

# FIELD notes

UCSC Farm

Community Supported Agriculture

Twentieth Harvest: 10/16/12 & 10/19/12

Please note that while the Apprenticeship Program ends this Friday, the CSA season runs through Friday, November 2.

## What's in the box?

Mini Lettuce, <i>Leopard</i>	Beans, <i>Bronco &amp; Gold Rush</i>
Kale, <i>Dino</i>	Broccoli, <i>Gypsy</i>
Mei Qing Choi	Apples, <i>Jonagold &amp; Mutsu</i>
Carrots, <i>Nelson</i>	Pears, <i>D'Anjou</i>
Tomatoes, <i>dry farm</i>	Potatoes, <i>Yellow Finn</i>
Sweet Red Peppers, <i>Carmen &amp; sweet mix</i>	Onions, <i>Candy</i>
	Acorn Squash, <i>Sweet REBA</i>

## Harvest Forecast\* for October 23 and 26

Apples	Cilantro	Potatoes
Cabbage, green	Lettuce, Romaine	Winter squash,
Chard	Pears	Buttercup

\*Harvest may vary for 1 or 2 crops, determined on day of harvest

## Upcoming Event

**From Farmers Market to Farm Fresh Cooking**  
**Wednesday, October 17 from 5pm-...**  
**India Joze Kitchen, downtown Santa Cruz**

Integrate local, fresh food and explore the role of authentic spices and flavors from India Joze's kitchens! Sponsored by the UCSC Recreation Dept., participants meet at 5 pm at the Recreation Office porch and travel to downtown Santa Cruz Farmers Market to walk, taste, and gather ingredients to bring to our second destination, India Joze. Learn how Joe's inspiration, history, and the magic of the wok come together with flavorful fusions to taste while exploring the role of sustainability and food choices in the weekly farmers' market meal! **Cost: \$10** (20 openings available!) Click link below and then click on "From Farmers Market to Farm Fresh Cooking" link (third line down) to register:

<http://www.ucsc recreation.com/foodSystemsLearningJourneys.html>

## 2012 Winter Box

*Hachiya & Fuyu Persimmons, Kiwis, Pippin Apples, Pineapple Guavas, Cooking Greens, Radicchio, Cabbage, Broccoli, Beets, Butternut Squash, Onions* (subject to minor changes).

**Cost \$40**

Look for the Winter Box sign up form at the CSA pick-up sites. Pick up on **Friday, November 30**, between 12-5:30pm at the CSA Barn on the UCSC Farm. **To reserve your box, payment must be received by Friday, Nov. 16th.**

## Notes from the Field by Brenda Quintero, First Year Apprentice

*There are moments of existence when time and space are more profound, and the awareness of existence is immensely heightened.* – Charles Baudelaire

With gratefulness to the rains that have blessed us, we commence the transition into the fall, like that new chapter in our lives. We harvest all the goods of our labor and our collective knowledge instilled in the last intense six months. In a moment, we will have moved back home or to that new beginning in our lives, but this time around with a toolbox full of new instruments to explore and utilize. Like working bees, we take the pollen gathered back to our communities, whether to family, friends, people we work with, intentional communities, or communities awaiting form, utilizing these ancient traditional practices of life. While working on the land, moving to the natural cycles, adjusting body posture to best support this lifestyle, you begin to understand how multifaceted and intricately we are connected. If you take time, you will see the changes in the air, the conversations of the wild, blossoms open, colors change from peak to dormancy, and finally decomposing plants, ready to set seed and ensure the survival for the next generation – you and me.

With gratefulness, I contemplate the winter, as we have begun to turn beds, sow cover crop, wintergreens and flowers, while other parts of the gardens rest, replenish and prepare to witness another season's cycle. Maybe then, time will permit meditation upon all those indescribable, passionate, and honest moments shared. With a wealth of memories that I often revisit, the stimulating episodes of the Farm and Garden involving every community chore, meeting, fieldtrip, lecture, creative alternative class, outside and in-house speakers, building community, sharing mutual space, cooking for 50 folks once a month – and still seeking a place for deeper consciousness and critical thinking in the Social Justice Forum. Only gratitude I hold for these moments – past my judgment and frustration – so that I can maintain self balance and see this journey unravel its interwoven layers of my past, present and what the future holds for all of us as agents in critical times of change.

