liquids in the bowl.

www.foodnetwork.com
Recipe courtesy of Nate Meyl