

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Seventeenth Harvest: 10/05/10 & 10/08/10



What's in the box?

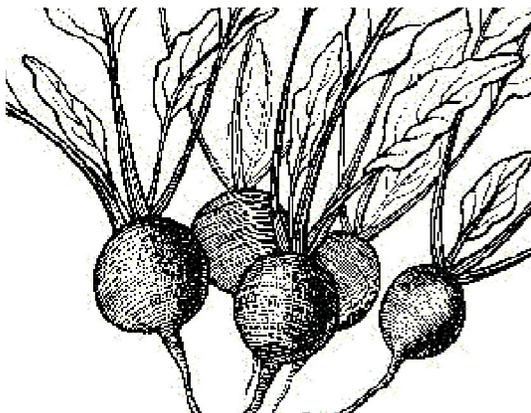
Baby Beet Greens, *Red Ace*
Carrots, *Nelson*
Beets, *Red Ace*
Basil, *Aroma2*
Parsley, *Survivor Italian*
Tomatoes, *Chianti Rose & Cherokee Purple*
Sweet Peppers, *Mix of varieties*
Snap Beans, *Gold Rush Yellow Wax*
Broccoli, *Gypsy*
Cabbage, *Farao*
Apples, *Jonagold De Coster*
Pears, *Spartlett or D'Anjou*
Winter Squash, *Delicata*

Notes from the Field

A great wave of greens and blues and red tones has marched through the Main field from south to north, and now the farm looks again like it did in May, with more bare tilled ground than crops in evidence. Ryan has been busy mowing what's finished, readying the fields for cover crop planting in about a month. We have two weeks remaining to the 6 month apprenticeship – hard to believe! Meanwhile, last week we signed up 20 additional student shares to the CSA. It was a delight to see groups of 3 and 4 students unpacking their box together and enjoying a visit to the farm. We usually say spring is the most changeable weather of the year, but today's cool and breezy high 50's was a marked drop down from 101 degrees last Tuesday 9/28! Overall, the heat wave helped moved the winter squash along in it's ripening, put some sugar in the apples, and helped bring us a whopping 175# harvest of heirloom tomatoes today. It also severely sunburned a really high percentage of the pepper fruits we've all been waiting for, and sunburned much of the acorn squash. The dark green color of this squash just absorbed too much heat! We'll donate several hundred pounds to Grey Bears this week.

The *Delicata* squash you're getting today is always one of the first hard squashes ready in the fall. It has moist yellow flesh that is quite sweet, and is so thin-skinned that it is usually served without peeling, making it really easy to prepare. Just cut it in half lengthwise, scoop out the seeds, and bake cut-side down at 350 to 375 degrees, with or without water or oil on the pan. (Or, simply steam it.) It's also quite attractive cut in rings and baked. *Delicata* doesn't store as long as some of the winter squash, but the flavor will be good until January - February, so you can also use it for a table decoration for quite a while! We just clipped the Butternut squash from the vines today – an estimated 2,500#. We'll be ending the season with lovely combinations of hard squashes and vibrant greens! More broccoli raab, kales, and chard on the way, as well as a return of fresh beets.

Thanks for all of your support throughout the season!
-- Liz Milazzo, Field Production Manager





Divine Vegetarian Borscht

from: *Fresh from the Farm & Garden vol. 2*

Serves 4 to 6.

2 Tablespoons olive oil
8-10 large beets, peeled and cut into small chunks
2-4 cups of the beet stems and greens, washed well and sliced small
3 large red onions, chopped
water or vegetable broth to cover
1 large handful each: fresh, chopped parsley and dill
1/2 cup red wine or apple cider vinegar
1 teaspoon freshly ground black pepper
1/2 teaspoon ground cloves
salt to taste
yogurt or sour cream, if desired

- Heat oil in a large soup kettle. Add onions and saute 2 to 3 minutes. Add beets and beet stems, stir into onions and cook until onions are golden. Add vinegar or red wine and the peppercorns and cook until liquid is almost absorbed. Add water or vegetable broth to cover and simmer 1/2 hour or until beets are tender.
- Put in blender or food processor and blend until smooth. Add fresh herbs and salt to taste and blend again to combine.
- Reheat if desired or chill and serve with a dollop of yogurt or sour cream, if desired.
- For a heartier soup, add 2 to 4 chopped red potatoes (peeling not necessary) along with the beets.

Beets and Beet Greens

from: *Fresh from the Farm & Garden vol. 2*

any number of small-sized beets with stems and leaves
2 tablespoons olive oil
salt and freshly ground pepper to taste
2 teaspoons balsamic vinegar

- Separate beets and greens, wash and steam or roast beets until tender. Meanwhile, coarsely chop greens. When beets are done, peel and set aside.
- Steam greens about 5 minutes or until tender. Toss with half the oil and season.
- In another pan, heat the beets with the remaining oil, add the vinegar and cook until liquid evaporates.
- To serve, arrange greens on plate and spoon beets into center.