

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Eighteenth Harvest: 10/4/11 & 10/7/11

What's in the box?

Chard, *Bright Lights*

Baby Bok Choy, *Black Summer*

Celery, *Tango*

Turnips, *Hakurei*

Cilantro, *Santo*

Sweet Peppers, *mixed varieties*

Green Beans, *Bronco*

Apples, *Jonagold*

Potatoes, *Yellow Finn*

Onions, *Candy*

Winter Squash, *Butternut AND Delicata*

Upcoming Event

Celebrating School Food Festival 2011

Saturday Oct. 8 | 9am-12pm

Cabrillo Farmers' Market

Cabrillo College, 6500 Soquel Dr., Aptos

Come to the free Celebrating School Food Festival which will feature the region's Food Service Directors and tasting tables with fresh food on the menu, an interactive art zone, community partner activity tables, grammy award winning folk musician Tom Chapin and his new album release: Give Peas a Chance, and much more! Questions? Email: schoolfoodalliance@gmail.com



Notes from the Field *by Liz Milazzo,* *Field Production Manager*

In gratitude for the first rain. ... The world washed clean, gone beyond the dusty realm. A day of exquisite beauty. Shining leaf surfaces, scent of refreshed soil, the air so clean.

With advanced warning from NOAA last week, we focused on getting the winter squash out of the field, and turning over as much soil as possible in preparation for fall cover crop. Our ideal date for planting cover crop is the first week in November, so we'll still wait a while, looking for an ideal window before the next significant rains. If we plant the cover too early, we risk it flowering too soon and/or getting terribly overgrown in the spring.

I'm eager for us to box up and weigh the Butternut squash to compare yields with last year. Initial calculations indicate a slightly lower overall yield per row foot, but possibly better saleable yield – very few cracked fruits, and very smooth skins. Butternut is usually the cleanest harvest overall because it has such a hard shell.

'Tis the season for sweet red peppers! This year we are comparing three bull's horn type red roasting varieties: Carmen F1 from Johnny's Seeds in Maine, open pollinated "Stocky Red Roaster" from Wild Garden Seeds in Oregon, and Bulgarian heirloom "Chervena Chushka" from Seed Saver's Exchange in Decorah, Iowa. In this climate, the long, tapered fruits provide much more usable fruit for us than any red or golden bell, which could be because they ripen a little earlier than the bells, and are hidden better by the plant canopy and so escape the sunburn that is often a problem of bell peppers. Carmen produces the largest and earliest peppers, but produces so much fruit that the plants flop over, and then are chewed at the tip by sowbugs and earwigs, and tend to lay exposed to the sun. At first glance, Chervena produces larger fruits than Stocky Red, and certainly is the most fun to pronounce.

We are in the second to last week of the apprenticeship, and as someone expressed yesterday, the energy is "centrifugal." Apprentices are looking outward towards future job prospects, and at the same time trying to integrate a life-changing experience of living close to the land and bonding with so many like-minded friends. We'll be ever so proud to graduate this stellar class of 2011, returning to the world with gift-bestowing hands.

Many thanks to the farm crew of this season: Amy, Anita, Britt, Dan, Emily, Joanna, Katy, Kyle, Lia, Maria, chef Matthew, Patrick W., and Tom, and Second Year's Anna and Danielle!





White Bean & Kale Stuffed Delicata Squash

- 2 medium Delicata squash
- Sea salt and white pepper
- 2 tablespoons olive oil
- 2-3 cloves of garlic, minced
- 10 ounces white beans, cooked
- 1 bunch of kale, de-stemmed and torn into chunks
- 1 tablespoon sage leaves, minced
- 4 tablespoons Panko Bread Crumbs
- 1/4 cup grated Parmesan Reggiano cheese

Preheat the oven to 350°. Cut the squash in half lengthwise and scoop out the seeds. Brush oil over the insides of the squash and season with salt and pepper.

Bake until just tender (not falling apart), approximately 45 minutes. During the last 15 minutes of cooking, assemble the filling:

In a large saute pan, heat 1 tablespoon olive oil over medium heat. Add the garlic and cook for 1 minute. Turn the heat up to medium-high and add the kale. Cook for 3 minutes, stirring constantly. Turn the heat back down to medium and add the white beans and sage. Season with salt and pepper and set aside until the squash is done.

Stuff the squash: Fill with the kale and white bean mixture. Mix the Parmesan Reggiano and bread crumbs together and top the stuffed squash with the mixture.

Bake for another 10 minutes, or until Parmesan is melted and the stuffing is heated through. Serve and enjoy!

Adapted from EggsonSunday.wordpress.com



Pan Bagnia

- 1 long loaf French bread (1 lb)
- 1 clove garlic
- 2-3 Tbs. olive oil, more to taste
- 10 black olives, pitted and chopped
- 2 red roasting peppers, roasted, seeded & sliced
- 3 Tbs. basil leaves, coarsely chopped
- 3 Tbs. parsley leaves, coarsely chopped
- 1/2 onion, thinly sliced
- 1 small bunch arugula
- a few drops wine vinegar (optional)
- Salt & pepper
- Sliced fresh mozzarella or Provolone cheese, or thin-sliced Parmesan (optional)

Split the bread in half lengthwise. Rub both halves very lightly with a cut clove of garlic and brush with a little olive oil. Spread most of the olives over the bottom half, sprinkle with the fresh basil and parsley, then layer over the sliced onions, the arugula leaves, and big strips of roasted red pepper. Drizzle a little olive oil and a few drops of vinegar over the vegetables. Layer the cheese, then add a few grinds of black pepper, cover with the top of the bread.

Press down hard on the loaf to squash it together. Wrap tightly and refrigerate with a weight on top of it for at least 30 minutes. Slice the loaf in 2-inch sections to serve.

TIP: Add capers and sliced tomatoes, and a tender leaf of Swiss Chard instead of the arugula!

Adapted from The New Vegetarian Epicure by Anna Thomas