

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Tenth Harvest: 8/7/12 & 8/10/12

What's in the box?

Lettuce, <i>Vulcan</i>	Green Beans, <i>Bronco</i>
Beets, <i>Red Ace</i>	Zucchini / Summer
Onions, <i>Cipollini</i>	Squash, <i>mixed</i>
<i>Bianca di Maggio</i>	Broccoli, <i>Gypsy</i>
or <i>Purplettes</i>	Strawberries, <i>Albion</i>
Leeks, <i>Tadorna</i>	Fennel, <i>Zefa Fino</i>
Basil, <i>Aroma2</i>	Plums, <i>Satsuma</i>

Harvest Forecast* for August 14 and 17

Beets	Onions	Plums
Broccoli	Spinach	Strawberries
Green Beans	Squash	

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

Upcoming Event

Follow the Fruit Trees Workshop
Saturday, August 18 | 10am-4pm
UCSC Farm

Led by Orin Martin, manager of the Chadwick Garden, and Matthew Sutton, owner of Orchard Keepers, this all day workshop covers seasonal care updates, late season fertility, summer pruning/training, and include a tasting of early apples and pears, and late-season prune-plums and peaches. Cost \$100 general; \$90 FF&G members and \$75 UCSC students.

To register or for more info call 831.459-3240
or email casfs@ucsc.edu



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Notes from the Field by Hedda Brorstrom, First-Year Apprentice

Hedda Brorstrom worked as a garden coordinator teaching nutrition and gardening in the San Francisco School District.

Some things just go better together. In gardening we often companion plant with species that help each other. The three sisters garden is a famous example in which you plant *corn*, *beans* and *squash*. The *beans* fix nitrogen, the *corn* acts as a trellis and the *squash* provides thorny protection. As food science evolves we are learning more and more about companion eating as well. Below are some healthful food duos:

Turmeric and black pepper – The tumor-fighting agent in turmeric, called curcumin, is increased 1,000 times when combined with black pepper. This combination used in curries helps fight cancer and inflammation.

Peanuts and whole grains do well together as the specific amino acids absent in wheat are in peanuts; so a peanut butter sandwich can help repair muscles. Remember to buy natural peanut butter and not to eat it more than once a day.

Grilled meats and rosemary – It is thought that the herb's antioxidants literally soak up the meat's dangerous free radicals when charred on the grill.

Greens and citrus – The vitamin C helps make plant-based iron more absorbable so enjoy your lemon kale.

Tomatoes and avocados – Lycopene in tomatoes is made available when you eat it with healthy fats, like nuts, avocados, or olive oil. Crushed tomatoes release the most antioxidants so foods like guacamole and tomato sauce are great.

Fruit salad is proven to have greater synergistic antioxidant effects than eating fruits alone.

Yogurt and Almonds are a good example of eating healthy fats with vitamins. Vitamins that are considered fat-soluble include A, D, and E. Carrots, broccoli, and peas are all loaded with vitamin A and should be paired with a healthy fat such as the kind found in olive oil. Vitamin D—rich products include fish, milk, yogurt, and orange juice.

Garlic and Fish – Cooking your fish with garlic lowers your total cholesterol more than eating fillets or cloves alone.

Other duos include apples and chocolate, broccoli and tomatoes and eggs and cantaloupe. Here's to healthy pairs in the garden and on the plate!



Plum Kuchen

- 2-1/4 teaspoons or 1 (1/4-ounce) package active dry yeast
- 1/4 cup warm water (105–110°F)
- 2 cups (267 grams) plus 2 tablespoons (18 grams) all-purpose flour, divided
- 1 cup sugar (220 grams), divided
- 1/2 teaspoon salt
- 1/2 cup plain whole-milk yogurt (124 grams) (preferably Greek-style, but regular yogurt works) at room temperature
- 1 large egg, warmed in shell in warm water five minutes
- 1-1/2 teaspoons grated lemon zest
- 1 teaspoon pure vanilla extract
- 1-1/4 sticks (5 ounces or 142 grams) unsalted butter, cut into tablespoons and softened, divided
- 3/4 pound firm-ripe plums (about 4 small), halved and pitted

Stir together yeast and warm water in mixer bowl and let stand until foamy, about five minutes. (If mixture doesn't foam, start over with new yeast.)

Add two cups flour, 2/3 cup sugar, salt, yogurt, egg, zest, and vanilla to yeast mixture and mix at medium-low speed 1 minute. Beat in one stick of the butter, one tablespoon at a time, until incorporated. Beat at medium speed until dough is smooth and shiny, about five minutes. (Dough will be very sticky.) Scrape down side of bowl and sprinkle dough with remaining two tablespoons flour. Cover bowl loosely with a kitchen towel or plastic wrap and let dough rise in a draft-free place at warm room temperature until doubled, 1-1/2 to 2 hours.

Spread remaining two tablespoons butter in bottom of an 8- or 9-inch square baking pan and sprinkle with remaining 1/3 cup sugar. Cut each plum half into five or six slices and arrange in one layer in pan.

Stir dough until flour is incorporated, then spread evenly over plums. Loosely cover with buttered plastic wrap, then kitchen towel. Let rise in a draft-free place at warm room temperature until almost doubled, about 1-1/2 hours.

Preheat oven to 375°F with rack in middle. Bake until kuchen is golden-brown and a wooden pick inserted into center comes out clean, 30-35 minutes. Cool in pan five minutes, then invert and unmold onto a rack to cool completely.

Serve with additional yogurt, lightly sweetened, or sweetened crème fraîche.

<http://smittenkitchen.com>
Adapted from Gourmet

Fennel, Prosciutto and Pomegranate Salad

- 2 cups very thinly sliced fennel bulb
- 3 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon coarse kosher salt
- 6 cups arugula (about 4 ounces)
- 1 cup thinly sliced green onions
- 1/4 cup thinly sliced mint leaves
- 1-1/2 tablespoons balsamic vinegar
- 6 ounces thinly sliced prosciutto, torn into strips
- 1/2 cup pomegranate seeds

Toss fennel and 1 T olive oil in medium bowl. Sprinkle with 1/4 teaspoon salt (can do one day ahead).

Combine arugula, green onions, mint, vinegar, and 2 T olive oil in large bowl; toss. Season with salt and pepper. Divide greens among plates. Top with fennel, then drape with prosciutto. Sprinkle pomegranate seeds over.

Serves 4-6

<http://smittenkitchen.com>
Adapted from Bon Appetit, November 2008

Broccoli Slaw with Buttermilk Dressing

- 2 heads of broccoli
- 1/2 cup thinly sliced almonds, toasted
- 1/3 cup dried cranberries
- 1/2 small red onion, finely chopped

Trim broccoli and cut it into large chunks. Then, either feed it through your food processor's slicing blade, use a mandoline to cut it into thin slices, or simply hand chop it into smaller pieces (I used the stem and the flowerets).

Toss the sliced broccoli with the almonds, cranberries and red onion in a large bowl. Meanwhile, whisk the dressing ingredients in a smaller one, with a good pinch of salt and black pepper. Pour the dressing over the broccoli and toss it well. Season well with salt and pepper to taste.

Variation: This slaw would be equally good with cauliflower. I might use dried currants and walnuts instead of cranberries and almonds and maybe some celery slices. Have fun with it. Should keep up to a week in the fridge.

Buttermilk Dressing

- 1/2 cup buttermilk, well-shaken
- 1/3 cup mayonnaise
- 2 tablespoons cider vinegar
- 1 tablespoon sugar
- 3 tablespoons finely chopped shallot

<http://smittenkitchen.com>