

## What's in the box?

Endive, *Rhodos*

Spinach, *Tyee*

Kale, *Red Russian*

Beets, *Chioggia*

Fennel, *Perfection*

Scallions, *Parade*

Dill, *Bouquet*

Broccoli, *Gypsy*

Apples, *Mutsu*

Tomatoes, *mix*

Potatoes, *Yellow Finn*

Onions, *Candy*

Winter Squash,

*Butternut*

### Harvest Forecast\* October 6 & 9

Apples

Beets

Carrots

Chard

Padron Pepper

Potatoes

Spinach

Winter

Squash

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

Recipes by Crop PDFs are available online, indexed alphabetically, 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

### Choosing & Using Cover Crops in the Home Garden & Orchard

Saturday, October 3 – 9:30 am to 12 pm

Alan Chadwick Garden

Join Orin Martin of the Alan Chadwick Garden, for a workshop on how to choose and use cover crops to protect and improve your soil.

Cost of the workshop is \$30 general admission (pre-registered) or \$40 (at the door); \$20 for Friends of the Farm & Garden members (pre-registered) or \$30 (at the door); \$15 for UCSC students and limited-income (pre-registered) or \$20 (at the door).

To pre-register, go online to [covercrop15.bpt.me](http://covercrop15.bpt.me) or contact Amy Bolton at 831.459-3240 or [casfs@ucsc.edu](mailto:casfs@ucsc.edu) to arrange to pay by check.



## Notes from the Field by Corrie Spellman, First Year Apprentice

The field can be a place of such peace and tranquility – a place that allows for meditative work and grounding experiences, a place that inspires people to beat their swords into plowshares.

But don't be fooled: the field is also a battleground.

Currently, our arch nemesis is the ground squirrels who mow down rows of buckwheat and baby greens. As a counter move, we go out with shovels and vinegar to close their tunnels in an effort to slow them down. Liz, our fearless leader, loves to imagine the worlds they live in underground. I live for her narration: how little squirrel Johnny is told to stop setting the table and to instead go dig out the front door that the farmers have annoyingly knocked in again. How they sit back and watch us from the condominiums they have built up on the hillside overlooking the field as we endlessly try to deter them.

This morning we gathered around the dino kale inspecting the crop for insects and identifying who did what damage (the bagrada beetle is the culprit for the starburst pattern, cabbage looper for those holes). Liz marveled at the community agreements the insects must come up with all living within such close quarters (see what I mean?). As we continued on our walk, we came across a scene that made us collectively gasp. Something or someone had seemingly been endowed with super powers by the supermoon and torn our orderly rows of crops into a demolition site. Plants were stomped, chewed, and ripped out of the ground, the drip tape and row covers were mangled. We looked at the tracks left and inconclusively wondered if this attack was made by coyotes, dogs, bobcats, or ground squirrels. It was the most aggressive attack we have seen this season. I am saddened to say that the Mei Qing Choi that was slated to go in your share this week fell victim to the night's intruders.

It's a wild world out there. If you see the bagradas' starburst in your kale or the flea beetle's buckshot pattern in the arugula, be reminded of the intricate hidden worlds that exist all around us. It can be maddening to work so hard just to have your harvest destroyed, but I can't help but be in awe of the complexity and ingenuity of the small and smaller societies that surround us. There is so much to learn it's staggering.





## Butternut Squash and Black Bean Chili

Serves 6-8

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|---|--|
| 1-1/4 C water, for water saute  | 3-4 fresh tomatoes, diced or 2 cans (15 oz) fire roasted tomatoes plus juice |
| 1 butternut squash (about 3-4 C), peeled, seeded and diced                          | 2 C water or broth   |
| 1 medium red onion or 2 large shallots, diced                                       | himalayan salt, to taste   |
| 2 red bell peppers, cored, seeded and diced   | <b>Garnish options:</b>  |
| 3 large cloves garlic, minced   | avocado  |
| 2 T chili powder  | tortilla strips  |
| 1 tsp. chipotle powder, or to taste   | cilantro   |
| 1 tsp. cumin  | diced onions   |
| 1/4-1/2 tsp. cinnamon (start small)   |  |
| 1/2 tsp. cocoa powder, optional   |  |
| 3 cans (15 oz) black beans, drained and rinsed, or 4-5 cups home cooked black beans |  |

