

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Thanksgiving Harvest: 11/26/13

## What's in the box?

Radicchio, <i>Leonardo</i>	Potatoes, <i>Yellow Finn</i>
Spinach, <i>Tyee</i>	Onions, <i>Candy</i>
Chard, <i>Rainbow</i>	Shallots, <i>French Red</i>
Kale, <i>Dino</i>	Winter Squash,
Carrots, <i>Nelson</i>	<i>Butternut</i>
Cabbage, <i>Farao</i>	Persimmons,
Cauliflower, <i>Edith</i>	<i>Hachiya</i>

## Upcoming Event

**"Fruit Trees 101": Basic Fruit Tree Care**  
**Saturday, January 25, 10 am - 1 pm**  
**Louise Cain Gatehouse, UCSC Farm**

Learn the basics of fruit tree planting, irrigation, fertility, pest management, and winter pruning with Orin Martin and Sky DeMuro of the Alan Chadwick Garden. \$30 (pre-registered)/\$40 (at gate) general, \$20 (pre-registered)/\$30 (at gate) FFG members, \$5 current UCSC students. Pre-register at: <http://farmfruit.bpt.me> or by check\*. *Heavy rain cancels.*

\*To pre-register by check: send check, payable to "UC REGENTS" to: CASFS | 1156 High St. | Santa Cruz, CA 95064 | Attn: Fruit Tree. Include name/ date of workshop and contact info (phone/ email).



## 2014 CSA Season Sign-up!

We invite you to sign up early for the UCSC Farm & Garden 2014 CSA season. We anticipate the season to begin Tues., June 3, and extend through Fri., Oct. 31, weather permitting. Go to the link below to download the 2014 pledge form (PDF):

<http://casfs.ucsc.edu/community-outreach/produce-sales/community-supported-agriculture>

## Notes from the Field by Daniel Tebes, Second Year Apprentice

Thank you for signing up for our winter CSA box, and for supporting the UCSC Farm and Garden Apprenticeship Program this season! In your box you will find a carefully selected mix of fresh vegetables and hearty winter storage crops, great for a holiday celebration.

As the days grow colder and shorter we have been busy in the field and gardens planting our cover crop. This green-manure system is a central component of our agroecological farming program; cover crop smothers weeds, enhances nutrient and moisture availability, slows erosion, helps to control pests and diseases, reduces fertilizer inputs, and significantly improves soil health. At the farm and garden, we've been growing and experimenting with a specialty mix of nitrogen-fixing cover crop plants (vetch, bell beans, and field peas) and carbonaceous plants (cayuse oats, cereal rye) for over 20 years. There are various iterations of this cover cropping system sprinkled across the world, as this is one of the first things apprentices learn at CASFS and bring with them to new land.

I am honored to be working with our second-year apprentice team: Anna, Lan, and Lorrie in the Farm Garden; Ben, Clara, Laura in the Chadwick Garden; and Pritha (and myself) in the field. This winter, my fellow second-years and I will be completing a range of indoor activities, such as planning what we will be growing next year and where we will be growing these crops; reviewing our harvest data and generating a harvest summary report; reviewing produce sales records; as well as outdoor activities, such as cover cropping; planting strawberry crowns and garlic; harvesting persimmons and kiwis; maintaining our perennial fruit crop, i.e. winter pruning deciduous fruit trees, grape vines, and cane fruit. We will also be preparing community and educational programming for a new cohort of first-year apprentices who will arrive in April.

As we reflect on the season and give thanks this year, I encourage us to give thanks to the people, resources, and histories that made this food – the seeds that traversed oceans and cultures; the land that sustains billions of organisms and ecological life; and our community that supports a sustainable and socially equitable agriculture. We are inextricably linked to the food we eat and everything that goes into making this food. I would like to sincerely thank you for supporting the UCSC Farm and Garden Apprenticeship Program, and for supporting us, a new group of aspiring organic farmers and gardeners. **Happy holidays from the UCSC Farm and Garden!**



