

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Nineteenth Harvest: 10/11/11 & 10/14/11



What's in the box?

Lettuce, *Red Cross*

Chard, *Bright Lights*

Cilantro, *Santo*

Sweet Peppers, *mixed varieties*

Broccoli, *Gypsy*

Kohlrabi, *Kolibri*

Pears, *D'Anjou*

Apples, *Mutsu*

Potatoes, *Yellow Finn*

Onions, *Candy*

Winter Squash, *Red Kabocha*

Upcoming Event

Medicinal Herb Intensive

Saturday & Sunday, Oct. 22-23 | 9am-3pm

UCSC Farm

Join us for a weekend at the Farm to explore many aspects of medicinal herbs. Taught by chiropractic physician Dr. Edna Williams, topics to be covered include: herbal properties and qualities; how various parts of plants are used; gathering, drying and preparing herbs for medicinal uses; uses of regional garden and native plants; Native American, Asian, and ancient European approaches to herbal medicine; making and using medicinal teas, infusions, decoctions, tinctures, tisanes, elixirs, oils, liniments, syrups, salves, poultices, compresses, capsules, and honeys.

Cost: \$195, general public; \$170 Friends members; \$90 UCSC students. Questions? Email casfs@ucsc.edu or call 831.459-3240.



Garden Notes *by Benjamin Harris, First Year Apprentice*

View from the Down Garden

With the first significant rainfall of the season, the Down Garden crew this week got down to some serious cover cropping, sowing a mixture of bell



beans, vetch and oats that will keep our fields nourished and shielded from the elements as the winter moves in.

After farming last season in southern Vermont, I've been repeatedly struck by the particulars of Santa Cruz's weather. The foggy mornings that seem to yield like clockwork to sunny afternoons, the predictability of the rainfall, and the narrower temperature range all have such a direct impact on our daily work in the garden. I admit, it required some re-education to stop expecting the sort of constant California sunshine you see on TV.

The milder climate here poses challenges for growing crops that are staples of the warm months back home. Around this time last year, we were just polishing off the season's melon harvest, and I've missed having those juices on my tongue.

But while not as hot, the growing season is long here. Even as the rains return, the Down Garden still thrills with its bounty. We continue to harvest an abundance of cut flowers that are available for sale at the market cart at the base of campus. In recent weeks we've brought fresh hops, apples and quince to market. And despite a tough season, our tomato plants are still cranking out some juicy heirlooms every week.

In the days ahead, we'll continue to wind down more crops and prepare our beds for their winter covers. The green carpet soon to emerge from the ground will help recycle nutrients and condition the soil to help ensure next year's harvest is as rich as this one.

Watching all this unfold, as the garden begins to transform into what it looked like when we apprentices first arrived in April, gives the feeling of watching a cycle start to renew itself. And just in time to go home to face another New England winter!



Butternut Squash Soup with Chipotle Chili

- 2 medium yellow onions, peeled and diced
- 4-6 stalks of celery, diced
- 4-6 medium carrots, peeled and diced
- 2 large butternut squash, peeled, diced, and seeded
- 2 large russet potatoes, peeled and diced
- 4 quarts vegetable or chicken stock
- 1 chipotle chili (from a can in adobo sauce)
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon fresh sage, chopped
- 1 tablespoon fresh parsley, chopped
- Salt and pepper to taste

In a large stock pot, sauté yellow onions, celery, and carrots until onions appear clear. Add butternut squash and russet potatoes. Pour in vegetable or chicken stock and bring to a boil.

Simmer on medium heat until squash and potatoes are soft (approx. 30 mins). Turn off heat and process in a blender or food processor (fitted with a metal blade) in small batches.

Pour puréed soup through a medium mesh strainer into a large soup tureen. With a ladle or spoon, push soup through strainer. Discard pulp left in strainer.

Finely chop one chipotle chile and add to soup with 2 teaspoons of the adobo sauce from the can. Stir in the thyme, sage, and parsley. Add salt and pepper to taste.

Lindsey's at the Summit / Jeffrey Heicksen

Cilantro Pesto

- 1 (16 ounce) package farfalle pasta
- 1 bunch fresh cilantro
- 5 cloves garlic, minced
- 1 tablespoon white wine vinegar
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon cayenne pepper
- 1/2 cup walnuts or pecans
- Salt to taste
- 1/2 cup olive oil

Bring a large pot of salted water to a boil. Add the pasta, and return water to a boil. Cook pasta for 8 to 10 minutes, or until al dente; drain well.

In an electric food processor or blender, blend cilantro, garlic, vinegar, Parmesan cheese, cayenne pepper, nuts, and salt. Add 1/4 cup of the olive oil, and blend the pesto. Add more olive oil until the pesto reaches desired consistency.

Pour pesto in a small saucepan and warm over low heat, stirring constantly, until pesto begins to simmer. Pour over cooked pasta and toss.



Winter Fruit Salad with Lemon Poppyseed Dressing

- 1/2 cup white sugar
- 1/2 cup lemon juice
- 2 teaspoons diced onion
- 1 teaspoon Dijon-style prepared mustard
- 1/2 teaspoon salt
- 2/3 cup vegetable oil
- 1 tablespoon poppy seeds
- 1 head romaine lettuce, torn into bite-size pieces
- 4 ounces shredded Swiss cheese
- 1 cup cashews
- 1/4 cup dried cranberries
- 1 apple, peeled, cored and diced
- 1 pear, peeled, cored and diced

In a blender or food processor, combine sugar, lemon juice, onion, mustard and salt. Process until well blended. With machine still running add oil in a slow steady stream until mixture is thick and smooth. Add poppy seeds and process just a few seconds more to mix.

In a large serving bowl combine the romaine lettuce, shredded Swiss cheese, cashews, dried cranberries, cubed apple and cubed pear. Toss to mix then pour dressing over salad just before serving and toss to coat.