

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eleventh Harvest: 8/11/15 & 8/14/15

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

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eleventh Harvest: 8/11/15 & 8/14/15

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

Zucchini Latkes with Parmesan, Pine Nuts & Basil

Makes about 24 latkes

- 1-1/2 pounds zucchini, trimmed and shredded on the shredding disk of a food processor (6 cups shredded)
- 4-1/2 C chopped onion (from approximately 5 medium onions)
- 1 pound russet potatoes, peeled, trimmed, and shredded on the shredding disk of a food processor (3 cups shredded)
- 3/4 cup loosely packed grated Parmesan cheese
- 3 T finely chopped basil leaves
- 1 T freshly grated lemon zest from 1 lemon
- 3 T pine nuts
- 1 T kosher salt
- 1 T freshly ground black pepper
- 3 large eggs
- 3/4 C matzo meal, plus more as needed
- Canola or peanut oil, for frying
- Applesauce and sour cream, for serving

Working in roughly 2-C batches, wrap zucchini, potatoes, and onions in cheesecloth that has been folded over twice. Tie corners around the handle of a wooden spoon and twist bundle until liquid flows out and vegetables are dry. Add squeezed vegetables to a large mixing bowl and toss to combine thoroughly.

Add Parmesan, basil, lemon zest, and pine nuts, stirring to combine. Mix in eggs and matzo meal (patties should just stick together in your hands; if it is too wet, add more matzo meal 1 T at a time, until patties can be properly formed). Stir in salt and pepper.

Heat 1/2-in. of oil in a cast iron skillet over medium-high heat until a shred of potato immediately bubbles. Form a small amount of latke mixture into a disk and fry on both sides until golden brown to test for seasoning. Add more salt and pepper if needed.

Form patties about 3 in. wide and 1 in. thick in center and slide into pan, cooking no more than 4 at a time. Fry until a golden brown crust forms on bottom, then flip using a slotted spatula and fork and fry until golden brown on other side and cooked through, approx. 3 minutes per side. If a darker crust is desired, continue cooking on each side to desired doneness.

Transfer to baking sheet lined with paper towels and let cool for 2 mins., then serve with applesauce and sour cream.

www.seriousseats.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/7/15 & 7/10/15

Vegetable Tian

Olive oil

2 large yellow onions, cut in half and sliced

2 garlic cloves, minced

1 pound medium round potatoes, unpeeled

$\frac{3}{4}$ pound zucchini

1 $\frac{1}{4}$ pounds medium tomatoes

1 teaspoon kosher salt

$\frac{1}{2}$ teaspoon freshly ground black pepper

1 tablespoon fresh thyme leaves, plus extra sprigs

2 ounces Gruyere cheese, grated

Preheat oven to 375°F. Brush a 9x13 baking dish with olive oil. In a medium sauté pan, heat 2 tablespoons of olive oil and cook onions on medium-low for 8-10 mins., until translucent. Add garlic and cook for another minute. Spread onion mixture on bottom of the baking dish.

Slice potatoes, zucchini, and tomatoes in 1/4-inch thick slices. Layer alternately in the dish on top of onions, fitting them tightly, making only 1 layer. Sprinkle with salt, pepper, thyme leaves, and thyme sprigs and drizzle with 1 tablespoon of olive oil. Cover dish with aluminum foil and bake for 35-40 mins., until potatoes are tender. Uncover dish, remove thyme sprigs, sprinkle cheese on top, and bake for another 30 mins. until lightly browned. Serve warm.

<http://theonlylivingboyfromnewport.com>

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/7/15 & 7/10/15

Potato Vegetable Salad

- 1 lb. new potatoes
- 1 cup shelled fresh peas
- 1 summer zucchini, thinly sliced into coins
- 1/4 cup chopped chives
- 2 green onion, chopped, white and green parts
- Salt and pepper
- 1/3 cup mayonnaise
- 1 tablespoon grainy dijon mustard

Scrub the potatoes with a vegetable brush to remove the loose thin skin.