## Swiss Chard and Rosemary Pesto Pasta

Kosher salt  
10 ounces dried, shaped whole-wheat pasta, such as fusilli  
5 to 6 stems dark green swiss chard (see headnote)  
Several stems flat-leaf parsley  
2 tablespoons packed rosemary leaves  
4 cloves garlic  
2 tablespoons freshly grated Parmigiano-Reggiano cheese, or more as needed  
1/2 cup pine nuts (2.4 ounces)  
1/3 cup extra-virgin olive oil, or as needed  
Freshly ground black pepper

Bring a pot of water to a boil over high heat. Add a generous pinch of salt, then the pasta. Cook for 5 minutes less than the package directs (to keep the pasta from getting mushy), taste-testing a piece for al-dente doneness.

Meanwhile, separate chard leaves from their ribs and stems, reserving stems for another use if desired and stuffing the leaves into a food processor as you work. Pluck enough parsley leaves to yield 1/4 cup packed and enough rosemary leaves to yield 2 packed tablespoons,

and place both in the food processor. Smash and peel the garlic cloves, then place in the food processor along with the Parmigiano-Reggiano cheese and pine nuts. Pulse until finely chopped; stop to scrape down the sides of the bowl.

With the motor running, gradually add the oil to form a well-incorporated pesto. Taste, and add cheese if needed. Season with salt and/or pepper to taste.

Drain the pasta, reserving 1/2 cup of the cooking water. Return the pasta to the pot (off the heat). Add all of the pesto and 1/4 cup of the cooking water, tossing to coat evenly. If the pesto seems too thick, stir in some or all of the remaining cooking water.

Divide among wide, shallow bowls. Serve right away, with more cheese at the table.

**Note:** Toast pine nuts in a small, dry skillet over medium-low heat until lightly browned. Cool before adding to the pesto mixture.

*Adapted from: The Clean Plates Cookbook: Sustainable, Delicious and Healthier Eating for Every Body, by Koch & Silverman Hough*

## James Beard's Amazing Persimmon Bread

*Two 9-inch loaves*

3-1/2 cups sifted flour  
1-1/2 teaspoons salt  
2 teaspoon baking soda  
1 teaspoon ground nutmeg  
2 to 2-1/2 cups sugar  
1 cup melted unsalted butter and cooled to room temperature  
4 large eggs, at room temperature, lightly beaten  
2/3 cup Cognac, bourbon or whiskey  
2 cups persimmon puree (from about 4 squishy-soft Hachiya persimmons)  
2 cups walnuts or pecans, toasted and chopped  
2 cups raisins, or diced dried fruits (such as apricots, cranberries, or dates)

Preheat oven to 350°F. Butter 2 loaf pans. Line the bottoms with a piece of parchment paper or dust with flour and tap out any excess.

Sift first 5 dry ingredients in a large mixing bowl.

Make a well in the center then stir in the butter, eggs, liquor, persimmon puree then the nuts and raisins.

Bake 1 hour or until toothpick inserted into the center comes out clean. Will keep unrefrigerated for a week, if well-wrapped, and freezes well.

*Adapted from Beard on Bread by James Beard*

## Hachiya Persimmon Breakfast Smoothie

2 ripe persimmons  
2 bananas  
1/2 cup plain or vanilla yogurt (optional)  
1 T lemon juice  
1/2 tsp lemon zest  
and honey to taste



Put all in blender and enjoy this thick, orange smoothie!

## Cinnamon Roasted Butternut Squash

1 large butternut squash, peeled, seeded and cut into 1-inch cubes (about 3 lbs. or 8 cups, cubed)  
2 tablespoons olive oil  
2 tablespoons brown sugar  
1/2 teaspoon ground cinnamon  
1 teaspoon kosher salt  
Dash cayenne, optional

Prepare squash. Heat oven to 425°F and line two large baking sheets with aluminum foil.

Toss squash cubes with olive oil, brown sugar, cinnamon, salt and cayenne until well coated. Spread coated squash onto baking sheets into one layer. Try not to crowd them too much or else they will not brown.

Roast squash, turning once and rotating pans once, until edges are lightly browned and centers are tender; 40 to 45 minutes.

[www.inspiredtaste.net](http://www.inspiredtaste.net)