

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Sixth Harvest: 7/10/12 & 7/13/12

## What's in the box?

Lettuce, <i>Plato II</i>	Cilantro, <i>Santo</i>
<i>Romaine</i>	Zucchini, <i>mixed</i>
Spinach, <i>Tyee</i>	Broccoli, <i>Gypsy</i>
Chard, <i>Rhubarb Red</i>	Kohlrabi, <i>Kolibri</i>
Beets, <i>Red Ace</i>	Strawberries, <i>Albion</i>
Onions,	Plums, <i>Santa Rosa</i>
<i>Bianca di Maggio</i>	Blueberries, <i>mixed</i>

## Harvest Forecast\* for July 17 and 20

Bunching onions	Kohlrabi	Spinach
Chioggia beets	Red kale	Strawberries
Italian basil	Redleaf lettuce	Blueberries

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

## Upcoming Event

### Garden Cruz: Organic Matters

Wednesdays & Saturdays, Aug. 29-Oct. 27

UCSC Farm & Alan Chadwick Garden

Taught by staff and graduates of the UCSC Farm & Garden Apprenticeship Program, along with invited experts, *Garden Cruz: Organic Matters* will provide a solid foundation to further your lifelong study, practice and enjoyment of organic gardening.

Begins **Wed., Aug. 29** (orientation) and runs eight (8) consecutive Saturdays from 8:30am-4pm and five (5) Wednesday evenings from 6:30-8:30pm.

Cost: \$1,200 general admission

\$1,100 FF&G members

\$50 early bird reg. discount – 8/10/12)

<http://casfs.ucsc.edu/gardencruz>

To register or for more info call

831.459-3240 or email

[casfs@ucsc.edu](mailto:casfs@ucsc.edu)

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

Wake up agroecologist apprentice! It's 6:30 am and there are concepts to master and muscle memory to build. Open your eyes! The farm center waits with an apricot waffle breakfast. Sunscreen your face, add a hat, remember a belt to hold your harvest knife. Eat. Pound the table to praise the chefs. Dish patrol chore. Put away forty-some farm student plates, mugs and forks; you could not imagine better peoples' dishes to stack. Hustle past the medicinal characters in the down garden; "hello" stop-the-bleeding yarrow, "howdy" brain tonic scarlet pimpernel, "morning" cooling plantain. Don't get distracted, hustle and hurry – you have crops to tend. The morning begins with a three hundred foot bed of knife weeding. Kneel, hover, bend and stretch your body as you work remembering your gardening T'ai Chi. Remove moist weeds. Liberate the selected plants within the soil. This soil is your long-term story, your evolution in place, it is *deep time*. As a farmer you are the structural engineer of aggregation from the Gaia-given earth you work. Bring in air, flocculate your soil, give breath to the billions of organisms under your toes. Garden guru instructors chime in as you work, "This summer cover crop of buckwheat is a dynamic accumulator, also known as a pack rat." It is time to pick blueberries. Ready twelve flats in a Vermont cart. There are so many berries it seems obscene. The farm has many varieties you have never tasted, the non-stacking fruits. Here, you are part of the seasons, eating sun-ripened apricots and huge, healthy veggies fertilized with fermented nettles. You are a student of a secret society attempting to make the secrets public; you yearn to share plums, peaches, and proverbs of ancient and new ways of interacting in the social food movement. Drink water. Put your harvest in the walk-in fridge. Ignore the calls of squirrels you did not catch. Instead head to class. Take notes and make sketches as you attempt to capture the exquisite wisdom being delivered. An hour into the 4:00 p.m. weeds lecture, however, and you find you are at your personal field capacity, your leeching point, verging on your permanent wilting point. Snack fairy break. You're saved by gingersnaps! You learn about sunlight management in the field of solar dollars and are frightened by field trips revealing farming hardships. What is your goal? What is your plant nutrition per acre? Who and what needs healing? Will you ever vacation again if you farm? After a colorful curry dinner you relax as you recommit to this work because heck, everyone needs to eat! Don't forget that you, dear apprentice, are becoming skilled at growing bowling balls of storage onions and rainbows of chard. You have tomorrow still on this land, at this ideal farm. Walk back to your warm tent cabin. Check the foot of the bed for lingering lizards and finally sink into your pillow. Coyotes and owls keep working and you drift off and dream of your future with food and tomorrow's breakfast.



