

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Twenty-second Harvest: 10/30/12 & 11/2/12

This is our last week of the CSA season and Market Cart!  
Thanks for keeping community supported agriculture going!

## What's in the box?

Chard, <i>Rhubarb Red</i>	Dill, <i>Greensleeves</i>
Kale, <i>Red Russian &amp; Old Growth Palm</i> (aka "Dino")	Cabbage, <i>Caraflex</i>
Carrots, <i>Nelson</i>	Kohlrabi, <i>Kolibri</i>
Beets, <i>Chioggia</i>	Onions, <i>Candy</i>
Cilantro, <i>Santo</i>	Potatoes, <i>Yellow Finn</i>
	Butternut Squash

### Winter Box\* Pick up November 30

Apples, Pippin	Cabbage, green	Pineapple Guavas
Beets	Cooking Greens	Radicchio
Broccoli	Kiwis	Yellow Onions
Butternut Squash	Persimmons, Hachiya & Fuyu	

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

## Upcoming Event

**UCSC Kallari Chocolate Tasting**  
**Tuesday, November 6 - 4-6 pm**

**Alumni Room – University Center (College 9/10)**

Join us for a direct trade chocolate educational event. Kallari is a farmers' cooperative comprised of 850 indigenous Kichwa families in the Ecuadorian Amazon. They produce organic, endemic varieties of cacao on family-owned Kichwa farms, which is turned into a rich, single-source, artisanal chocolate bar. In addition to having a chocolate tasting, Kallari will talk about how they foster sustainable livelihoods, prevent rainforest degradation, and engage in direct and fair trade to negotiate better prices. Please RSVP using the link below:

<http://bit.ly/UCSC-Kallari-Chocolate-Tasting>

## 2012 CSA End-of-Season Survey

Help us improve your CSA experience at the CASFS Farm! Please take a few minutes and go to the online link below to answer 10 questions regarding your experience as a CSA shareholder.

We hope to compile your feedback by  
**Friday, November 16.**

<http://www.surveymonkey.com/s/XLGNSVL>

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

It's a bustling morning in the fields and packing shed as we pack the last boxes of the season. For the two weeks since apprentice graduation, it's the Second Year apprentices – incoming and outgoing – that "lump" together to pick and pack the CSA and sell at cart. It's striking to me this year how many apprentices are returning to cities to grow good food – New York, Los Angeles, San Francisco & Oakland – as well as returning to rural areas. Last week we had the opportunity, with Life Lab and FoodWhat! programs, to jointly host a farm visit with author Michael Pollan (*The Omnivore's Dilemma, In Defense of Food*). By the time the tour made it out to the packing shed to hear about our farming practices, what rested in my heart are the challenges before us in areas of food access and food justice. I'm very aware that we could not produce the food that we do and pay a living wage with decent benefits – without charging more. Charge more, and healthy organic food is out of the reach of many. Many dilemmas, that can only be addressed working in community.

We'll continue to offer low-income shares and solicit community investment in these "scholarships," continue to work within government assistance programs, such as SNAP benefits (EBT), continue to educate about the real costs of growing healthy food, continue to partner with activists educating about food systems, continue to refine our farming practices in the direction of lowest inputs, and educate ourselves and others about what really are the calorie foods that we can grow well in this region and on this scale. Today we get to celebrate that collection of foods in this last box: potatoes, winter squash, and greens, especially chard and kale! I felt so much connection and gratitude eating a simple and extraordinarily beautiful lunch prepared for Michael Pollan's visit by the FoodWhat! youth and staff: a vibrant green marinated kale salad, a wheatberry salad with chunks of beet, and a hot pink/orange blended soup of winter squash and beets. A meal from the garden, naturally dressed in its own beauty.

*Heartfelt Thanks* as we end the CSA season: To you, our members, for supporting the training of new farmers; to the apprentices who worked hard to grow the food, and especially

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## Onion Soup [Soupe à l'Oignon]

**Soup:** 1-1/2 lbs. (about 5 cups) thinly sliced yellow onions  
3 tablespoons (1-1/2 ounces) unsalted butter  
1 tablespoon olive oil  
1 teaspoon table salt, plus additional to taste  
1/4 teaspoon granulated sugar (helps to brown onions)  
3 tablespoons all-purpose flour  
2 quarts (8 cups) beef or other brown stock\*  
1/2 cup dry white wine or dry white vermouth  
Freshly ground black pepper  
3 tablespoons cognac or brandy (optional)

**Topping:** 1 tablespoon grated raw onion  
1 to 2 cups (to taste) grated Swiss (I often use Gruyere) or  
a mixture of Swiss and Parmesan cheese  
1 tablespoon butter, melted  
12 to 16 1-inch thick rounds French bread, toasted till hard

**For soup:** Melt butter and oil in the bottom of a 4 to 5-quart saucepan or Dutch oven over moderately low heat. Add onions, toss to coat in oil and cover the pot. Reduce the heat to real low and let them slowly steep for 15 minutes.

Then, uncover pot, raise the heat slightly and stir in the salt and sugar. Cook onions, stirring frequently, for 30-40 minutes until they have turned an even, deep golden

brown. Don't skimp on this step, as it builds the complex and intense flavor base that carries the rest of the soup.

After onions are fully caramelized, sprinkle with flour and cook, stirring for 3 minutes. Add the wine in full, then stock, a little at a time, stirring between additions. Season to taste with salt and pepper. Bring to a simmer and simmer partially covered for 30-40 more minutes, skimming if needed. Correct seasonings (go easy on the salt as the cheese will add a bit more saltiness) Stir in the cognac, if using (I think you should). Set aside.

**Graînéed top:** Preheat oven to 325°. Arrange six ovenproof soup bowls on a large, foil-lined baking sheet. Bring soup back to a boil and divide among bowls. To each bowl, add 1/2 teaspoon grated raw onion and tablespoon of grated cheese. Stir to combine. Dab croutons with butter and float a few dabs on top of soup bowls until well covered. Mound grated cheese on top (to get that gooey bubbling cheese lid, use at least 1/4 cup).

Bake soups on tray for 20 minutes, then preheat broiler. Finish for a minute or two under broiler to brown the top lightly. Grab pot holders, and serve immediately.

*\*Porcini or mushroom stock are good vegetarian substitutions.*

*www.smittenkitchen.com*

*Adapted from Mastering the Art of French Cooking*

## Kale Salad (reprinted\* from this year's August 16 & 19 issue)

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)  
1/3 cup feta cheese (optional)  
Fresh ground pepper to taste

Whisk together lemon juice, salt and olive oil then massage kale to soften the texture. 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 with feta cheese, if desired.

*Submitted by CSA member Catherine Sanders*

\*Note important addition of "massaging" kale and the option of feta.

## Field Notes (continued from front)

the Second Year's in the field, **Katie Beaton** and **Emily Parsons** who patiently mentored the apprentices in all aspects of harvest, marketing, and irrigation. Many thanks to **Amy Bolton** for the many newsletters, emails, and other coordination. And last but not least, to **Andy Webster**, without whose skillful tractor work, no harvest would be had.

**Stay in Touch** via the CASFS website – [CASFS.ucsc.edu](http://CASFS.ucsc.edu); our Facebook page, email to [farmcsa@ucsc.edu](mailto:farmcsa@ucsc.edu), or phone 831-459-3240. We'll announce the 2013 CSA sign-up process by email in January. And, of course, there's that one last box with advance payment, a \$40 **Winter Box on Friday November 30th**. Wishing all a healthy and happy fall season!

