

FIELD *notes*

UCSC Farm
Community Supported Agriculture
3rd Harvest 7.6.06 & 7.7.06



Onions *Early Red and Early Yellow*
Bunching Onions *Evergreen*
Radishes *French Breakfast*
Lettuce *Nancy, Cocarde*
Strawberries *Seascape, Chandler*
Spinach *Tyee*
Chard *Bright Lights*
Beets *Red Ace and Early Wonder*
Carrots *Nelson*
Fennel *Orion*
Dill *Dukat*

Produce Notes: **For longer shelf life, cut the greens off your beets and carrots and store separately.**

what's in the **box?**

About Fennel

Fennel is native to Southern Europe and possibly Southeast Asia. In days of yore, it was one of the nine herbs held sacred by the Anglo Saxons. Numerous medicinal qualities have been attributed to the herb, particularly with regards to strengthening eyesight. In Greek mythology, it was the stalk of the fennel plant with which Prometheus stole fire from the Gods to give to man.

Fennel has a flavor similar to anise. It can be tossed raw in salads, braised and served warm as a side dish, or be used in marinades and other cooked dishes. Fennel is commonly used to season fish and sausage, as well.

Coming To Fruition

It can be difficult in the midst of the rain that falls in sheets in April to believe in something like July. When the rain water is seeping through your tent seams, and the roads are mud, and you're wearing a rubber suit, it can seem absurd that someday the sun will be shining and all these fields will be full of fruit. Today, though, walking through the rows, we found the pumpkin plants beginning to sprawl, the corn flowers peeking up out of their leaves, and the sunflowers rising towards the sky. The cherries are ripe along the windrows, and the lettuces are burgeoning. The apples are taking their shapes along the boughs of the trees, and the tomato plants are blooming. The beets are pushing up out of the ground, and the scallions are standing at attention, waiting for harvest. We pulled out the onions and garlic that were planted last fall, and in a couple weeks they'll be cured enough to store and eat. The squash are lengthening every day, and once the zucchini begin, summer must be here. Even the weather seems to have hit its stride, settling into a rhythm of swirling morning mists and sun-kissed afternoons.

In the morning, on harvest days, we crouch down amidst the strawberry plants and fill the flats for all of our wonderful CSA members and Cart customers. The fog seeps into our clothes and slides over our skin, and from a distance we all must look like apparitions, shadows working in the fog. It can be difficult to believe in the sun amidst the rains of April, but even in the morning fogs of summer, while working in a fleece and hat, even when we saw it just the day before, the sun can seem unreal. But then the mist rolls away, dissipates to somewhere out over those eternal ocean waves, and we're left moving through these fields of food, these gorgeous rows of produce, beneath a sky as blue as cynoglossum blooms. We thank the sun and the stars and the water and the earth for this extraordinary opportunity to live and to learn. Farming is undoubtedly an act of faith, and gratitude its sweetest fruit. —Aaron deLong, First Year Apprentice

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Liz's Fennel Recipe

Ingredients:

- 2 bunches small onions
- 2 bulbs fennel, cleaned and quartered
- 2 Tsp. olive Oil
- 2 Tsp. Balsamic vinegar
- 2-3 Tsp. Parmesan Cheese (freshly grated)

Directions:

Preheat oven to 375 degrees. Put olive oil in bottom of roasting pan. Coat onions and fennel by rolling in pan. Pepper lightly. Cover with foil and seal tightly. Roast for 35 minutes until tender when pierced with fork. Uncover and sprinkle with vinegar and coat with parmesan. Cook uncovered at 375 degrees for 10 to 15 minutes until parmesan melts and is lightly browned.

by Liz K., www.mariquita.com

Consuming your weekly bounty of farm produce may at first feel daunting to a new CSA member. But rest assured that with a few delicious recipes you will happily eat your way to the bottom of your box in no time. Though our weekly newsletter will always contain tasty recipes to get you started, do pick up your favorite cookbook or look online for other ways to prepare your veggies. A couple of websites we have found helpful are:

www.saveur.com

www.epicurious.com

www.mariquita.com/recipes/index.html

Root Salad

This recipe has been prepared by my family for many generations. It was one of the few vegetable dishes that was eaten in the winter when no other vegetables or fruit but stored root crops and apples were available.

Ingredients:

- 5 Carrots
- 3 Beets
- 2-3 Potatoes
- 2-3 Apples
- 1 small Celeriac Root
- 1/2 c. Lentils
- Oil, Vinegar, Mustard
- Salt, Pepper

Directions:

Cook carrots, beets, potatoes and celeriac roots until soft, peel and cut into small cubes. Peel apples and cut into small cubes. Cook lentils until soft. Combine everything but the beets (unless you want a pink salad), mix with oil, vinegar and a little mustard and season with salt and pepper. Add the beets and season again.

from Ulli Klein