

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Twelfth Harvest: 8/21/12 & 8/24/12

What's in the box?

Butterhead Lettuce, <i>Sylvesta</i>	Yellow Wax Beans, <i>Gold Rush</i>
Carrots, <i>Nelson</i>	Zucchini, <i>mixed</i>
Beets, <i>Red Ace</i>	Cabbage, <i>Farao</i>
Onions, <i>Cipollini</i>	Strawberries, <i>Albion</i>
Heirloom Tomatoes, <i>mixed</i>	Apples, <i>Chehalis, MacIntosh,</i> <i>& Gravenstein</i>
Green Beans, <i>Bronco</i>	Fingerling Potatoes, <i>LaRatte</i>

Harvest Forecast* for August 28 and 31

Apples	Cilantro or Dill	Strawberries
Baby chard	Fingerling	Summer crisp
Broccoli	potatoes	lettuce
Carrots	Spinach	Tomatoes

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

Upcoming Event

Farm to Fork Benefit Dinner @ UCSC Farm Sunday, September 9 3pm Reception & Tour | 4pm Dinner

The Apprentice class of 2012 invites you to a five-course meal featuring organic ingredients from the UCSC Farm and local farms managed by Apprenticeship graduates. Wine and other beverages included. The benefit will include a silent auction and special preview of selections from our upcoming Fall Plant Sale.

Proceeds benefit the Apprenticeship in Ecological Horticulture scholarship fund. **Cost: \$125/person**
Buy tickets **online** at: <http://tinyurl.com/ucfarmdinner>
or by **mail**, send check, payable to "UC Regents" to:

UCSC Farm, 1156 High St., Santa Cruz, CA 95064; attn: Benefit Dinner
For more info: 831.459-3240; email: casfs@ucsc.edu



Notes from the Field by Laurel Grayson, First-Year Apprentice

This past weekend the UCSC Farm and Garden transformed into a place from the past. It still looked the same as I walked from my tent cabin to the Farm Center Sunday morning after the Home Farmers Reunion dinner on Saturday night. But, something had changed for me. It was like everything was just right in my life and I felt like no matter where I go next, or what I end up doing in the years to come, I will always be able to come home, back to the farm and be okay, just like the original farmers.

The Home Farmers I had the pleasure to meet came from near and far. They are the founders of what exists today. In the early 70's the original settlers of the land started a community that fostered support and agriculture – a place they could call home. Thus, the Home Farmers were born.

For many, the last time they saw one another was over 20 years ago. Others had visited with each other from time to time over the years, or had come back to visit their old home every few years to check-in on the gardens and field. Some have traveled the world, pursued degrees at highly prestigious universities, and some have passed away. Many have married and gone on to have families. This weekend, those who could come back to their roots to pay homage to the land and people they had fallen in love with 40 years ago.

I, too, can genuinely say I have fallen in love with the field and gardens that feed us, as well as with my fellow apprentices who nourish my heart and feed my soul. Looking back on the past weekend and on the past 4.5 months I cannot begin to imagine leaving the farm and my new family, including our talented site managers, Second Year apprentices and of course, the farm cats.

Yet I know perhaps more than ever, that I am grounded and grateful for this experience and the doors that have yet to open. Each morning when I wake up to the sunrise peaking up over the ocean illuminating the fields, I am comforted by the soil that my feet solidly stand on, the same soil that has 40 years of organic cultivation beneath it. This soil also has 40 years of history of people who believe in stewarding the land, in growing food for their communities, and ensuring a healthy food system for the future. With that in mind, I am both happy and proud to be a part of the farm's legacy.



A big welcome to our Late Season CSA Members!