Steam the potatoes over boiling water until cooked through. Let cool, then cut the potatoes into equal size chunks and place in a bowl.

Combine mayonnaise and mustard, then add to the potatoes and mix gently. Add peas, zucchini, chives and green onion and mix. Refrigerate until serving.

<http://oliveoilandlemons.com>

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Twelfth Harvest: 8/26/14 & 8/29/14

Zucchini Agrodolce

3 tablespoons white wine vinegar
2 tablespoons runny honey
2 small garlic cloves, minced
1/4 teaspoon fine grain sea salt, plus more to taste
3 tablespoons extra-virgin olive oil
1 small red onion, finely sliced, soaked in ice water
1 pound zucchini, julienned*
1 cup / 4 ounces toasted walnuts, roughly chopped
2/3 cup / 1 ounce toasted coconut flakes
3 dates, pitted and chopped
to serve: micro greens or chopped herb

Combine the vinegar, honey, garlic, and sea salt in a small saucepan over medium heat. Stir constantly until it

comes together, remove from heat, and let cool for a few minutes. Whisk in the olive oil.

Drain the onions and pat dry. In a large bowl, combine the zucchini and onion together, pour over the vinegar mixture, toss well, then taste and add more salt to taste. Set aside for a few minutes. Alternately, you can move it to the refrigerator until you're ready to serve.

Before serving, toss the zucchini mixture with the walnuts, coconut flakes, and dates, then finish with a generous sprinkling of herbs or micro greens.

*Note: Julienned summer squash can be a bit time intensive. You can use very thin coin-shaped slices instead.

www.101cookbooks.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Seventh Harvest: 7/15/14 & 7/18/14

Shaved Fennel Salad with Zucchini & Dill

1 medium-large zucchini, sliced into paper thin coins
2 small fennel bulbs, trimmed and shaved paper-thin
2/3 cup loosely chopped fresh dill
1/3 cup fresh lemon juice, plus more if needed
1/3 cup extra virgin olive oil, plus more if needed
fine grain sea salt
4 or 5 generous handfuls arugula
honey, if needed
1/2 cup pine nuts, toasted (can use almonds)
1/3 cup feta cheese, crumbled

Combine zucchini, fennel and dill in a bowl and toss with the lemon juice, olive oil and 1/4 teaspoon salt. Set aside and marinate for 20 minutes, or up to an hour.

When you are ready to serve, put the arugula in a large bowl. Scoop all of the zucchini and fennel onto the arugula, and pour on most of the lemon juice dressing. Toss gently but thoroughly. Taste and adjust with more dressing, olive oil, lemon juice, or salt. If lemon flavor is too tart, adjust with honey, if desired. Serve with pine nuts and feta.

www.101cookbooks.com

Poached Eggs and Quick Heirloom Cherry Tomato Basil Sauce

1-1/2 pints heirloom or regular cherry tomatoes
1/3 cup oil packed sun-dried tomatoes
1 cup fresh basil, chopped, plus more for serving
1 clove garlic, minced or grated (optional)
1 lemon, juiced
pinch of crushed red pepper flakes
4 medium size zucchini*
1/4-1/2 pound spaghetti/angel hair pasta (or more zucchini)
1/3 cup kalamata olives, minced
4 tablespoons olive oil
salt and pepper, to taste
4 poached eggs
4 ounces freshly grated parmesan cheese
2 tablespoons toasted pine nuts

Bring a large pot of salted water to a boil.
Finely chop/mince 1 pint of cherry tomatoes and add

them to a bowl. To the bowl add the sun-dried tomatoes (do not drain all the oil), basil, garlic, lemon juice and crushed red pepper flakes. Season with salt and pepper to your liking. Set aside and allow to sit at least 10 minutes.

Boil pasta according to package directions. Drain.

