

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Nineteenth Harvest: 10/6/15 & 10/9/15

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## Easy Sautéed Spinach

*Serves 4*

- 2 large bunches of spinach, about 1 lb
- Olive oil, extra virgin
- 3 cloves garlic, sliced
- Salt to taste

Cut off thick stems of spinach and discard. Clean spinach by filling up sink/bowl with water and soaking spinach to loosen any sand or dirt. Drain then repeat soaking and draining. Remove any excess moisture.

Heat 2 T olive oil in a large skillet on medium high heat. Add garlic and sauté for about 1 minute, until garlic is just beginning to brown.

Add spinach to pan, packing it down a bit if necessary. Use a couple spatulas to lift spinach and turn over in pan to coat with the olive oil and garlic. Cover pan and cook for 1 minute. Uncover and turn the spinach over again. Cover and cook for an additional minute until spinach is wilted.

Remove from heat. Drain excess moisture from pan. Add more olive oil, sprinkle with salt to taste. Serve immediately.

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

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Seventh Harvest: 7/14/15 & 7/17/15

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## Bacon, Cheese & Spinach Strata

- 1 (10-ounce) package of bacon, diced\*
- 6 large eggs
- 1-1/4 C whole milk
- 1/2 tsp. table salt
- 1/2 tsp. black pepper
- Approx. 7 C lightly packed sourdough, cut in to 1-inch square cubes
- 2 C grated cheddar cheese
- 5-6 oz. fresh spinach
- Flat leaf Italian parsley, finely chopped for garnish (optional)

In a medium non-stick pan, cook all but 2 T of bacon over medium high heat (add olive oil if not using a non-stick pan), until brown and crispy. Remove bacon from pan and set aside on a napkin covered plate to absorb grease.

In large non-stick pan, heat 2-3 T olive oil and add spinach, shaking pan and stirring until completely wilted. Set aside.

Whisk eggs, milk, salt and pepper together in a large bowl. In a large 10" casserole dish add layer of bread along the bottom. Pack bread down to tightly compress. Add layer of spinach, bacon and half of cheese. Add second layer of bread, pack it down and evenly pour over egg mixture. Add remaining cheese and compress again (make sure bread soaks up the egg mixture). Set aside for 30 minutes.

Preheat oven to 350°F. After 30 minutes, sprinkle strata with remaining 2 T of uncooked bacon. Cover with foil and bake for 20 minutes. Remove foil and bake for additional 10 minutes or until golden on top and bacon is cooked. Garnish with fresh parsley.

\*Note: To make bacon easier to dice, place on a plate in freezer for 30 minutes.

<http://stiersaesthetic.com/>

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Twentieth Harvest: 10/14/14 & 10/17/14

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## Spinach and Potato Frittata

2 tablespoons olive oil  
6 small red potatoes, sliced  
1 cup torn fresh spinach  
2 tablespoons sliced green onions  
1 teaspoon crushed garlic  
salt and pepper to taste  
6 eggs  
1/3 cup milk  
1/2 cup shredded Cheddar cheese

Serves 6

Heat olive oil in a medium skillet over medium heat. Place potatoes in the skillet, cover, and cook about 10 minutes, until tender but firm. Mix in spinach, green onions, and garlic. Season with salt and pepper. Continue cooking 1 to 2 minutes, until spinach is wilted.

In a medium bowl, beat together eggs and milk. Pour into the skillet over the vegetables. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook 5 to 7 minutes, or until eggs are firm.

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

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Ninth Harvest: 7/29/14 & 8/1/14

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## Garlicky Spinach Impossible Pie *Serves 2-3*

- 2 tablespoons oil, divided
- 2 tablespoons breadcrumbs
- 1 large onion
- 3-4 garlic cloves, smashed and minced
- 1 small bunch spinach, lightly steamed and squeezed to remove all the liquid
- pinch of nutmeg
- 1/2 cup all-purpose flour or whole wheat flour
- 3/4 tsp baking powder
- 1 tablespoons butter
- 2 eggs, well beaten
- 1 cup milk
- 1/2 teaspoon salt or to taste
- Fresh ground pepper
- 1/2 cup grated Cheddar cheese
- 1/4 cup crumbled paneer

Preheat oven to 350°F. Grease bottom and sides of a 6-7" pie or baking dish with a tablespoon of the oil and sprinkle the breadcrumbs all over. Set aside.

