

FIELD *notes*

UCSC Farm
Community Supported Agriculture
4th Harvest 7.11.06 & 7.14.06



Onions *Early Red and Early Yellow*
Lettuce *Esmerelda, Vulcan, Envy*
Strawberries *Seascape, Chandler*
Chard *Bright Lights*
Beets *Red Ace and Early Wonder*
Carrots *Nelson*
Fennel *Orion*
Kohlrabi *Winner, Kolibri*
Green Beans *Provider*
Basil *Genovese*
Summer Squash *Raven, Golden Zucchini*
Garlic *Musik*

Produce Notes: For longer shelf life, store the basil in a glass of water and set on the countertop.

what's in the **box?**

The Wild Within: Birdlife on the Farm (observed since April 9)

| | |
|---------------------------|-----------------------|
| Acorn Woodpecker | Great Horned Owl |
| Allen's Hummingbird | House Finch |
| American Kestrel | Lesser Goldfinch |
| American Robin | Mallard |
| Anna's Hummingbird | Mourning Dove |
| Band-tailed Pigeon | Northern Flicker |
| Barn Owl | Northern Mockingbird |
| Barn Swallow | Purple Finch |
| Black Phoebe | Red-shouldered Hawk |
| Burrowing Owl | Red-tailed Hawk |
| Bushtit | Red-winged Blackbird |
| California Quail | Rock Dove |
| California Towhee | Ruby-crowned Kinglet |
| Chestnut-backed Chickadee | Sharp-shinned Hawk |
| Common Raven | Song Sparrow |
| Cooper's Hawk | Spotted Towhee |
| Dark-eyed Junco | Steller's Jay |
| Fox Sparrow | Turkey Vulture |
| Golden-crowned Sparrow | Western Scrub Jay |
| Golden Eagle | White-crowned Sparrow |
| Great Blue Heron | White-tailed Kite |

The Wildest Place

Dwelling in the habitat of the UCSC Farm & Garden provides one with the opportunity to observe an amazing array of other beings. Every day the drama of life is unfolding around us—inhaling, exhaling, eating, drinking and reproducing to continue the stream of life with no beginning or end. As humans we have the luxury to live in the abundance of food that the Farm gives us, free from the daily uncertainty that gathering or hunting animals might experience. To ensure this supply of food we alter our environment daily, and by doing so we affect the life of all creatures around us. We destroy in order to guarantee our own survival, but we also create by planting a diversity of potential ecosystems, and it seems sustainable—this equilibrium between giving and taking. As organic farmers we respect and become part of the ancient cycle of life; we get to know every little bit of the land we work and form relationships with the myriad of life that surrounds us. We plant hedgerows to attract beneficial natives, we abstain from unnatural means of soil cultivation or insect control, and we work everyday to deepen the understanding of the mysterious processes that keep the diverse ecosystem of the Farm thriving and aliving. The reward for our work is so incredibly plentiful and doesn't just consist of the food we produce, but also of the deep satisfaction that comes from the knowledge that we work to be stewards of the land, keepers of biodiversity and servants to our earth.

When you unpack your beautiful fruit and vegetables today, remember that even in the most cultivated of places there are millions of pockets of wildness surrounding us that are just waiting to be explored and loved. This wildness outside the protected national or state park areas is fragile and easily destroyed by those who are unaware of its existence. Just think of the diversity of South Central L.A.'s community garden that could be quickly erased by the homogenous grey of indifferent concrete. Thank you for supporting organic agriculture committed to protecting the wild within the cultivated and for being friends of the earth.

— Ulli Klein, 1st year apprentice



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You are cordially invited to a benefit for:
FOOD for THOUGHT:

A family's journey through the American food trail

A documentary film about a family from Brooklyn, New York, who went on the road for five months to learn about the food they eat. In the course of this inspiring 15,000 mile journey, they learned first-hand about the impact of their food choices on their health, their family, the environment, and communities throughout the US.

Sunday, July 16th, 6:30-9:00 pm
Swanton Berry Farm, Davenport, CA
For directions visit: www.swantonberryfarm.com

6:30 pm farm tour, tasting
7:30 pm light food, desserts, wine
8:00 pm presentation including slides, screening, photos

Please RSVP to Sandy Brown 469-8804,
lilach@transformations.com.
See www.transformationfilms.com for more information about the film.

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

Carrot Soup

Ingredients:

1 bunch of carrots
1 onion
3 cloves of garlic
1/2 cup of white wine
1/2 cup of cream or coconut milk
Salt, Pepper
Basil, Oregano, Rosemary, Thyme

Directions:

Cut onion and garlic in little pieces and saute for a few minutes. Cut carrots in thick rounds and saute with the onion and garlic. Add salt and pepper and pour the wine into the mix. After most of the liquid evaporates add 6 cups of water. Cook on low heat for about 45 minutes or until carrots are soft. Use a blender to transform into a creamy soup. Add cream or coconut milk and minced herbs. Season and serve with crispy baguette topped with radishes and herbs.

Green Beans and Breadcrumbs

This is a traditional Austrian recipe that's very simple yet very satisfying to the taste buds. You can prepare it as a main dish with salad or serve it with cooked potatoes sauteed in butter and parsley.

Ingredients:

Green Beans
1/2 stick of butter
1/2 cup of breadcrumbs

Directions:

Cook beans until soft. Melt butter, add breadcrumbs (adjust amounts if necessary) and sautee until golden. Add beans and season with salt and pepper. - Both recipes from Ulli Klein