Best Ever Green Bean Casserole

For the topping:

- 2 medium onions, thinly sliced
- 1/4 cup all-purpose flour
- 2 tablespoons panko bread crumbs
- 1 teaspoon kosher salt
- Nonstick cooking spray

For the beans and sauce:

- 2 tablespoons plus 1 teaspoon kosher salt, divided
- 1 pound fresh green beans, rinsed, trimmed and halved
- 2 tablespoons unsalted butter
- 12 ounces mushrooms, trimmed and cut into 1/2-inch pieces
- 1/2 teaspoon freshly ground black pepper
- 2 cloves garlic, minced
- 1/4 teaspoon freshly ground nutmeg
- 2 tablespoons all-purpose flour
- 1 cup chicken broth
- 1 cup half-and-half

Preheat oven to 475° F. Combine the onions, flour, panko and salt in a large mixing bowl and toss to combine. Coat a sheet pan with nonstick cooking spray and evenly spread the onions on the pan. Place pan on the middle rack of the oven and bake until golden brown, approximately 30 minutes. Toss onions 2 to 3 times during cooking. Once done, remove from oven and set aside until ready to use. Turn oven down to 400° F.

While the onions are cooking, prepare the beans. Bring a gallon of water and 2 tablespoons of salt to a boil in an 8-quart saucepan. Add the beans and blanch for 5 minutes. Drain in a colander and immediately plunge the beans into a large bowl of ice water to stop the cooking. Drain and set aside.

Melt butter in a 12" cast iron skillet set over medium-high heat. Add the mushrooms, 1 teasp. salt and pepper and cook, stirring occasionally, until mushrooms begin to give up some of their liquid, approximately 4-5 minutes. Add the garlic and nutmeg and continue to cook for another 1-2 minutes. Sprinkle the flour over the mixture and stir to combine. Cook for 1 minute. Add broth and simmer for 1 minute. Decrease heat to medium-low and add the half-and-half. Cook until the mixture thickens, stirring occasionally, approximately 6-8 minutes.

Remove from heat and stir in 1/4 of the onions and all of the green beans. Top with the remaining onions. Place into the oven and bake until bubbly, approximately 15 minutes. Remove and serve immediately. *Serves 4-6*

*Recipe courtesy Alton Brown
(Good Eats – Food Network), 2007*

Thank you, CSA member Lori Bush, for submitting this recipe!

Grilled Potato Salad

- 10 medium-sized new potatoes, unpeeled and quartered
- 3-4 small yellow summer squash, cut in half
- 1 bunch of green onions or spring onions
- a big splash of olive oil
- 2 lemons, cut in half (optional)
- 1/4 cup rice vinegar
- 1/4 cup olive oil
- clove of garlic, mashed and chopped
- a couple drops of toasted sesame oil
- salt
- 1/2 a head of lettuce, washed and cut into bite-sized pieces

Toss the potato wedges, squash, and green onions with a bit of olive oil and a pinch of salt. Place them on a medium-hot grill. Place the lemons on the grill, cut side down. Grill 10-20 minutes until golden and cooked through – flipping to get color on all sides. Remove pieces and place on a platter.

Meanwhile, whisk together the rice vinegar, olive oil, garlic, sesame oil, and a couple pinches of salt. When the onions come off the grill, let them cool for a couple minutes and then cut into 1/2-inch segments. Set aside.

Toss the lettuce with a splash of the dressing, and place onto a large platter. Toss the vegetables (but not the lemons) with a big splash of the dressing and arrange it on top of the lettuce sprinkled with the reserved grilled green onion segments. Garnish with lemon (I like to squeeze over my salad just before eating for an added layer of extra mellow tang that goes great with the potatoes. *Serves 6*

www.101cookbooks.com

LaRatte Fingerling Potatoes

Fingerling potatoes are grown mostly for the restaurant business – with their long skinny shape, they're usually served whole or sliced lengthwise, roasted or grilled. They can be yellow, pink, and blue, and have a dense, waxy flesh, with a rich flavor, as if buttered from within. Other varieties include: Russian Banana, Austrian Crescent, or Rose Fir Apple, a fingerling introduced to the first generation of students working with Alan Chadwick. For the simplest recipe, toss with olive oil, salt and pepper, and a few sprigs of rosemary and roast on a cookie sheet at 375° for 35 minutes. Some cooks bundle them in parchment paper to hold in the steam, resulting in a tender roasted potato. It's best not to boil or steam the fingerlings, as they will have a bitterness under the skin prepared that way.