

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fifth Harvest: 7/5/11 & 7/8/11

What's in the box?

Lettuce, hearts of green butter
Spinach or Baby Beet Greens
Chard, Bright Lights
Pac Choi, Black Summer
Beets, Red Ace
Turnips, Scarlet Queen
Scallions, Purplette or Bianca di Maggio
Cilantro, Santo
Kohlrabi, Winner
Strawberries, Albion
Blueberries, mixed varieties

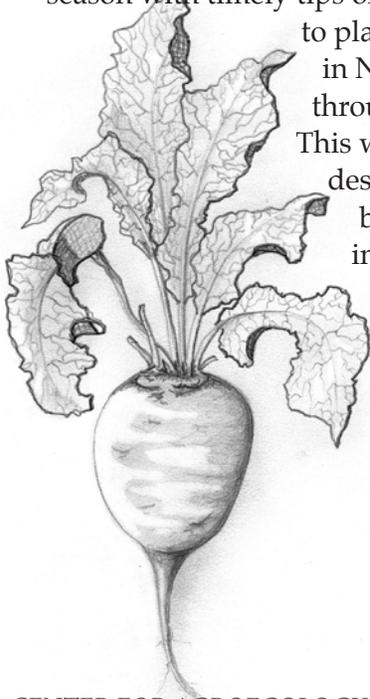
Upcoming Event

Fall Gardening Workshop

Sunday, August 28, 10 am-1 pm
Louise Cain Gatehouse, UCSC Farm

Gardening instructor Trish Hildinger will teach you how to extend your gardening season with timely tips on what and how to plant for harvest in November and through the winter.

This workshop is designed for beginning and intermediate gardeners. Questions? Call 831.459-3240 or email: casfs@ucsc.edu



Notes from the Field

by Stephanie Lin, First-Year Apprentice

Fourth of July weekend brought with it a reliable heat wave¹, leaving the plants and apprentices of the Farm & Garden in need of proper hydration and care. Luckily, the holiday brought more than high temperatures, but also a time to reconnect with friends and family from near and far. The Farm received an impressive pool of visitors this weekend – parents, old friends, sisters, nieces and nephews – including Evan and Lucas², two intelligent and talented baseball fanatics who quizzed apprentices on historic baseball statistics following an afternoon of gopher trapping and calendula weeding in the kitchen garden³.

Visitors on the Farm & Garden are often reminders of the many places across the country and world from which the apprentices are rooted. The exchange of visitors makes possible a sharing of the stories behind food and a chance to experience and appreciate the landscape and community from which meals are made. Last week, apprentices visited Fogline Farm and Everett Family Farms in nearby Soquel to take a look at some sustainable farming models. The field trip illuminated the challenges behind every beautiful basket of strawberries or carton of eggs, the result of an incredible amount of hard work, knowledge, and commitment.

Work responsibilities on the farm also continued through the weekend despite the holiday: propagation, irrigation, and harvest. In the field, site manager Liz Milazzo, with promise of a strawberry cobbler, organized a group of apprentices Monday morning to get a head start for the coming week's CSA and market. In the following afternoon, apprentices were able to celebrate the holiday and the fruit of their labor with a good old-fashioned Fourth of July BBQ – grilled Santa Rosa plums, grilled vegetables, and avocado salad on the menu.

¹ Temperatures reached up to 88°F in Santa Cruz this weekend!

² Two brothers, seven and five years old, visiting with their parents to see their uncle/apprentice.

³ Located behind the Farm Center, a space for apprentices to experiment with different plant varieties.



We're nearing the end of our spring kohlrabi planting – Try this delicious salad recipe:

Kohlrabi Salad (2 servings)

- 1 head kohlrabi, cut into matchsticks
- ½ apple, cut into matchsticks
- ½ tsp fresh chili pepper, finely chopped
- 2 tbsp rice vinegar
- 2 tbsp sesame oil
- 3 tbsp cilantro
- Pinch of cumin
- ½ tsp fish sauce (optional)
- Salt and pepper to taste

Cut off the branches of the kohlrabi and peel it. Cut the kohlrabi into matchstick pieces with a knife or mandolin. Do the same with the apple.

Toss the kohlrabi and apple with the remaining ingredients and chill before eating.

Pickled Scarlet Turnips (Makes 2 cups)

- 2 cups sliced turnips
- 1 small onion, cut into thin wedges and separated
- ½ cup seasoned rice vinegar (or apple cider vinegar)
- 2 Tbs. unrefined sugar
- 1-½ teaspoons salt

Thin slice the turnips and the onion. Place both in a large bowl or pack them into a jar. In another bowl, stir together the vinegar, sugar, and salt until the sugar and salt are dissolved.

Pour the pickling mixture over the sliced radish and onion until they're fully covered.

Cover and refrigerate at least 8 hours or overnight before serving.

Bok Choy with Cashews (4 servings)

- 2 tbsp oil
- ½ tspn sesame oil
- 1 cup chopped green onions
- 3 cloves garlic, chopped
- 1 lb bok choy, base removed
- ½ cup chopped (roasted & salted) cashews
- Salt to taste

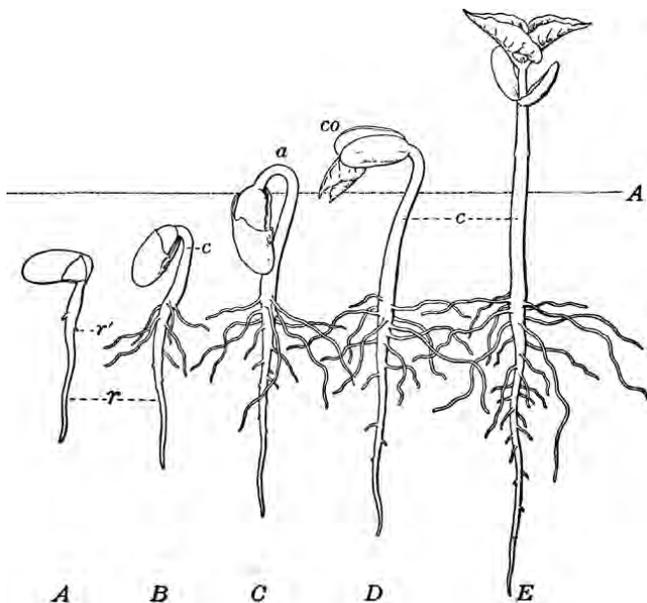
Heat oil in large saute pan on med-high heat. Add onions, then garlic. Let simmer, then add bok choy.

Sprinkle with sesame oil and salt. Cover and let the bok choy cook down for about 3 minutes (like spinach).

Remove cover and lower heat to low. Stir and let cook until bok choy is just cooked. Gently mix in cashews.

Scarlet Queen Turnips are a tender "salad" or "spring" turnip with sweet, crisp, white flesh with spicy red skin, and splashes of red on the inside. No need to peel the tender skins. Ideas for preparation:

- Steam the roots and the greens (separately), and serve tossed with butter
- Add the greens to another green like bok choy in a sautee and flavor with a smoky meat or sauce
- Slice and make into a fresh pickle



*Our beans are farther along than this!
Two or three more weeks...*