

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Tenth Harvest: 8/16/11 & 8/19/11

## What's in the box?

Lettuce, *Vulcan*  
Arugula, *Astro*  
Kale, *Red Ursa*  
Carrots, *Nelson*  
Beets, *mixed varieties*  
Onions, *Purplette*  
Basil, *Aroma2*  
Broccoli, *Gypsy*  
Strawberries, *Albion*  
Plums, *Satsuma*

## Notes from the Field *by Joanna Polly Letz, First Year Apprentice*

Dear all who share in the bounty of this farm!

You too crickets and owls!

Weeks approaching equinox

Smell of ocean and newly dug potatoes

The digger out, but tubers not quite cured.

Yellow beans in a field by the road

Small cauliflower hidden 'neath silvery blue foliage.

Walking round these cultivated fields ...

What next to appear, ready for harvest morning.

Dancing round each other

Hustle and bustle, picking leaves and digging roots.

Bending to strawberry fruits.

Uncovering zukes and broccoli shoots.

What more to ask for in these harvest morning cahoots!

A storybook land of kiwi's, avocado's – butterball potatoes

White paper like squash flowers, sweet crunchy cucumbers.

And a box of red – tomatoes too.

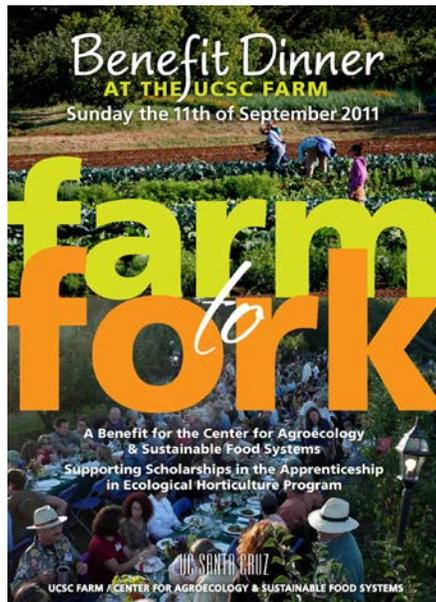
What paradise is this!

No owl in sight tonight. Wonder what's happening

In the tops of the pine trees and the barn owl's nest.

A little like mine a place to rest and observe too

The workings of this farm and paradise.



### Farm-to-Fork Dinner Menu

Roasted Red Kabocha Squash with Aged Parmesan

Quick Pickled Salad

Roasted Pig - OR - Herb Stuffed Smoked Chicken  
- OR - Vegetable Strudel with Oaxaca Pepper Sauce,  
all served with Tongue of Fire Succotash and  
Garlic Parsnips

Artisanal Cheeses with Farm Fruit

Apple Tarte Tatin with Sweet Corn Ice Cream

Organic and Fair-trade Coffee and Teas

Wine and other beverages included

### Upcoming Event

#### Farm-to-Fork Benefit Dinner

**Sunday, 11th of September – 3 pm Tour; 4 pm Dinner at the UCSC Farm**

Join us for a gourmet field dinner on the landmark UCSC Farm to celebrate the work of the Center for Agroecology & Sustainable Food Systems and raise scholarship funding for the CASFS Apprenticeship in Ecological Horticulture's training of new organic farmers, gardeners and educators.

Event begins at 3 pm with a tour of the Farm and a silent auction. The dinner at 4 pm features a 5-course organic meal supplied by the UCSC Farm and Garden and local farms and ranches. Entree will be a choice between grass-fed pork or chicken dishes and includes full vegetarian options. Fine organic wines will accompany the meal.

Tickets are \$125 per person, available online at <http://www.brownpapertickets.com/event/192601> as well as by mail (check payable to: UC Regents; address listed below, attn: Benefit Dinner). All proceeds support scholarships for participants in the CASFS Apprenticeship in Ecological Horticulture program. For info: <http://casfs.ucsc.edu/farm-to-fork-benefit-dinner> or call 831.459-3240.

CENTER FOR AGROECOLOGY & SUSTAINABLE FOOD SYSTEMS  
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## Carrot Ginger Soup

Serves 4

- 1 tablespoon vegetable oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 4 large carrots, sliced
- 5 new potatoes, quartered
- 2 cups vegetable broth
- 2 teaspoons grated fresh ginger
- 1 teaspoon curry powder
- salt and pepper to taste

Heat oil in a soup pot over medium heat. Add onion and garlic, and cook stirring often until onion is translucent. Add carrots and potatoes, and cook for just a few minutes to allow the carrots to sweat out some of their juices.

Pour the vegetable broth into the pot, and season with ginger, curry powder, salt and pepper. Bring to a boil, then reduce heat to low. Simmer for 15 to 20 minutes, until carrots are tender.

Puree soup in small batches using a food processor or blender, or if you have an immersion blender, it can be done in the soup pot. Reheat soup if necessary, and serve. Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown.

Source: Allrecipes.com



## Kale Salad

- 1 bunch of curly kale – stems removed
- 1 shallot - sliced thin
- 1-1/2 tablespoons fresh lemon juice
- 3 tablespoons extra virgin olive oil
- 1 small clove garlic – minced
- 1/2 teaspoon kosher salt
- 1/3 cup toasted pine nuts
- 1/2 cup fresh dill (optional)
- Fresh ground pepper to taste

Whisk together lemon juice, salt and olive oil. Mix with kale and shallot, let set for at least one hour in refrigerator.

After at least one hour, combine remaining ingredients with kale mixture and serve.

Submitted by CSA member Catherine Sanders

## Chocolate Beet Bread

Yields 1 loaf

- 3 eggs (Vegan substitute: 3 tablespoons ground flax seed mixed with 3 tablespoons water. Let sit for about 5 minutes.)
- 1 cup oil
- 1-1/2 cup beets, shredded
- 1/3 cup cocoa powder
- 1 cup sugar
- 1-1/3 cups flour (Gluten-free substitute: rice flour)
- 1-1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon vanilla

Mix eggs (or flax mixture), sugar, oil, beets and cocoa powder. Add in dry ingredients and vanilla. Mix well.

Bake in bread pan at 350 degrees for about 50 minutes to one hour.

Source: 2011 Apprentices Community Cookbook

*Thirst of fire, scorch and multitudinousness of summer,  
which builds an Eden with a few green leaves –  
because the dark-faced earth does not want suffering;*

*it wants freshness – fire – water – bread, for everyone:  
nothing should separate people  
but the sun or the night, the moon or the branches.*

Pablo Neruda, excerpt from *Afternoon: Sonnet 42,  
One Hundred Love Sonnets*; translation by Stephen Tapscott