Using a spiralizer, spiralize the zucchini and add it to large bowl (or cut into matchsticks). Toss in the hot pasta and allow it to slightly cook the zucchini “noodles” or sticks. Add kalamata olives, olive oil and a pinch of salt and pepper. Toss well.

Divide the pasta among 4 plates or bowls. Top each portion with tomato sauce and 1 poached egg. Sprinkle with parmesan and toasted pine nuts. Break the poach egg and toss the pasta allowing it to create a sauce. Add more parmesan and basil and serve.

Note: The pasta can be eaten warm or cold, but seems best if the pasta is warm as it helps egg create a sauce.

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fourteenth Harvest: 9/3/13 & 9/6/13

Apple Zucchini Crostini

Makes 3 dozen

5-7 slices whole grain bread, very thinly sliced
3 ounces goat cheese or chevre, crumbled
tiny splash of milk or cream
splash of extra virgin olive oil
two big pinches of salt
1/4 cup apple, cut into 1/4 inch dice
3/4 cup zucchini, cut into 1/4-inch dice
1-1/2 teaspoons lemon juice, freshly squeezed
a bit of freshly ground black pepper

Preheat oven to 350°. Cut bread into bite-sized pieces, brush with olive oil and sprinkle with a bit of salt. Arrange in a single layer on a baking sheet and bake until golden, about 14 minutes, flipping once. Remove and let cool.

Whisk the goat cheese in a small bowl with enough milk to make it fluffy, light, and easily dollop-able. Spoon

into a piping bag, or a small plastic bag with a bit of the corner cut off, and set aside in a cool place.

Zucchini-apple prep: Heat a bit of olive oil in a skillet over medium-high. Stir in salt and apples. Saute for about 15 seconds and then stir in the zucchini. Cook for another 15-20 seconds. You only want to heat and soften things up, not turn everything to mush. Quickly remove from the heat and stir in the lemon juice and a tiny drizzle of extra virgin olive oil. Toss and taste, add more salt if needed. Transfer zucchini mixture to a large plate to cool a bit.

Assemble: Take one piece of the toasted bread and spoon a small amount of the zucchini mixture on top of it. Squeeze a little bit of the goat cheese on top of that and a few flecks of black pepper. Repeat and arrange on your favorite serving platter.

101cookbooks.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eleventh Harvest: 8/13/13 & 8/16/13

Curried Squash Soup with Frizzled Leeks

For soup: white and pale green parts of 1 lb. leeks (about 4 medium), chopped
1 medium onion chopped
2 T unsalted butter
1-1/2 teasp. curry powder
3-1/2 lbs. butternut squash, peeled, seeded, and cut into 1-inch pieces (about 8 C)
1 medium carrot chopped
4 C chicken broth
4 C water

For frizzled leeks: white and pale green parts of 1/2 lb. leeks (about 2 medium), cut cross-wise into 2-in. pieces
vegetable oil for deep-frying

Make soup: Wash leeks in large bowl of water and drain in a colander. In a heavy kettle, cook onion in butter over moderately low heat, stirring until soft. Add leeks and salt to taste and cook, stirring, until soft. Add curry powder and cook, stirring, 1 minute. Add

remaining soup ingredients and simmer, covered, 30 minutes, or until vegetables are soft.

Cool soup slightly and in a blender or food processor purée in batches, transferring as puréed to a bowl. Season soup with salt and pepper.

Make frizzled leeks: Cut leeks lengthwise into thin strips. Wash leeks in water and drain in a colander. Dry leeks very well between layers of paper towels.

In a saucepan at least 3-1/2 in. deep heat 1 inch oil to 375°F on a deep-fat thermometer. Working in very small batches fry leeks (oil will bubble up quite high) until golden, about 10 to 15 seconds, transferring with a slotted spoon to paper towels to drain. Season frizzled leeks with salt. Leeks may be fried 1 day ahead and kept in an airtight container at room temperature. Serve soup topped with frizzled leeks.

