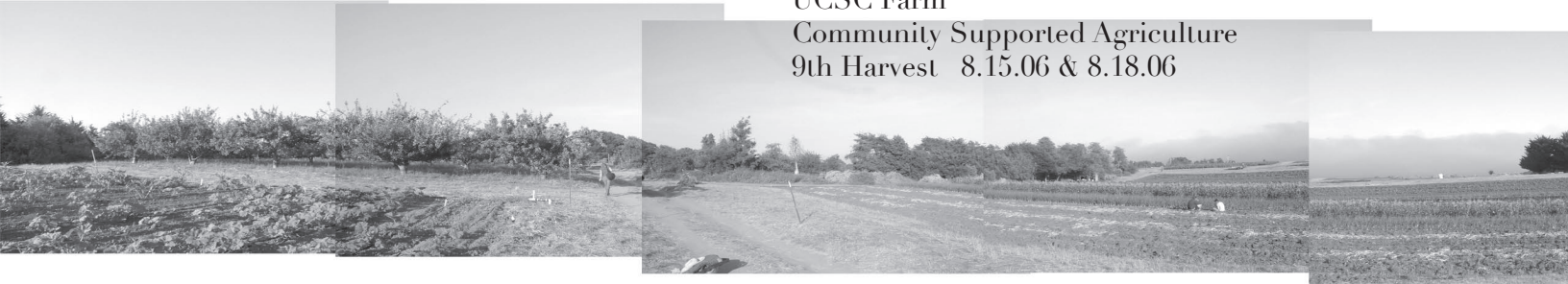


FIELD *notes*

UCSC Farm
Community Supported Agriculture
9th Harvest 8.15.06 & 8.18.06



Beans *Provider, Royal Burgundy*
Beets *Red Ace, Golden*
Carrots *Chantennay*
Cauliflower *Fremont*
Chard *Bright Lights (Full Share)*
Corn *Luscious*
Cucumber *Marketmore, Lemon*
Garlic *Musik*
Leeks *King Richard*
Potatoes *Red Gold, Red Norland*
Strawberries *Seascape, Chandler*
Summer Squash *Raven, Golden Zucchini, Patty Pan, Zephyr*

what's in the **box?**

Eating is an activity that joins me with all humanity. I recognize that to be an eater is to be accountable for the care of the earth and its resources. I acknowledge that despite our differences, we are all ultimately nourished by the same source. As such I agree to share.

-Marc David, "Nourishing Wisdom"

"What is enough?" is the key to bringing our lives into alignment with what the Earth can sustain. It can also be the key to personal fulfillment—to a life that is simpler, less cluttered, yet rich with purpose and meaning. -*In Context, A Quarterly of Humane Sustainable Culture*

Heavenly Tastes

I first heard about how incredibly good our vegetables and fruit were last October. I was attending a math teacher's conference held in Asilomar, and I went to a presentation given by a UCSC professor. After the presentation, I approached the presenter and told her that I might find myself in Santa Cruz next year as an apprentice here at CASFS, studying organic farming. I needn't have elaborated. She was a CSA member, and she raved to me and the others around me (who looked at me with some amusement and wonder) about the food she received through her CSA share. I knew without a doubt that she was not exaggerating. She invited me to stop by her office if I did find myself in Santa Cruz. Well, I did make it to Santa Cruz, and I find myself amused and feeling pretty lucky that I am now writing a CSA newsletter confirming her rave review.

During our Monday morning field walk—after checking on the lettuce in the greenhouse and discussing cover crops in the pear orchard—we walked to the Tipi field and dug a few potato plants. Jim, our farm manager, rubbed the potato to see if the skin on a russet-like variety, Butte, had toughened up enough for harvest. It was. This particular variety is especially good for French fries. We learned that potato chips can turn brown if the potatoes are cold stored, which causes the starch to turn to sugar. And speaking of great taste, we are planning a potato tasting this week, sampling all the different varieties.

We moved on to a bed of newly sown squash and cucumbers. One of the apprentices, Gabe, harvested a cucumber and shared it with each of us, carefully cutting each of us a piece. I can honestly say that that was the best tasting, sweetest cucumber I have ever had. Finally, we went north, upslope, and each of us picked one of the few ripe dry-farmed tomatoes. Ah, the blessed goodness!

I was able to share some of our bounty with my family in LA this weekend. Seeing my five-year old niece relishing and wondering at the lemon cucumber was an unbeatable moment. —*Gemma Burgos 1st-year apprentice.*

9th Harvest
8.15.06 & 8.18.06



Upcoming Events at the UCSC Farm & Garden:

Perennials in the Landscape

Saturday, August 26, 10 am - 12 noon
Louise Cain Gatehouse, UCSC Farm

Ken Foster, owner of Terra Nova Ecological Landscaping, shares his ideas on incorporating perennials into your yard and garden. Get ready for the fall perennial planting season as you learn about best performing varieties, drought-tolerant plants, California natives, and much more. \$15 for Friends' members; \$20 for non-members, payable the day of the workshop. No pre-registration required. Call 831.459-3240 for more information.

FALL PLANT SALE COMING SEPTEMBER 8th and 9th

THOUGHTS ON POTATOES

Potatoes are rich in vitamin C and B complex as well potassium, calcium, and iron. In general, it's a good idea to retain the skin since the bulk of the nutrients are just under the skin. The skin is full of fiber.

Potatoes contain a chemical called chlorogenic acid which prevents cell mutations that lead to cancer. Potatoes are highly digestible, if not the most digestible carbohydrate food.

Store potatoes in a cool dark place but not in the refrigerator. Cold will cause their starch to turn to sugar. Keeping potatoes in the light too long will cause them to sprout. Trim these sprouts off as they contain poisonous alkaloids before eating the potato.

Source: Sally Fallon, "Nourishing Traditions"



STUFFED POTATOES From Nourishing Traditions

6 medium baking potatoes
4 tablespoons butter
1/2 cup piima cream or creme fraiche
1 red onion, finely chopped
1/2 cup Parmesan or raw Cheddar cheese, grated
2-3 tablespoons basil leaves, chopped (optional)
sea salt and pepper

Bake potatoes. (Wash potatoes, and cut a bit off each end. Bake in a preheated 350 degree oven for 1 to 1 1/2 hours or until tender. If you brush the skins with oil, they will get crispy) Cut butter into pats and place in a large bowl. When potatoes are done, cut lengthwise and scoop out soft potato flesh into the bowl with the butter. Mash with a potato masher. Mix in cultured cream, cheese, optional basil and onions. Season to taste. Spoon the potato mixture back into the shells and return them to 150-degree oven to keep warm.

GARLICKY GREENS From The Real Food Daily Cookbook

2 tablespoons olive oil
1 large onion, thinly sliced
1/2 c. minced garlic
1 bunch kale, stemmed and cut into 1-inch thick strips
1 bunch mustard greens (or chard), stemmed and cut into 2-inch strips
2 tablespoons tamari

Sea salt and freshly ground black pepper

Heat the olive oil in a large, heavy skillet over medium heat. Add the onion and garlic and saute for 1 or 2 minutes. Add the kale and chard, and saute about 8 minutes more, or until greens wilt and become tender. Remove from heat. Stir in the tamari and season to taste with salt and pepper.