Heat the olive oil in a frying pan and add the onion. Cook on low heat until soft. Add garlic and continue to cook for 2 minutes. Stir in spinach. Use a fork to fluff the spinach and separate the strands if they are clumped together. Season with salt, pepper and freshly grated nutmeg. Set aside to cool.

In a blender or food processor place flour, baking powder and butter. Run blender for a few seconds to mix the butter in. Add eggs, milk, salt and pepper, and blend until smooth.

Transfer cooled spinach mixture to the prepared pie dish and spread it out. Sprinkle cheese and paneer evenly all over. Pour the egg mixture all over the spinach.

Bake for about 35-40 minutes or until puffy, lightly brown and set. Cool for about 10 minutes before slicing to ensure neater slices.

**Note:** This pie is made from a single batter that separates into a top, bottom and filling layer while baking. The overall texture is like that of a crust-less quiche. Tastes best when served fresh and warm.

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Fifth Harvest: 7/1/14 & 7/3/14

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## A Good Spinach Recipe

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

Serves 6

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*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Seventh Harvest: 7/16/13 & 7/19/13

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## Shrimp Risotto with Baby Spinach and Basil *Serves 6*

- 1 pound uncooked large shrimp, peeled, deveined
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 1/2 cups chopped onion
- 2 large garlic cloves, minced
- 4-1/2 to 5-1/2 cups chicken broth\*
- 1-1/2 cups arborio rice or medium-grain white rice (about 9-1/2 ounces)
- 1 cup dry white wine
- 3/4 cup baby spinach leaves
- 1/2 cup freshly grated pecorino romano cheese
- 1/4 cup chopped fresh basil
- lemon squeeze and zest to taste

Heat the butter and oil in a heavy bottomed pan over medium heat until butter stops foaming and starts to turn a light brown. Add shrimp and 1/2 cup wine, and give it a toss, saute for 5 minutes until firm. Transfer shrimp to small bowl; cover with foil to keep warm.

Heat oil in heavy large saucepan over medium heat.

Add chopped onion and sauté until tender, about 5 minutes Add minced garlic and stir 1 minute. Add rice and stir until edge of rice is translucent but center is still opaque, about 2 minutes Add 1/2 cup wine and cook until absorbed, stirring occasionally, about 2 minutes. Add 3/4 cup broth. Simmer until almost all broth is absorbed, stirring often, about 2 minutes. Continue to add broth, 3/4 cup at a time, until rice is just tender and mixture is creamy, stirring often and allowing broth to be absorbed after each addition, about 25 minutes total. During last 5 minutes, add spinach in 4 batches, stirring and allowing spinach to wilt after each addition. Mix in shrimp, 1/2 cup cheese, and basil. Season risotto to taste with salt and pepper. Squeeze lemon juice and add zest, to taste. Spoon risotto into shallow bowls and serve with cheese.

**Note:** \*Substitute broth with 1 part shrimp stock: 1 part clam juice: 1 part chicken stock. Add mushrooms to onion/garlic mixture.

*Adapted from Bon Appétit | March 2003*

## Mama Voula's Spanakopita

Serves 12

- 3 T extra-virgin olive oil, preferably Greek, plus more for brushing
- 6 leeks, white and light green parts, chopped and well rinsed
- 4 garlic cloves, minced
- 2-1/2 pounds fresh baby spinach, rinsed and dried
- 1/2 tsp. freshly ground black pepper
- 2 cups crumbled firm feta cheese, preferably Greek
- 1/2 cup finely chopped fresh dill
- 1/2 cup finely chopped fresh mint
- 3 large eggs, lightly beaten
- 2 frozen country-style filo sheets or puff pastry sheets  
(see *Ingredient Note*), thawed but kept chilled

Preheat the oven to 350°F. Place a large skillet over medium-high heat and coat with the 3 T of oil. When the oil is hazy, add the leeks and garlic; cook and stir until fragrant and very soft, about 4 minutes. Add the spinach in handfuls, folding the leaves under with a spoon as you add each batch. Let the spinach wilt and cook down before adding more. Once all the spinach is in the pan, season with the pepper.