I encourage and urge you to assess what is happening in the natural world, seek what is in need of change internally, locally, nationally and globally in order to ensure the existence of humanity. Thank you to all the powers that be, gracias, peace be.



Artwork by Brenda Quintero



## Apple Pie Bake-off 2013 Winner

Kaenan Hardy, age 7, won the apple pie contest over 17 other entries, including his mom's (she finished 4th). What an inspiration!

### **Crust:**

- 2 cups flour
- 1/2 pound butter, salted
- 1/4 cup ice water

### **Filling:**

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 11 apples, mixed varieties            | 1 teaspoon cinnamon               |
| 2/3 cup sugar (turbinado, mixed fine) | dash nutmeg                       |
| 1 tablespoon lemon juice              | 1 teaspoon vanilla                |
| 1/2 teaspoon lemon zest               | 1 teaspoon sugar for sprinkling   |
| pinch salt                            | 1 egg                             |
| 2 tablespoons flour                   | 1 tablespoon butter for crumbling |

Well chilled butter pressed by hand with flour, then add ice water in divided portions until you can fold and gently form into a disc. Chill one half hour. Roll into rectangle then fold into thirds, turn, repeat 2 more times. Form 2 discs, then wrap and chill overnight sealed in plastic.

Roll out the discs from fridge between 2 pieces of parchment paper. Preheat oven to 500° and place a baking sheet on bottom shelf of oven on top of baking stone. Cut and peel apples on peeler and quarter. Pour lemon juice and zest over. Add vanilla and mix. In a separate bowl, mix together the flour, salt, cinnamon, nutmeg and sugar, then pour over apples.



Mix egg and add a splash of water. Wash a very thin layer over the inside bottom of the pie crust. Pour in apple mixture with juices and mound a bit in the middle. Cut and crumble the butter and place pieces around over the apples.

Make lattice top. Also top with yolk mixture and finally sprinkle with remaining sugar.

Place on bottom rack of oven on baking sheet. Turn heat down to 425°. Bake for 25 minutes until crust is nicely browned. Turn oven down to 375° and continue baking for another 35 minutes. Remove from oven and cool on a wire rack for several hours.

## Vanilla Roasted Pears

- 1/4 cup sugar
- 1/2 vanilla bean
- 1-1/2 pounds slightly-under-ripe, fragrant, medium pears, peeled if desired, halved though the stem and cored
- 2 tablespoons lemon juice
- 2 tablespoons water
- 2 tablespoon unsalted butter

Preheat oven to 375°F. Place sugar in a small bowl. With a thin, sharp knife, split vanilla bean lengthwise in half and scrape out the seeds. Stir the seeds into the sugar.

Arrange pears in a large baking dish, cut-side up. Drizzle lemon juice evenly over the fruit, then sprinkle with sugar. Nestle vanilla pod among the fruit (slit halves lengthwise into quarters). Pour water into the dish. Dot each pear with some butter.

Roast pears 30 minutes brushing occasionally with the pan juices. Turn the pears over and continue roasting, basting once or twice, until tender and caramelized, 25-30 minutes longer (if pears are small, test for doneness after 35-40 minutes of cooking; a paring knife poked into the

thickest part of one should meet with no resistance).

Serve warm, spooned with the caramelized pear drippings from the pan over ice cream, dolloped with crème fraîche. *Serves 4 or so*

[www.smittenkitchen.com](http://www.smittenkitchen.com)

*Adapted from Sally Schneider at The Atlantic*

### **Pear Ripening**

*Many varieties of pear are harvested firm off the tree, conditioned with several weeks of refrigeration then brought to room temperature to ripen. The goal here is to enhance texture, and prevent the fruit from ripening faster on the inside than the outside. A "mushy" texture is due to ripening too fast. The "graininess" of the texture is a varietal trait. Today's D'Anjou pear has a smooth texture (not grainy), and not overly juicy. It holds up well sliced over the "Leopard" lettuce, or a bitter green. You can gauge a pear's ripeness by pressing gently near the stem – it's ready if it yields to light pressure.*