

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Twelfth Harvest: 8/20/13 & 8/23/13

What's in the box?

[[OR	Head Lettuce	Cipollini Onions
	Salad Greens	Broccoli, <i>Gypsy</i>
	Spinach, <i>Tyee</i>	Strawberries, <i>Albion</i>
	Leeks, <i>Varna</i>	Summer Squash, <i>mix</i>
	Beets, <i>Chioggia</i>	Sweet Peppers, <i>mix</i>
	Bok Choy, <i>Mei Qing</i>	Tomatoes, <i>mix</i>
	Cilantro, <i>Santo</i>	Avocado, <i>Bacon type</i>

Harvest Forecast* for August 27 and 30

Apples	Red Onions	Spinach
Basil	Romano Beans	Strawberries
Cabbage	Yellow Wax Beans	Zucchini
Potatoes	Salad greens or Lettuce	

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

Upcoming Event

Fall Plant Sale

Friday, September 6 | 12-6pm &
Saturday, September 7 | 10am-2pm
Barn Theater, UCSC, @ Bay & High

Fall is a wonderful time to plant vegetable crops to extend your gardening season and give perennials a good head start for spring. The region's best-suited varieties of organically grown winter vegetables and landscape plants available. Friends of the Farm & Garden receive 10% off (memberships available at the plant sale). For more info, email casfs@ucsc.edu or call 831.459.3240.



Notes from the Field *by Pritha Golden, First Year Apprentice*

It is the second week of CASFS's "Final Ten." After spending a month in each of the farm and garden sites – the Up Garden, Down Garden and the Field – the first year apprentices submit which site they would like to stay in for the last ten weeks of the program. With such great instructors and varied learning opportunities at each site, the decision was not easy for most. Facing the unknowns ahead of us, we felt uncertain of the best option, asking ourselves, "Am I setting myself up to create the future I want for myself? What *do* I want for my future anyhow?" Perhaps there can be too much of a good thing.

Now decisions have been made and we are settled in our sites, which will assuredly feel more like a blink of an eye. I am grateful to have chosen the Field. In the Field, rows of various textures, shapes and colors curve with the contours of the landscape. The crop diversity makes for a beautiful foreground to the ocean view. But the view is not why I chose the Field – I wanted to learn the systems employed in tractor-scale CSA production.

I am currently in my irrigation sub-rotation, a month of working directly with a second year apprentice to learn the ins and outs of the field irrigation systems. Walking the fields, we are given a unique opportunity to simply observe. Trowels in hand, we constantly check the moisture of the soil. "How moist is the soil in the middle of the row? How moist is it on the edge? How about closer to the plant? Further from the plant?"

I'm learning that brassicas, especially broccoli, are very thirsty plants. It seems they suck up the moisture as quickly as we send it out. While soil by the broccoli will easily crumble in your hand, soil by the neighboring onions will form a sticky ball. Who knew that under the soil's surface some plants were drinking so much more water than others? After years of growing plants, I am finally taking the time to look in detail at what is going on below the soil's surface. I am developing a sensory relationship to the plants and soil and observing the effects of our human manipulations – 60 minutes of irrigation, 90 minutes of irrigation, no irrigation. My future is in the air and unknowns abound, but for now I can dig my trowel in the ground and simply take joy in observing the details.

Crop Update:

Sweet peppers this season will be "Italian roasting" types, and frying peppers. Today's box has Jimmy Nardello frying peppers (long skinny and wrinkled, red and green), and Tolle's sweet Italian pepper (smooth, red, and short). Seed Saver's Exchange in Iowa is our source for the Nardello heirloom brought by the family when they immigrated from Italy in 1887. It is considered the best for frying – whole, sliced, with onions, with eggs, or on the side! Tolle's Sweet is also from Seed Saver's

Exchange – great for frying, tomato sauces or added fresh to salads. Enjoy!



Rice-Stuffed Tomatoes [Pomodori Ripieni di Riso]

Serves 6 as a side; 3 as a main

2 to 3 tablespoons olive oil	9 T arborio or other short-grained starchy rice
Coarse or Kosher salt	Few tablespoons chopped parsley, oregano or slivered basil (or mix thereof)
6 medium-to-large tomatoes	Handful breadcrumbs
Red pepper flakes, to taste	
1/4 medium or 1/2 small onion, finely chopped	
1 garlic clove, minced	

Heat oven to 350 degrees. Lightly coat an ovenproof baking dish with olive oil.

Prepare tomatoes: Cut the tops off the tomatoes and scoop out tomato juices, seeds and flesh into a non-reactive (i.e. anything but aluminum) bowl. Use a grapefruit knife to make the first cuts, then a spoon to remove the rest, being careful not to pierce the bottom of the tomatoes. Salt the cavities of the tomatoes and turn them upside down on a plate to drain.

Prepare reserve: Run scooped-out tomato flesh and juices through a food mill or pulse in a blender until coarsely pureed. Heat a large skillet over medium heat, then add 2 tablespoons olive oil, heating it too. Once hot, add onion, garlic and red pepper flakes, cooking them together for 2 minutes, or until onion begins to soften. Add rice and cook them together for about 3 →

minutes, or until rice toasts a little. Add tomato puree and bring to a simmer, then reduce heat to medium-low. Season with 3/4 teaspoon salt, then cover skillet with a lid, and let simmer for 10 to 15 minutes, stirring occasionally, until rice is par-cooked. Adjust seasoning if needed.

[If using the potatoes, as mentioned in the Notes below, prepare them while the rice simmers.]

Reassemble tomatoes: Stir fresh herbs into tomato-rice mixture. Arrange tomatoes right-side-up in baking pan then spoon mixture into tomatoes, filling them just 7/8 of the way to leave room for the rice to finish expanding. Coat with breadcrumbs that you can drizzle lightly with olive oil, if using, or you can replace the tomato lid on each (do not try to match them back up. It's pointless.)

Bake uncovered for 30 minutes, until tomato walls are soft and the rice inside has finished cooking. Serve hot. **Note:** The way these are done in Rome: Peel and cube a few Yukon gold potatoes, toss them with olive oil, salt and pepper. Arrange them in the baking dish around the tomatoes and bake them simultaneously. This not only keeps the tomatoes upright, it provides a delicious accompaniment. Additions: garlic, crisped bits of prosciutto, mozzarella or pecorino cheese, olives or artichokes.

www.smittenkitchen.com

Braised Broccoli with Orange & Parmesan

Serves 4-6

1/4 cup freshly squeezed orange juice	1/4 teaspoon red pepper flakes
2 to 3 crushed tomatoes	1/4 teaspoon fine grain sea salt
1 head of broccoli, florets and stalks trimmed and cut into bite-sized pieces	1/8 teaspoon freshly ground black pepper
1/4 teaspoon chopped fresh oregano	1 T extra virgin olive oil
	1/4 cup shaved Parmesan
	2 T toasted sliced almonds

In a medium saucepan over medium-high heat combine orange juice and tomatoes. Bring to a boil and stir in the broccoli. Stir in the oregano and red pepper flakes, then cook until the broccoli is just tender, and bright green, a couple minutes. Avoid overcooking the broccoli. Season with salt and pepper, and transfer to a serving dish. Drizzle with the olive oil, and sprinkle with the cheese and almonds before serving.

www.101cookbooks.com

