

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fourteenth Harvest: 9/6/11 & 9/9/11



What's in the box?

Spinach, *Tyee*

Endive, *Frisée*

Carrots, *Nelson*

Leeks, *Tadorna*

Sweet Peppers, *Carmen*

Sweet Corn, *Xtra Tender 270A*

Yellow Wax Beans, *Gold Rush*

Summer Squash, *mixed varieties*

Broccoli, *Gypsy*

Apples, *Valstar OR Ginger Gold*

Potatoes, *German Butterball*

Onions, *Candy*

Upcoming Event

Fall Plant Sale

Friday, Sept. 9, 12-6pm and

Saturday, Sept. 10, 10am-2pm

Barn Theater Parking Lot

Fall is a wonderful time to plant vegetable crops to extend your gardening season and give perennials a good head start for spring. The region's best-suited varieties of organically grown winter vegetables and landscape plants will be available. Questions? Call 831.459-3240 or email casfs@ucsc.edu



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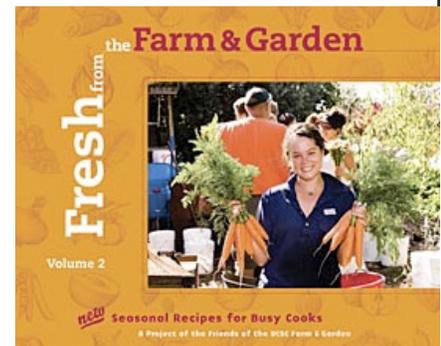
Notes from the Field *by Sue Tarjan, CSA member*

When my husband and I first joined the UCSC Farm & Garden CSA over a decade ago, we didn't realize that we were also about to begin our adventure in box-centered menu planning. For most people, this is quite a transition from the entree-based menu planning we grew up with. Whether fish on Friday, roast chicken on Sunday, or turkey on Thanksgiving, our menus traditionally revolve around an animal-based main dish with vegetables included as afterthought "sides" to complement the star attraction. It was pretty easy for me to make the change because I am a long-time vegetarian, but not knowing what to expect in each box and confronting unfamiliar vegetables like mizuna or kohlrabi could still be daunting. One day, while picking up my box, I witnessed an otherwise seemingly nice, reasonable couple in the act of discarding some beautiful parsnips. Resisting my first inclination to grab the toothsome roots for myself, I asked them why they were leaving them behind. It turned out that they had no idea what to do with them! I shared a simple and delicious way to prepare them and saw them off, parsnips in hand. That was when I realized that helping CSA members develop new menu-planning strategies and recipes would ensure that they could be happy with their shares and eager to participate in the CSA experience year after year. The Farm & Garden cookbooks that followed are a practical means to that satisfying and delectable end.

We invite you to partake of the well-seasoned wisdom of CSA members who have deliciously prepared fresh-from-the-earth vegetables, herbs, and fruits.

"Fresh from the Farm & Garden – Seasonal Recipes for Busy Cooks, Vol. 2" offers 270 easy-to-prepare recipes from apples to yams. Recipe samples:

Pumpkin-Ginger Pancakes with Ginger Butter, Sue's Tomatillo Pasta, Fresh Plum Ice Cream, and Creamy Cucumber Salad. **Price:** \$20 (check payable to "UC Regents" – mail to: CASFS Farm, 1156 High St., Santa Cruz, CA 95064; attn: Cookbook). Your cookbook will be available to pick up at the CSA Barn or Market Cart when payment is received. Proceeds support CASFS outreach and scholarships to its apprenticeship program.





Frisée, Apple, Feta Cheese Salad with Apple Vinaigrette

Serves 4

- 1 bunch of frisée, washed and broken into pieces
- 1 apple, core removed and sliced
- 4 oz. feta, crumbled
- Apple cider honey mustard vinaigrette
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon style mustard
- 1 teaspoon honey
- 2 tablespoons olive oil
- 1 garlic clove, crushed
- 1 tablespoon finely chopped parsley
- Sea Salt and fresh ground pepper to taste

Combine all the ingredients for the vinaigrette or salad dressing in a bowl and whisk until the ingredients are well mixed.

Place the frisée, sliced apple, feta cheese in a salad bowl. Pour the vinaigrette over the salad and toss well.

Serve immediately.

Adapted from Laliyta.com

CHEFARMER CORNER

MATTHEW RAIFORD

What is **Frisée**? Frisée is a salad green in the chicory family, along with Belgian endive, radicchio, and escarole. Also called curly endive, frisée lettuce has long, narrow leaves which are extremely curly. They shroud the more tender whitish stalks and yellow branches. The leaves are a pale to bright green, although they can have reddish hues along the edges. Frisée can be described as a bitter salad green, although it also has a slightly nutty taste.

Popular in Europe as a salad green, frisée lettuce has only recently been popularized by the restaurant community in the U.S. Although it may be difficult to find, frisée is often sold at farmer's markets and upscale grocers. Frisée lettuce can be stored in the refrigerator for up to one week in a ventilated bag, or loosely wrapped with a wet towel.

A green leafy vegetable, frisée is low in calories and is an excellent source of folic acid, vitamin A and vitamin C, with approximately one third the daily recommended amount of each, in a single serving. Frisée lettuce is also a good source of vitamin K, and manganese.

Corn and Black Bean Casserole

Serves 6

- 4 cups cooked black beans
- 4 beaten eggs
- 2 cups canned stewed tomatoes, or 3 tablespoons maple syrup or honey
- 2 medium onions, chopped
- 1 green and 1 red bell pepper, chopped
- 2-4 cups fresh corn kernels
- 1 teaspoon Dijon mustard
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon chili powder or ground cumin
- 1/2 cup grated cheese (optional, your choice)
- 1/2 cup crushed blue corn tortilla chips (optional)
- salt and freshly ground pepper to taste

Grease 2-quart casserole dish. Combine all ingredients except cheese and mix well.

Pour into casserole and sprinkle with cheese, tortilla chips, or both.

Bake at 350 degrees for 45 minutes or until firm. Serve with salsa.

Source: Fresh from the Farm & Garden Cookbook, Vol. 2

Farfalle with Wilted Frisée & Burst Tomatoes

Serves 6

- 3 tablespoons extra-virgin olive oil
- 1-1/2 pint cherry tomatoes
- 2 large garlic cloves, minced
- 1 teaspoon lemon peel, grated
- 1/4 teaspoon crushed red pepper
- 2 heads frisée, coarsely chopped
- 12 ounces farfalle (bow-tie) pasta
- 4 tablespoons unsalted butter, cut into 1/2-inch pieces
- 1/2 cup freshly grated parmesan cheese

Heat oil in heavy large skillet over medium-high heat. Add tomatoes and cook, stirring frequently, until tomatoes begin to burst, about 8 minutes. Add garlic, lemon peel, and dried crushed red pepper; cook 2 minutes longer. Add frisée in batches and cook until wilted, about 3 minutes total. Season tomato-frisée mixture with salt and pepper.

Meanwhile, cook pasta in boiling salted water until tender but still firm, stirring occasionally. Drain, reserving 1 cup cooking liquid. Add pasta to skillet with tomato-frisée mixture. Stir in butter. Add reserved pasta liquid by 1/4 cupfuls, if dry.

Divide pasta among shallow bowls and serve with cheese.

Source: yummys.com