

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Nineteenth Harvest: 10/9/12 & 10/12/12

What's in the box?

Red Russian Kale	Cabbage, <i>Farao</i>
Carrots, <i>Nelson</i>	Apples, <i>Gala</i> & <i>Auwil Fuji</i>
Cilantro, <i>Santo</i>	Red Onions, <i>Torpedo</i>
Pac Choi, <i>Mei Qing</i>	Red Kabocha Squash, <i>Sunshine F1 hybrid</i>
Tomatoes, <i>dry farm</i>	
Peppers, <i>Anaheim</i>	

Harvest Forecast* for October 16 and 19

Acorn squash	Mini lettuces	Sweet red
Broccoli	Pears	peppers
Chard	Spinach	

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

Upcoming Event

Follow Your Food: From Seed to Seed
Wednesday, October 10 from 7–9:30pm
Oakes College Room 105, UCSC

Join Jared Zystro of the Organic Seed Alliance and Elizabeth Henderson of the Northeast Organic Farming Association for a talk investigating the “culture” in agriculture, food justice, and our responsibility of stewarding the seeds that sustain us. We will discuss the role that the general public and farmers play in supporting a grassroots movement toward the regeneration and resilience of our food system. A focus will be placed on the importance of cultivating farmer-centric seed systems that develop locally adapted and open pollinated varieties. Free admission.



Notes from the Field by Liz Band, First Year Apprentice

How extraordinarily fortunate we are to reside in a region where such a diversity of foods are grown and can be locally enjoyed! From the vegetables that crowd our thriving fields to the stacks of pumpkins ready for the choosing, the harvest season has arrived!

We have harvested the corn, picked apples and tomatoes (with more to come), dug the potatoes, the pumpkins have been pulled from the field, and it's time to celebrate. And we did. The Harvest Festival that took place at the farm on Sunday, September 30, was an excellent (and hot!) day celebrating the riches of the land, and the community that sustainable food facilitates among us. From the 25 varieties of apples to the most creative pie, it felt so joyful to open up this Farm, our home, to share the abundance of the season.

Thanks to all who were able to join us, and to all who support our efforts throughout the season. The Harvest Festival is a celebration not only of this precious ground and the resources it enables us to offer, but a celebration of sweat and tears – the growth every gardener and farmer experiences as they journey on the path through another season. Here we are at the pinnacle of the season, lessons learnt and still learning. The harvest lets us step back for a moment and look out over the fields to reflect on how the colors have changed through the season; green, yellow, orange and back to brown before the cycle starts again. As the season progress from light to dark, we are filled with gratitude for the bounty and the riches of the earth that we continue to garner each day. This is the time to enjoy the honey of the harvest at your table.

Honey at the Table by Mary Oliver

It fills you with the soft
essence of vanished flowers, it becomes
a trickle sharp as a hair that you follow
from the honey pot over the table
and out the door and over the ground,
and all the while it thickens,
grows deeper and wilder, edged
with pine boughs and wet boulders,
pawprints of bobcat and bear, until
deep in the forest you
shuffle up some tree, you rip the bark,
you float into and swallow the dripping combs,
bits of the tree, crushed bees – a taste
composed of everything lost, in which everything lost is found.



Kabocha Squash Soup with Coconut Milk and Lime Leaves

- Vegetable stock, 5 cups
- 1 medium kabocha squash (about 3-1/2 pounds) cut in half, seeds removed
- 1 tablespoon vegetable oil or olive oil
- 1 large yellow onion, chopped (about 2 cups)
- salt and pepper
- 1 tablespoon minced garlic
- 3 stalks lemongrass, tough tops and outer leaves removed, finely chopped (about 1/2 cup)
- 1/4 cup grated fresh ginger
- 1 or 2 kaffir lime leaves
- One 14-ounces can unsweetened coconut milk
- 10 to 15 Thai basil leaves, bundled and cut into thin ribbons (about 2 tablespoons)

Preheat oven to 400°F. Place squash, cut side down, in baking dish with a little water. Cover and roast until tender, 30-35 minutes. When squash is cool enough to handle, scoop it out of the skin. You should have about 4 cups.

Heat oil in a soup pot and add onions, 1/2 teaspoon salt, and a pinch of pepper, cook until they begin to soften, about 3 mins. Add the garlic, lemongrass, and ginger and cook for 2 minutes. Add squash, stock, and lime leaf and bring to a boil. Lower heat and simmer, about 30 minutes.

Remove lime leaf and puree squash mixture in a blender until smooth. Pass through a food mill and return to the pot over medium-low heat. Add the coconut milk and cook for 5-10 minutes. Adjust the seasoning with salt and pepper to taste. Garnish each serving with Thai basil.

Source: Everyday Greens by Annie Somerville

Varieties this week: Red Kabocha, Sunshine F1 hybrid is very sweet, stringless, with scarlet-orange moist flesh, flavor like a cross between pumpkin and sweet potato. Sunshine is a super reliable variety, and almost always blemish free. The raised “warts” you see on some winter squashes is dried sap that hardens after grazing by cucumber beetles on the immature fruits.

Anaheim peppers are a mild hot pepper used for stuffing (chile rellenos). It's more commonly referred to now as the New Mexico chili, the same pepper that is a beautiful crimson red when dried for “ristras.”

Today's fruits are green-red, just starting to ripen.



Roasted Delicata Squash & Onions

- 2 pounds delicata squash (about 2 large)
- 1 medium red onion, sliced
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon salt
- 1 teaspoon chopped fresh rosemary
- 1 tablespoon maple syrup
- 1 tablespoon Dijon mustard

Preheat oven to 425°F. Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into

1/2-inch-thick wedges. Toss with onion, 1 tablespoon oil and salt in a large bowl. Spread in an even layer on a baking sheet.

Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes.

Combine the remaining 1 tablespoon oil, rosemary, syrup and mustard in a small bowl. Toss the vegetables with the dressing. *Serves 4*

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Submitted by Maria Boutell, CSA Member*