Gourmet | November 1995

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Ninth Harvest: 7/30/13 & 8/2/13

Creamy Zucchini or Summer Squash Ricotta Spread

- 1 teaspoon extra-virgin olive oil
- 1 medium zucchini or summer squash, grated on the large holes of a box grater
- 1 garlic clove, minced
- 1/2 teaspoon fresh thyme leaves
- Coarse salt and ground pepper
- 1/2 cup ricotta
- 1 tablespoon lemon zest
- 2 teaspoon lemon juice

In a medium nonstick skillet, heat olive oil over medium-high. Add zucchini, garlic, and thyme; season with salt and pepper. Cook, stirring occasionally, until zucchini is tender and golden brown in spots, about 5 minutes. Transfer to a medium bowl and let cool to room temperature (or refrigerate, up to overnight; bring to room temperature before continuing). Add ricotta, lemon zest, and lemon juice, and stir to combine. Season with salt and pepper.

www.marthastewart.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Ninth Harvest: 7/30/13 & 8/2/13

Squash and Onions with Brown Sugar

- 1 large yellow squash (or 2 medium)
- 2 small onions (or one medium)
- 2 tablespoons unsalted butter
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1-1/2 tablespoons brown sugar

Slice the squash into 1/2-inch rounds, cutting large ones in half. You should end up with roughly 2 cups of cut squash. Cut the onions into similar-sized slices.

Add the butter to a wide sauce pan that has a lid and heat over medium heat. When the butter has melted, add

the onions and cook until soft, about 4-5 minutes. Add squash, salt, pepper, and brown sugar. Stir, then cover and cook for about 20 minutes, until squash is very soft.

Remove the cover and continue to cook for about 8 minutes, just to give the juices a chance to evaporate slightly. There will be some liquid in the pan, but it should be thicker than water, almost like a glaze.

Season with more salt and pepper, if needed, and serve immediately.

www.thekitchn.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eighth Harvest: 7/23/13 & 7/26/13

Veggies with Thai Basil

Serves 4

2 medium zucchini
1-2 carrots, slivered
1 peeled kohlrabi, cut into 1/2 inch chunks
1 cup sliced mushrooms
1 cup tofu, chicken, or beef, cut in bite-size pieces
1/2 cup fresh Thai basil leaves
Cilantro for garnish, optional
2 tablespoons soy sauce
2 tablespoons fish sauce
Juice from 1/2 lime
1/2 tablespoon fresh ginger, minced
1/2 tablespoon fresh garlic, minced
1-1/2 to 2 teaspoons chili paste (ideally sambal olek)
2 teaspoons sugar
1 teaspoon cornstarch or tapioca starch (optional)
Vegetable oil
Cooked rice, rice noodles, or wheat pasta for 4 servings

In a small bowl, combine the ginger, garlic, soy and fish sauce, sugar, lime juice and chili paste. Set aside. For a thicker sauce, add corn or tapioca starch.

In a wok or frying pan, heat oil and sauté the summer squash or zucchini, kohlrabi, and carrots on medium-high for about 3 minutes. Add the sauce to the pan and mix well. Cook an additional 5 minutes or so, until the veggies are tender-crisp. Remove from heat, mix in the Thai basil and cilantro, and serve over hot rice or noodles.

Submitted by Rachael Richardson

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/9/13 & 7/12/13

Zucchini Cake

Originally a carrot cake, a family friend shared this recipe with my mother in 1940. It was my birthday cake into my adulthood. Zucchini makes a moister cake.

- 1 cup oil
- 1 cup sugar
- 3 egg yolks
- 2-1/2 T very warm water
- 1 cup zucchini (or carrot), grated
- 1 cup chopped walnuts
- 1-1/2 cup flour
- 1-1/2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- dash salt
- 3 stiffly beaten egg whites

Preheat oven to 350°. Beat oil, sugar and yolks until just blended. Add water all at once and beat on medium speed until thick and lemon colored (to keep oil from separating).

