

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Winter Harvest: 11/30/12

## What's in the box?

Dill, <i>Hercules</i>	Cabbage, <i>Farao</i>
Cilantro, <i>Santo</i>	Potatoes, <i>Yellow Finn</i>
Salad Mix	Onions, <i>Candy</i>
Kale, <i>Red Russian &amp; Old Growth Palm (Dino)</i>	Shallots, <i>Ambition</i>
Chard, <i>Bright Lights</i>	Winter squash, <i>Butternut</i>
Carrots, <i>Nelson</i>	Persimmon, <i>Hachiya &amp; Fuyu</i>
Escarole, <i>Natacha</i>	Pineapple Guavas
Cauliflower, <i>Panther</i>	

## Upcoming Event

**"Fruit Trees 101": Basic Fruit Tree Care**  
**Saturday, January 5, 10 am - 1 pm**  
**Louise Cain Gatehouse, UCSC Farm**

Taught by Orchard Keepers founder Matthew Sutton, this class will cover the basics of fruit tree care: selection, planting, irrigation, pest management, and basic winter pruning. A more detailed pruning class will be offered on February 2 (see at right). \$20 for Friends' members, \$30 general public, \$5 for UCSC students, payable at the workshop. Dress for the outdoors and bring a snack. Heavy rain cancels. *Rainout date = January 12*



## 2013 CSA Season Sign-up!

We invite you to sign up early for the UCSC Farm & Garden 2013 CSA season. We anticipate the season to begin Tuesday, June 4, and extend through Friday, November 1, weather permitting. Go to the link below and look for the 2013 pledge form (PDF):

<http://bit.ly/UCSC-Farm-CSA>

## Notes from the Field *by Mary Hillemeier and Rachael Richardson, Second Year Field Apprentices*

Thank you for subscribing to the CSA winter box. We are excited about the goodies that are in this special box – carrots like candy, green cauliflower, and shallots bursting with flavor!

After the first rains, the farm is aglow with the brilliant shades of winter growth – cover crop colors the fields in a diversity of luminous greens, and new grasses are popping up in the pathways and wild corners. Green food crops, like the kales, cabbage, and escarole that you will take home with you today, are especially tasty at this time of year. Cold nights make these vegetables sweeter. If you haven't tried raw kale salad yet this season, now is the perfect time (*see recipe*)! Escarole is a refreshing Italian classic that cleanses the liver. Try it raw, tossed with a creamy dressing to highlight its sweet undertones, or sautéed in pasta (*see recipe below for inspiration*).

The leaves on the persimmon trees have turned red, orange, and yellow and begun to fall in a beautiful display of autumnal hues. There are two varieties of persimmons in the box today, each distinct in flavor and texture. The completely round, tomato shaped persimmons are Fuyus, and can be eaten firm, as they are. Try thinly slicing them into a salad (*see recipe below for ideas*). The acorn-shaped persimmons are Hachiyas. Unripe and chalky when firm, Hachiyas need to ripen at room temperature until the fruit is translucent, deep orange, and very tender. We like to scoop out the flesh of the ripe Hachiyas and use it in holiday cookies or bread, or add it to breakfast oatmeal.

The kiwis are not yet ready to be harvested, so we have not included them in the box. But pineapple guavas are another winter luxury. The tangy, sugary flesh is high in vitamin C and is delicious on its own, or in smoothies or salad dressings. The skin is totally edible.

We love recipes and are always looking for new ways to enjoy the farm bounty. A few of our favorite cooking blogs are:

[www.101cookbooks.com](http://www.101cookbooks.com) – Bay Area food writer reviews current cookbooks and highlights seasonal produce in her recipes.

[www.smittenkitchen.com](http://www.smittenkitchen.com) – Great source of baked goods and decadent vegetable preparations.

[www.farmhousedelivery.com/blog](http://www.farmhousedelivery.com/blog) – Austin-based chef runs a small urban farm and CSA – her archive includes many inventive ways to use a diverse CSA box.

