

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Eleventh Harvest: 8/13/13 & 8/16/13

What's in the box?

Head lettuce, <i>Green Butter, Divina</i>	Cucumber, <i>Suyo Long or Marketmore</i>
Carrots, <i>Napoli</i>	Strawberries, <i>Albion</i>
Beets, <i>Cylindra</i>	Avocado, <i>Bacon type</i>
Basil, <i>Italian</i>	Zucchini, <i>mix</i>
Corn, <i>Xtender 270A</i>	Turnips, <i>Hakurei</i>
Onions, <i>Rossa di Milano</i>	Sweet Peppers, <i>Tolli's Sweet</i>
Broccoli, <i>Gypsy</i>	

Harvest Forecast* for August 20 and 23

Apples	Lettuce	Strawberries
Baby spinach	Potatoes,	Tomatoes!
Beets	Yellow Finn	Turnips
Cilantro		Zucchini

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

Upcoming Event

3rd Annual Farm to Fork Dinner
Sunday, September 15 – 3 - 7 pm
UCSC Farm & Garden

Join us for this special fundraising dinner at the UCSC Farm to support the Apprenticeship training program. Enjoy the views of the Farm and the Monterey Bay as you dine on an array of courses created by chefs Matthew Raiford, Amy Padilla, and Heidi Schlecht. Take part in the silent auction featuring unique items, experiences and services. Tickets are \$125, available online at 2013farmtofork.bpt.me (service charge applies) or by mail. For more information, email casfs@ucsc.edu or call 831.459-3240.



Notes from the Field by Olivia Radovich, First Year Apprentice

Petals fold around themselves creating bright pockets of color that dapple the green foliage of the Chadwick Garden. Apples, pears, and various stone fruits dangle off branches like golden ornaments, adorning the garden forest like holiday décor. The ripening apples flash their red blushed skin, tempting the thirsty mouth to bite, feel the crunch of flesh and to taste the flood of sweet nectar that drips down the chin. These are my first impressions as I return to the garden after taking a week off.

The August days are long and hot. We anticipate the coming of fall as we arrive back at the farm for our final ten weeks of the program. Before our break week we chose which garden site we would like to spend the “pathways” portion of the program. We were encouraged to choose a site that aligns with our personal goals and interests that could potentially support us in what we go on to do after the program. In our assigned site we will spend the rest of the program honing our skills and creating more focus and intention in our work. We will also take advantage of this incredible educational opportunity and soak up as much information as is possible before we graduate and move on into the real world. Just as we prepare a garden bed to allow the plant roots to extend themselves down into the fertile soil, we prepare our brains to allow as much knowledge to trickle in as is possible.

I chose the Chadwick Garden to spend my final ten weeks. The surrounding redwoods, the canopies of fruit trees, the sweet smelling rose gardens, and all the annual crops nestled within create a magical and enchanting garden where upon arrival one instantly feels a tingle of inspiration and creativity. It is a poetic place, made more so by Orin Martin's cascading voice and verse as he leads us through the winding pathways, repeating the guidelines and goals of summer pruning, discussing the hundreds of varieties of apples, and of course cutting up ripe fruit and passing it around for all of us to experience.

My intentions for being here are varied. The knowledge necessary for growing fruit is thrilling and challenging. I anticipate that I will be able to practice and improve my pruning skills. The promise of fresh apple and pear cider is so enticing. I will also be working in the greenhouse where I plan to learn more about perennials and asexual propagation. I also chose the Chadwick Garden because of the sheer inspiration I felt in learning how to design a garden that is not only beautiful and aesthetically pleasing, but also intensive in its function and productivity.

As you enjoy your fresh box of produce this week, consider taking a stroll in the Chadwick Garden. Look for hummingbirds, honeybees and roses. Smell the roses. You are guaranteed to feel uplifted.



Mexican Poblano, Spinach, and Black Bean “Lasagne” with Goat Cheese

For chiles: 12 med. to large fresh poblano chiles
For tomato sauce: 1 (14-16-oz) can whole tomatoes with juice
3 large garlic cloves, chopped
1/4 C chopped fresh cilantro
1/4 tsp. sugar
1/4 tsp. salt, or to taste
2 T olive oil
For goat cheese sauce: 1 C heavy cream
2 tsp. dried epazote* (opt.)
8 oz. soft mild goat cheese

1/4 tsp. salt, or to taste
For spinach filling: 4 (3/4-lb.) bunches spinach, coarse stems discarded
2 T olive oil
1/4 C raisins
1/4 tsp. salt, or to taste
To assemble dish: 3 T olive oil
6 (6-inch) corn tortillas, halved
1 C cooked black beans, rinsed and drained if, canned
Garnish: toasted pine nuts

Prepare chiles: Broil all 12 chiles on rack of a broiler pan about 2 inches from heat, turning, until skins are blackened, 8-10 mins. Transfer immediately to a large bowl and cover with plastic wrap. Roast remaining 8 chiles in same manner, then let stand 20 mins.