Fold in grated zucchini. Sift together dry ingredients and fold into egg/sugar mixture. Add nuts. Fold in stiffly beaten egg whites.

Pour into lightly greased 9-inch cake pan and bake until toothpick inserted in center comes out clean, 35-55 minutes. (Cooking time depends on baking dish and oven temperature. I increase recipe 1-1/2 times for a glass 13x9 baking dish and find it only takes 45 minutes.)

Frost with whipped cream/cream cheese frosting or leave unfrosted and eat like bread!

Submitted by CSA member Amy Bolton

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fourth Harvest: 6/25/13 & 6/28/13

Grilled Zucchini/Yellow Squash

Serves 6

- 6 medium green zucchini and/or yellow squash (3 pounds)
- 3/4 tsp. salt
- 1/2 tsp. black pepper
- 1/4 cup extra-virgin olive oil
- 2 T fresh lemon juice
- 2 tsp. coarse-grain mustard
- 1/4 tsp. sugar

Prepare grill for indirect-heat cooking over medium-hot charcoal (high heat for gas). Trim squash and halve lengthwise, toss with salt, pepper, and 2 T oil in large bowl.

Oil grill rack, then grill vegetables directly over hottest part of coals (cover only if using a gas grill) turning over once, until grill marks appear, about 6 minutes. Move vegetables to area on grill with no coals and grill, covered, until tender, about 4 minutes. Transfer to a platter.

While vegetables are grilling, whisk together lemon juice, mustard, sugar, and remaining 2 T oil in a small bowl. Pour dressing evenly over vegetables before serving.

Gourmet | June 2007

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/10/12 & 7/13/12

Lemon-Zucchini Loaf with Lemon Glaze

2 cups unbleached all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
2 eggs
1/2 cup canola oil
2/3 cup sugar
1/2 cup buttermilk
Juice of 1 lemon (or 2 Tablespoons lemon juice)
Zest of 1 lemon
1 cup grated zucchini (no need to peel zucchini before grating)

Preheat oven to 350° degrees. Grease and flour a 9×5” loaf pan; set aside.

In large bowl, blend flour, baking powder, salt; set aside. In medium bowl, beat 2 eggs well, then add canola oil and sugar, and blend well. Add the buttermilk,

lemon juice, and lemon zest and blend everything well. Fold in zucchini and stir until evenly distributed.

Add this mixture to the dry ingredients in the large bowl and blend everything together, but don’t overmix.

Pour batter into prepared 9×5” loaf pan and bake at 350° for 45 minutes, or until toothpick inserted in center comes out clean (do not overcook!). Cool in pan 10 minutes, then remove to a wire rack and cool completely.

Lemon Glaze

1 cup powdered sugar
Juice of 1 lemon (or 2 Tablespoons lemon juice)

Mix powdered sugar and lemon juice until well blended. Spoon glaze over cooled loaf. Let glaze set, then serve.

www.nancycreative.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eighth Harvest: 7/26/11 & 7/29/11

Georgia on My Mind Zucchini Bread

3 cups zucchini, grated
1-1/2 cups sugar
2/3 cup vegetable oil
2 teaspoons pure vanilla extract
4 eggs, whipped
3 cups self-rising flour
1 teaspoon cinnamon
1/2 teaspoon ground clove
1/4 teaspoon nutmeg
1/2 cup walnuts
1/2 cup raisins

Preheat oven to 350 degrees.

Mix together zucchini, sugar, oil, vanilla extract, and eggs.

Sift together flour, cinnamon, clove and nutmeg into wet ingredients and stir to incorporate.

Fold in walnuts and raisins, place ingredients into 2 loaf pans. Bake for 50 minutes or until a toothpick inserted into the center comes out clean.

Remove from oven and take out pan, cooling slightly and then enjoy warm.

Recipe source: CheFarmer Matthew Raiford