

FIELD *notes*



UCSC Farm
Community Supported Agriculture
7th Harvest 8.01.06 & 8.04.06



Basil *Nufar*
Carrots *Chantennay*
Cipollinis *Bianca di Maggio*
and Purplette
Cilantro *Santo*
Cucumbers *Marketmore and Lemon*
Garlic *Musik*
Kale *Lacinato and Red Russian*
Kohlarbi *Winner and Kolibri*
Lettuce *Mixed Varieties*
Onions *Red or Yellow Early Stockton*
Parsely *Italian Flat Leaf*
Potatoes *Red Norland*
Strawberries *Seascape*
Zucchini *Raven, Crookneck,*
Patty Pan

what's in the **box?**

“It is not always granted to the sower to live to see the harvest. All work that is worth anything is done in faith”

— Albert Schweitzer

“Burn down your cities and leave our farms, and your cities will spring up again as if by magic. But destroy our farms and the grass will grow in the streets of every city in the country.”

— William Jennings Bryant

The Price of Potatoes

Five bucks for a pound of salad mix? Yikes!

When buying food, especially the organic kind, the total at the checkout counter can be a shock. To keep the pantry stocked and the fridge full, a typical American family of four spends about \$100 a week at the grocery store. For many low-income households, that's a budget-busting expense; some 25 million people depend on food banks to stay fed.

Although your food bill may seem high, in fact it's quite affordable. As a percentage of disposable income, U.S. households pay less for groceries than people in any other country. We have the cheapest, most abundant food supply in the world.

By one measure, cheap food is a major accomplishment, a welcomed break from the human history of famine. The ideals of social justice demand that food be widely available: If our daily bread is a basic requirement of life, then access to it should be universal.

But it's important to remember that our cheap food comes at a steep price for those who grow it. Many U.S. farmers live below the poverty line, and farm workers are even worse off. According to one study, farm laborers in California can't afford to buy the very fruits and vegetables they harvest. So what about social justice for the farmers?

All of which raises much larger questions: Should food be cheap because it is such a basic necessity? Or, since food is something we simply cannot live without, should we be willing to pay more for it?

There's no easy answer to these questions—largely because the issue is as much about cultural values as it is about economics. It's not that food should cost more, but rather that we should esteem it higher. If as a society we really valued sustainability, healthful diets, and basic human rights, then we would put a greater premium on having excellent potatoes instead of owning the latest Playstation.

To sit down at the end of the day and eat well of food that has been grown by people who were paid a living wage for their labor—that should be considered priceless. —*Jason Mark, 2nd Year Apprentice*

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Fast Zucchini Soup

Source: The Essential Vegetarian Cookbook

Fry a finely chopped onion in 1 oz. of butter in a medium pan.
Add 4 grated zucchinis and 2 crushed cloves of garlic and stir-fry for 2-3 minutes, until the vegetables are soft.
Add 4 cups of vegetable stock, bring to a boil, reduce the heat slightly and simmer, uncovered, for 10 minutes.
Stir in 1/4 cup of fresh cream and season, to taste, with salt and pepper. Serves 4.

Rosemary Potatoes

Source: Farm & Garden Cookbook

Wash 1 1/2 pounds new potatoes. Cut in half. Lightly boil or steam until just tender, about 10 minutes. Let cool.
Heat 1 ounce butter and 2 tablespoons olive oil in a heavy skillet. When foaming, add the potatoes and season with cracked black pepper.
Stir in 2 gloves crushed garlic, 1 tablespoon finely chopped rosemary, and salt to taste.
Cook a minute or two, gently stirring.
... Remember: There is plenty of rosemary near the CSA Barn.

Greek Tzatziki

Source: Epicurious.com, Bon Appetit

2 cups plain yogurt
1 cucumber, unpeeled, halved lengthwise, seeded, grated
1 tablespoon coarse salt
1/2 cup sour cream
2 tablespoons fresh lemon juice
2 tablespoons minced fresh dill
1 garlic clove, minced
6 pita breads, cut horizontally in half, then cut into wedges
Olive oil

Line sieve with cheesecloth and place over medium bowl. Place yogurt in sieve. Cover with plastic wrap and allow to drain in refrigerator overnight.

Mix cucumber and 1 tablespoon salt in small bowl; cover and chill 3 hours.

Transfer drained yogurt to another bowl. Mix in sour cream, lemon juice, dill and garlic. Squeeze out as much excess liquid as possible from cucumber. Stir cucumber into yogurt. Season with pepper. Cover; chill at least 2 hours. (Can be made 1 day ahead. Keep refrigerated.)

Preheat oven to 400°F. Place pita wedges on baking sheets. Brush with olive oil. Bake until crisp, about 10 minutes. Cool. (Can be made 1 day ahead. Store pita airtight at room temperature.) Serve cucumber dip with baked pita wedges.

Makes 6 servings.