Remove from the heat and transfer the spinach mixture to a colander over the sink. Using the back of a spoon, gently

press out excess liquid. Set aside to cool; the filling needs to cool down a bit to prevent the dough from becoming soggy. Once the mixture is cool, add the feta, dill, mint, and eggs. Fold the ingredients together until well combined.

Brush the bottom and sides of a 9 x 13-inch baking dish with oil. Working with 1 sheet at a time, lay the dough on a lightly floured surface and roll it out slightly to fit the pan. Line the bottom of the dish with the first piece of dough, pressing into the corners. Trim off any excess with a paring knife. Spread the spinach filling evenly over the dough. Cover with the second sheet of dough, trimming around the edges of the dish. Brush the top with oil.

Bake until the top is puffed and golden brown, about 30 to 35 minutes. Let stand for 10 minutes before cutting into squares. Serve warm or at room temperature.

*Ingredient Note:* Mama Voula makes her spinach pie as it is served in her native village of Kalamata, with a slightly thicker filo instead of the typical tissue-thin sheets. Sold as "country-style filo" (horiatiko in Greek), the sheets are thicker and more elastic than the thin and fragile filo. If country-style filo is not available, substitute with puff pastry.

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
First Harvest: 6/4/13 & 6/7/13

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## Greens and Bulgur Gratin

Serves 4

- 1/2 cup coarse bulgur
- 2 pounds assorted greens such as kale, spinach, chard or collards
- 6 large garlic cloves, minced fresh
- 3 tablespoons olive oil
- 1/4 cup freshly grated Parmesan (about 1 ounce)
- 6 ounces chilled whole milk or part-skim mozzarella, grated coarse
- 1/2 cup fine fresh bread crumbs
- 1 tablespoon olive oil

Preheat oven to 400°F and lightly oil 1-1/2 quart gratin dish or other shallow baking dish. In a heat-proof bowl pour enough boiling water over bulgur to cover by one inch. Cover bowl and let stand 20 minutes. Drain bulgur in a sieve, pressing out excess liquid. Set aside in a bowl.

Keeping each variety of greens separate, tear greens into bite-size pieces, discarding stems. Wash greens and transfer to a colander to drain. Steam coarser greens (kale

or collards) until wilted, about 4 minutes. Add delicate greens (spinach or chard) to coarse greens and steam, covered, stirring occasionally, until just wilted – another 3 to 4 minutes. Drain greens in colander, pressing out excess liquid.

Cook garlic in oil over moderate heat, stirring, until softened but not golden. Stir in greens and bulgur and season generously with salt and pepper. Stir in Parmesan and remove skillet from heat. Spread half of greens mixture in dish and sprinkle evenly with mozzarella. Spread remaining greens mixture over mozzarella and smooth. Gratin may be prepared up to this point 8 hours ahead and chilled, covered. In a small bowl with a fork stir together bread crumbs and oil until crumbs are evenly moistened.

Sprinkle topping over greens mixture and bake in middle of oven for 30 minutes, or until bubbling and top is lightly browned.

*Adapted from Gourmet, September 1995*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
First Harvest: 6/4/13 & 6/7/13

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## Spinach with Currants and Pine Nuts

*Serves 4*

- 3 tablespoons olive oil
- 1 tablespoon minced shallot
- 2 pounds spinach
- Kosher salt and freshly ground pepper, to taste
- 1/4 cup currants
- 1/4 cup pine nuts, toasted

In a sauté pan over medium-high heat, warm one tablespoon of the olive oil. Add the shallot and cook, stirring, until fragrant, 5 to 10 seconds. Add one tablespoon of the olive oil and half of the spinach, and season with salt and pepper. Cook, stirring, until the spinach is wilted, 3 to 4 minutes. Transfer to a bowl. Add the remaining olive oil to the pan and cook the remaining spinach.

Return all of the spinach to the pan and stir in the currants and pine nuts. Serve immediately.

*Williams-Sonoma Kitchen*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Fourth Harvest: 6/26/12 & 6/29/12

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## Saag Paneer

1-1/2 pounds fresh (baby) spinach, well washed and dried  
2 tablespoons ghee, clarified butter, or unsalted butter  
8-12 oz paneer cheese, cut into 1/2-inch cubes  
2 medium onions, finely chopped  
scant 1/2 teaspoon fine grain sea salt  
3 medium garlic cloves, finely chopped  
1 tablespoon grated fresh ginger  
1 tablespoon spice mixture\* (see below)  
1/4 teaspoon turmeric  
1 cup buttermilk  
splash of cream or dollop of plain yogurt (optional)  
fresh lemon to finish, and toasted sesame seeds to sprinkle

Chop the spinach well, and set aside in a large bowl.