## Lemon-Zucchini Loaf with Lemon Glaze

- 2 cups unbleached all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 eggs
- 1/2 cup canola oil
- 2/3 cup sugar
- 1/2 cup buttermilk
- Juice of 1 lemon (or 2 Tablespoons lemon juice)
- Zest of 1 lemon
- 1 cup grated zucchini (no need to peel zucchini before grating)

Preheat oven to 350° degrees. Grease and flour a 9×5" loaf pan; set aside.

In large bowl, blend flour, baking powder, salt; set aside. In medium bowl, beat 2 eggs well, then add canola oil and sugar, and blend well. Add the buttermilk, lemon juice, and lemon zest and blend everything well. Fold in zucchini and stir until evenly distributed.

Add this mixture to the dry ingredients in the large bowl and blend everything together, but don't overmix.

Pour batter into prepared 9×5" loaf pan and bake at 350° for 45 minutes, or until toothpick inserted in center comes out clean (do not overcook!). Cool in pan 10 minutes, then remove to a wire rack and cool completely.

### Lemon Glaze

- 1 cup powdered sugar
- Juice of 1 lemon (or 2 Tablespoons lemon juice)

Mix powdered sugar and lemon juice until well blended. Spoon glaze over cooled loaf. Let glaze set, then serve.

[www.nancycreative.com](http://www.nancycreative.com)

## Honey-Balsamic Bean Salad

- 8 oz / 225 g (about 1-1/2 cups) EACH cooked chickpeas, pinto beans, and black beans
- 1 small head of romaine lettuce, washed, dried, shredded
- 1/3 cup / 1 oz / 30g sliced almonds, toasted
- 2 teaspoons extra-virgin olive oil
- 1 1/2 tablespoons runny honey
- 2 tablespoons balsamic vinegar
- 1 1/2 tablespoons fresh lemon juice
- 1/4+ teaspoon fine grain sea salt
- 10 sprigs fresh thyme

Combine the beans, lettuce, and most of the almonds in a large salad bowl. Set aside. Make the dressing by whisking the olive oil, honey, balsamic vinegar, lemon juice, and sea salt in a small container. Taste, and adjust to your tastes.

Run your fingers up each thyme sprig, removing the leaves. Add to the salad bowl along with a good amount of the dressing. Toss well, and add more dressing if you like. Finish by sprinkling with remaining almonds. *Serves 4-6*

**Note from Heidi:** Inspired by a recipe in *Teaching Dad to Cook Flapjack* by Miranda Gardiner (Hardie Grant Books, May, 2010). ...The original recipe called for green beans. I chopped up a head of structured, romaine lettuce instead. If you're trying to come up with a substitute for the green beans, imagine ingredients that might go nicely with the honey-balsamic vinegar. ... I would have used borlotti beans in place of the black beans, but I went with the beans I had on hand, rather than make a trip to the store.

[www.101cookbooks.com](http://www.101cookbooks.com)

## Marinated Kohlrabi

- 1 pound kohlrabi
- 1 small sweet onion, minced (optional)
- 1 small red bell pepper, chopped (optional)
- 1/2 cup lemon juice
- 1/2 cup good olive oil

Cut kohlrabi into bite-sized chunks (or julienne) and place in bowl with onion, bell pepper, lemon juice, and olive oil. Marinate 1 hour, stirring occasionally. Sprinkle with salt and pepper before serving. *Serves 4*

*Source: Fresh from the Farm & Garden,  
Seasonal Recipes for Busy Cooks*

Sometimes described as the "Sputnik vegetable," kohlrabi is like broccoli with a somewhat more delicate flavor or a milder, sweeter version of turnips. Dishes that work with broccoli will work with kohlrabi with the difference that kohlrabi is like the stem, not the florets. Peel kohlrabi first, or cut into thin slices. For salads, peel and julienne. Kohlrabi is perfect for carving into decorative shapes or hollowing out for radish, scallion, and edible flower bouquets.

Like common cabbage, kale, broccoli and cauliflower, kohlrabi is a descendant of wild cabbage. "Kohlrabi" is a German word, "kohl" meaning cabbage and "rabi" meaning turnip. It is a hardy vegetable that grows well in cool, damp areas of Northern Europe.