*Wishing all a healthy and happy holiday season!*



## New Years Persimmon Bread

- 1/2 cup (1 stick) unsalted butter plus more for pan
- 3/4 cup all-purpose flour plus more for pan
- 1/2 cup raisins
- 3/4 cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 1 teaspoon ground cinnamon
- 4 large, very ripe Hachiya persimmons
- 1/3 cup buttermilk
- 2 tablespoons finely grated orange zest
- 1 cup sugar
- 2 large eggs

Preheat oven to 350°F. Butter and flour a 9x5x3" loaf pan. Tap out excess flour.

Combine raisins and 2 tablespoons hot water in a small heatproof bowl. Let steep for 20 minutes to plump raisins (or microwave for 15 seconds).

In a medium bowl, whisk together 3/4 cup all-purpose flour, whole wheat flour, baking soda, salt, and cinnamon. Set aside.

Scoop persimmon flesh from skins into a blender. Purée until smooth. Transfer 1 cup purée to a medium bowl (reserve any remaining purée for another use). Whisk in buttermilk and orange zest. Set aside.

Using an electric mixer, beat 1/2 cup butter in a medium bowl until light and creamy, about 2 minutes. Add sugar and beat until light and fluffy, 3-4 minutes longer. Add eggs, one at a time, beating until mixture is well combined. Gradually add persimmon mixture; beat until well combined. Add dry ingredients in 3 batches, beating just until incorporated. Fold in strained raisins.

Pour batter into prepared loaf pan. Bake until a tester inserted into center comes out clean, about 1 hour.

Let bread cool in pan for 20 minutes. Unmold and let cool completely on a wire rack.

## Holiday Salad with Kale & Persimmons

- 3/4 cup freshly squeezed lemon juice (3 to 4 lemons)
- 1/4 cup minced shallots
- 2 tablespoons grainy mustard
- 1 cup extra-virgin olive oil
- 1 teaspoon coarse salt
- 1/4 teaspoon freshly ground pepper
- 1 bunch lacinato or dino kale, washed
- 2-3 Fuyu persimmons, very thinly sliced
- 1/2 cup pomegranate seeds (optional)
- 1/2 cup toasted walnuts, chopped (optional)
- 1/2 cup goat cheese, crumbled (optional)

Remove the fibrous stems of the kale (you can use the stems in stock or stir fry if you like). Slice the kale leaves into 1/4 inch ribbons. Place the kale into a large bowl.

Combine the lemon juice, shallots, mustard, and marjoram in a medium bowl, and whisk to combine. Slowly add olive oil, whisking constantly, until incorporated. Season with salt and pepper.

Toss kale with the vinaigrette. Mix thoroughly, massaging the dressing into the leaves. Allow to marinate for at least 10 minutes. Arrange persimmon slices over greens, and sprinkle with pomegranate seeds, nuts, and cheese, if using. Serve remaining vinaigrette on the side.

## Spaghetti with Butternut Squash, Ricotta, and Escarole

- 1/2 medium butternut squash, peeled, cut into 1/2-inch pieces
- 3/4 pound spaghetti
- 6 tablespoons (3/4 stick) unsalted butter
- 1 head escarole, leaves torn into 2-inch pieces
- 7 ounces ricotta (3/4 cup)
- 1 lemon, cut into wedges

In large pot of boiling salted water, cook squash until crisp-tender, about 3 mins. With a slotted spoon, transfer to a colander. Return water to a boil. Add pasta; cook according to instructions. Reserve 1/2 cup pasta water; drain pasta and return to pot.

In large nonstick skillet, heat 2 T butter over medium-high. Add squash, stirring occasionally, until lightly browned in spots and tender when pierced with a knife, 8 mins. Add escarole, stirring, until just beginning to wilt, 1 min. Add vegetables to pot with pasta. To skillet, add 4 T butter, swirling skillet occasionally, until butter is lightly browned and has a nutty aroma, 1 min. Drizzle over pasta and toss, add reserved pasta water to create a light sauce. Season with salt and pepper. Transfer to a serving dish, top with ricotta, and serve with lemon wedges.