

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Third Harvest: 6/16/15 & 6/19/15

What's in the box?

Salad Mix

Choi, *Mei Qing*

Chard, *Bright Lights*

Kale, *Red Ursa*

Baby Beet Greens

Scallions

Cilantro, *Santo*

Kohlrabi, *Kolibri*

Strawberries, *Albion*

Blueberries, *mixed*

Avocado, *Bacon type*

Harvest Forecast* June 23 & 26

Arugula	Butter Lettuce	Spinach
Avocado	Red Beets	Strawberries
Blueberries	Scallions	Thai Basil

*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

Free Docent-Led Tour
Sunday, July 5 – 2 to 3:30 pm
UCSC Farm & Garden

Take a free, guided tour of one of Santa Cruz's most beautiful locations – the 30-acre organic farm at UCSC. Guided tours are offered the first Sunday of the month from 2 - 3:30 pm. Free public parking available. For more information or to schedule a guided group tour, email casfs@ucsc.edu or call 831.459-3240.

Directions: <http://casfs.ucsc.edu/about/directions.html>



Notes from the Field by Yunuel Cruz, First Year Apprentice

It has been two months since our arrival to the Farm and Garden, and crops as well as community, are developing all their diverse strengths and beauty. The weather has been fluctuant this past week, foggy mornings and shining afternoons. Hand weeding, avocado harvesting, strawberry and blueberry picking, tomato planting and pruning, irrigation, propagation, and cart management have been all exciting. We are almost half way through our learning journey, and the time seems to pass more quickly each day.

This week, we were deeply inspired by three amazing projects we visited on our first field trip to the East Bay. And we were able to broaden our horizons about the scope of farming as a transformative resource for developing social justice.

The first stop was at Tennyson High School. Project EAT is led by alumnus apprentice Melissa Morris, who was a 2nd-year in the Farm Garden. She shared with us the challenges of leading an educational program along with managing a garden, and we witnessed the success of the program, through the voice of one of the participants. Jack, who started collaborating in the project when he was in elementary school, now is a youth leader ready to pursue horticulture studies in college. He shared with us how, thanks to this project, he transformed his nutrition habits by eating more fruits and vegetables and was inspired to commit to gardening at a college level.

The second project we visited was Phat Beets Produce, a community urban garden in North Oakland. Phat Beets Produce aims to provide affordable access to fresh produce and connect small farmers to urban communities. We learned about the different challenges urban gardeners have to face, and how community ownership is the key to food democratization.

Finally, we visited the home of a new site of Planting Justice, a grassroots organization with the mission to give access to affordable, nutritious food by empowering urban residents with the skills, knowledge, and resources they need to maximize organic food production, expand job opportunities, and ensure environmental sustainability in the Bay Area. Through the voice of Maya Salcedo, an educator and a graduate from the Food What?! program (which is based at the UCSC Farm), we heard inspiring ideas about how gardening can be a healing process for ex-incarcerated people and saw testament of the effectiveness of the Food What?! Program in youth's lives.

These amazing projects remind us that growing food is not just a matter of developing new skills and farming techniques but a life commitment to create food systems that are more productive, equitable, sustainable, resilient and efficient. We are more aware every day of the inequalities in the food systems all around the globe and we appreciate your commitment as a CSA member to support our development as the next generation of farmers and community builders.



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Swiss Chard Tacos

- 1 large bunch Swiss chard
- 2 tablespoons olive oil
- 1 large red onion
- 3 garlic cloves
- 1/2 teaspoon red pepper flakes
- 1/2 cup chicken or vegetable broth
- 2 cups shredded chicken, leftover or from a purchased rotisserie chicken
- Kosher salt
- Warm tortillas
- 1 cup crumbled queso fresco or feta or goat cheese
- 1/2 cup salsa

Wash chard and pull leaves away from thick stems. Cut chard crosswise into 1/2 inch ribbons. Slice red onion. In a large skillet heat the oil over medium high heat. Add onion and cook, stirring frequently. Cook until beginning to turn golden, but still with a little crunch, about 4 to 5 minutes. Add the garlic and the red pepper flakes, and stir for a few seconds until the fragrance releases. Add the broth and a dash of salt. Add the greens. Reduce the heat to medium low, stir the greens in until they start to wilt, and then cover the pan. When greens have cooked 2 to 3 minutes, remove the lid and stir in the shredded chicken. Cover and let greens cook until almost tender, another 1 to 2 minutes. Uncover the pan; raise the heat to medium high and cook, stirring constantly, until the liquid has all evaporated. Season with salt if needed. Assemble taco: Place chard mixture down center of warmed tortilla. Crumble cheese over the chard and add a few spoonfuls of salsa. Roll soft tacos up, and eat!

Strawberry Chipotle Jam

- 1 quart strawberries, about 1-1/2 lbs. (try to select 1 cup of slightly-unripe berries)
- 1 large juicy lemon, zested and juiced
- 3 cups sugar
- 2-3 chipotle peppers, minced (canned)
- 1/4 teaspoon salt

Chop half of the berries into small pieces and smash the rest of the berries. You should have approximately 3 cups, a little extra is OK. In a saucepan combine the lemon zest, juice, sugar and salt over medium heat. Stir the mixture occasionally, until the sugar dissolves. Add all the berries and minced chipotle peppers to the pan. Bring to a low boil. Simmer for 10 minutes. Then, check the gel consistency by placing a small amount on a frozen surface. Run your fingers through it. If it separates and is not runny, remove the jam from heat. If it is still runny, simmer another 5-10 minutes and check again. The jam could take 10-40 minutes to gel properly. Place the hot jam in sterilized jars. Either seal in a hot water bath (according to proper canning technique) or refrigerate immediately.



Cucumber and Avocado Ceviche

For the dressing

- 1 small shallot, skinned and finely chopped
- 1-1/2 tablespoons fresh lime juice
- 1/2 teaspoon salsa or Tabasco
- 3 tablespoons extra virgin olive oil
- sea salt and freshly ground pepper to taste

For the ceviche

- 1/2 of a (seedless) English cucumber, peeled and diced
- 2 medium tomatoes, seeded and cut in 1/8" cubes
- 1/2 ripe but not-too-soft avocado, pit removed, skinned and cut into small cubes
- Cilantro sprigs as garnish



To make the dressing, place all ingredients except the olive oil in a small bowl and toss. Gradually whisk in the olive oil, beating continuously to create an emulsion. Set aside. Toss a large spoonful of cucumber into a martini glass or shallow bowl. Place a spoonful of tomato cubes on top of the cucumber and a spoonful of avocado cubes on top of that. Drizzle with dressing and toss a bit to coat. Garnish with a sprig of fresh cilantro. Serve immediately.



This week's recipes were submitted by First Year Apprentice, Yunuel Cruz