In large stock pot over medium high heat, heat water and saute the butternut squash, onion, bell peppers and garlic until onions are soft and translucent, about 5-7 minutes. Add spices, beans, tomatoes and vegetable broth, bring to a boil, reduce heat, cover and simmer for about 1 hour, stirring occasionally and tasting for flavor along the way. Will be done when the butternut squash is tender.

Serve with garnish of choice and freshly warmed corn tortillas.

**Note:** You can sub diced sweet potato in place of the butternut squash. Would be delicious too!

[www.simple-veganista.co](http://www.simple-veganista.co)

## Artusi's Butternut Squash Pie (Torta di Zucca Gialla)

- 2 pounds (1 kilogram) butternut squash or pumpkin
- 1 pint (500 milliliters) milk
- 3 eggs, beaten
- 3-1/2 ounces (100 grams) soft brown muscovado sugar
- 2 T (30 grams) melted butter, plus extra for greasing
- 3-1/2 ounces (100 grams) almond meal
- 2 tsp. ground cinnamon
- pinches salt
- handfuls sliced almonds
- Powdered sugar, for decoration

Preheat oven to 350°F. Remove the seeds and skin of the squash/pumpkin and chop into inch-sized cubes. Place in a saucepan with the milk. Simmer about 25 to 30 minutes or until soft. Drain and leave squash/pumpkin in a colander or sieve to drain and evaporate as much as possible until cool (Artusi instructs to drain until you have one third of the original weight of the squash). Then transfer to a bowl and mash or purée the squash/pumpkin.

In a separate bowl, beat eggs together with sugar, butter, almond meal, cinnamon and pinch of salt. Stir through the cooled squash/pumpkin to combine well.

Pour mixture into a greased 9-inch pie dish. Smooth over the top to sprinkle with the sliced almonds.

Bake at 350° F for 45 minutes or until golden on top and set. The sides will shrink away slightly. When cool, dust generously with powdered sugar and serve.

*Submitted by Emiko via <http://food52.com/>*

## Marie-Hélène's Apple Cake

- |   |  |
|---|--|
| 3/4 C all-purpose flour                         | 3/4 C sugar                                |
| 3/4 tsp. baking powder                          | 3 T dark rum                               |
| Pinch of salt                                   | 1/2 tsp. pure vanilla extract              |
| 4 large apples (use different kinds if you can) | 1 stick unsalted butter, melted and cooled |
| 2 large eggs                                    |  |

Center rack in the oven and preheat the oven to 350°F. Generously butter an 8-inch springform pan and put it on a baking sheet lined with a silicone baking mat or parchment paper.

Whisk flour, baking powder, and salt together in small bowl. Peel apples, cut them in half and remove cores. Cut the apples into 1- to 2-inch chunks.

In a medium bowl, beat eggs with a whisk until foamy. Pour in sugar and whisk for a minute to blend. Whisk in rum and

vanilla. Whisk in half the flour and add half the melted butter, followed by the rest of the flour and the remaining butter, mixing gently after each addition so that you have a smooth, rather thick batter. Use a rubber spatula to fold in the apples, turning fruit so it's coated with batter. Scrape mix into the pan and spread with the spatula so that it's evenish.

Bake for 50-60 minutes, or until the top of the cake is golden brown and a knife inserted deep into the center comes out clean; the cake may pull away from the sides of the pan. Transfer to a cooling rack and let rest for 5 minutes.

Run a blunt knife around edges of cake and remove the sides of the springform pan. Allow cake to cool until it is at room temperature. Carefully remove the bottom of the pan and turn the cake over onto a serving dish.

Served warm or at room temperature, with or without a little softly whipped, barely sweetened heavy cream or a spoonful of ice cream.

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