When cool enough to handle, peel chiles, then open flat and discard seeds and stems, wiping with paper towels or dunking in a bowl of water briefly, if necessary, to remove seeds. If chiles taste very spicy, cut out ribs with scissors to make them milder.

Make tomato sauce: Purée tomatoes with juice, garlic, cilantro, sugar, and salt in a blender. Heat oil in a 10-in. nonstick skillet over moderate heat until hot but not smoking, then add sauce (be careful of splattering) and simmer, stirring, until thickened and reduced to about 1 C, about 6 mins.

Make goat cheese sauce: Gently simmer cream, with epazote (if using), in a small heavy saucepan, covered, →

10 mins. If using epazote, pour cream through a fine-mesh sieve into a bowl, pressing on and discarding epazote. Return cream to pan. Whisk in goat cheese and salt and heat over low heat, whisking until smooth.

Make spinach filling: Blanch spinach in batches in a large pot of boiling salted water 1 min., transferring with a slotted spoon to a large bowl of cold water to cool. Drain in a colander, pressing on spinach with back of a spoon to remove excess water, then coarsely chop.

Heat oil in cleaned nonstick skillet over moderately high heat until hot but not smoking, then sauté spinach and raisins, stirring, 2 mins. Stir in salt and transfer filling to a plate.

Fry tortillas and assemble dish: Preheat oven to 350°F.

Heat oil in cleaned nonstick skillet over moderately high heat until hot but not smoking, then fry tortillas 2 halves at a time, turning over once, until just crisp, about 1 min. total. Transfer tortillas to paper towels to drain.

Spread 1/4 C tomato sauce over bottom of casserole dish. Arrange half of tortillas on top, then spread another 1/4 C tomato sauce on top and sprinkle evenly with black beans. Arrange 4 poblanos flat over black beans to cover, then spread half of spinach filling evenly over chiles and drizzle with 1/4 C goat cheese sauce. Make another layer with 4 chiles, remaining spinach filling, and another 1/4 C of goat cheese sauce, then cover with remaining 4 chiles.

Cover chiles with remaining tomato sauce, spreading evenly, then top with remaining tortillas. Cover tortillas with remaining goat cheese sauce, spreading evenly.

Bake lasagne, covered with foil, in middle of oven until bubbling and heated through, 25 to 30 mins.

Preheat broiler. Remove foil and broil about 3 in. from heat until top is bubbling and beginning to brown, about 2 mins.

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Pizza with Sweet Peppers

Makes one 12-in. pizza

1-2 sweet peppers
1/2 small red onion
1/4 cup parsley leaves
1/4 cup basil leaves
3 tablespoons olive oil

1 teaspoon red wine vinegar
Salt and pepper
2 ounces mozzarella cheese
1 clove garlic
Pizza dough for one pizza

Preheat the oven – with a pizza stone in it – to 450 to 500 °F. [If you don't have a pizza stone, you can bake this on the back of a baking sheet, sprinkled with cornmeal.]

Slice thin the peppers and onion, and roughly chop the parsley and basil. Toss in a bowl with 2 tablespoons of the olive oil and the vinegar, and season to taste with salt and pepper. →

Coarsely grate the cheese. Chop the garlic fine and mix it with the remaining tablespoon of olive oil.

Roll out a disk of pizza dough 12 to 14 inches in diameter and place it on the back of a lightly floured sheet pan or pizza peel. Using a pastry brush or your fingers, brush the garlic and oil mixture on the dough, leaving a 1/2-inch border. Sprinkle the grated cheese on top of the oiled dough. Spread the pepper mixture on top of the cheese. Slide the pizza directly onto the pizza brick and bake for 4 to 6 minutes, or until the dough is crispy and thoroughly cooked. Slice and serve immediately.



www.smittenkitchen.com – Adapted from Chez Panisse Vegetables