While chopping the spinach, cook the paneer in one tablespoon of the butter over medium heat in a large skillet. Make sure the paneer is in a single layer and use a spatula to flip it regularly so all sides get deeply brown (takes 7 minutes or so). Remove from pan and set aside.

Heat the other tablespoon of butter in your largest soup pot. Add the onions and salt, and saute until the onions soften, five minutes or so. Add the garlic, ginger, spice mixture, and

turmeric. Cook, stirring frequently, until fragrant and nicely combined (a minute or two).

Turn the heat up to medium-high and add the spinach to the pan all at once, if possible. Cook, stirring all the while, until the spinach is collapsed and wilted, a couple of minutes. If you need to add the spinach in batches (adding more spinach as it collapses), that is fine too, just do it as quickly as possible.

Stir in the buttermilk and cream and heat gently while stirring. If the mixture seems dry, add more buttermilk a splash at a time (this rarely happens to me). Taste and add more salt if necessary and more red pepper flakes if you like. Add a generous squeeze of fresh lemon juice, stir in the paneer, sprinkle with sesame seeds and serve.

**\*Spice Mixture:** Use a mortar and pestle or spice grinder to grind the following spices as finely as possible: 2 tablespoons cumin seed, 1 tablespoons coriander seed, 2 teaspoons mustard seed, 1 teaspoon red pepper flakes, 1/8 teaspoon cardamom seeds, 3 whole cloves. Store in an airtight container and use as needed.

Source: [www.101cookbooks.com](http://www.101cookbooks.com)

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Twenty-First Harvest: 10/25/11 & 10/28/11

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## Wilted Spinach Salad with Roasted Peppers

2 red peppers, roasted, peeled and sliced into long strips  
6 tablespoons extra virgin olive oil  
salt and pepper  
1/4 medium-sized red onion, thinly sliced  
8 to 12 thin baguette slices for croutons  
About 12 cups of spinach  
2 handfuls of escarole leaves  
3 tablespoons balsamic vinegar  
1 garlic clove, finely chopped  
10 Nicoise olives, pitted  
1 ounce Parmesan cheese, grated (about 1/3 cup)

Toss the roasted pepper strips with a little olive oil and a few pinches of salt and pepper to marinate. Cover the onion slices with cold water to leach out the strong flavor.

Place baguette slices on baking sheet, and brush lightly with 1-1/2 tablespoons olive oil, toast at 375° till lightly browned, about 8 minutes.

Wash and spin dry the greens.

Drain the onions. In a large bowl, combine the vinegar, garlic, 1/4 teasp. salt, and a few pinches of pepper. Toss the greens, onions, peppers, and olives. Include the roasting juice from the peppers (it is sweet). Heat the remaining 1/4 cup olive oil in a small skillet until it is very hot, just below the point of smoking. Immediately pour it over the salad, and toss with tongs to coat the leaves, sprinkling in the Parmesan as you toss. Add the croutons and serve immediately.

*Adapted from "Fields of Greens" by Annie Sommerville*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Twelfth Harvest: 8/23/11 & 8/26/11

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## **Spinach Apple Salad** *Serves 4*

2 tablespoons cider vinegar  
2 tablespoons vegetable oil\*  
1/4 teaspoon salt  
1/4 teaspoon sugar  
1 cup diced, unpeeled apples  
1/4 cup chopped sweet onion  
1/4 cup raisins  
2 cups torn fresh spinach  
2 cups torn romaine

In a small bowl, combine vinegar, oil, salt and sugar; mix well. Add apple, onion and raisins; toss lightly to coat. Cover and let stand for 10 minutes. Just before serving, combine spinach and romaine in a large salad bowl; add dressing and toss.

\*Some cooks use light olive oil or grapeseed oil. **TIP:** Substitute raisins with grapes. Add crumbled bleu cheese and sliced almonds.

*Source: Allrecipes.com*