

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fifth Harvest: 7/2/13 & 7/5/13

What's in the box?

Lettuce, *Red Cross*
Spinach, *Tyee*
Carrots, *Nelson*
Cipollini, *Bianca di Maggio*
Basil, *Genovese*
Cilantro, *Santo*
Green & Yellow Wax Beans

Zucchini, *mix*
Strawberries, *Albion*
Blueberries, *mixed*
Plums, *Santa Rosa*
Potatoes, *Yukon Gold*

Harvest Forecast* for July 9 and 12

Avocado	Chard	Snap beans
Beets	Cipollini	Strawberries
Carrots	Lettuce	Zucchini

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

Recipes by Crop

Recipes are accessible online as PDF files on the CASFS website, indexed by crop. Go to:

<http://bit.ly/Recipesbycrop>

We invite you, our CSA members, to submit your favorite recipes. Let the feast begin!

Upcoming Event

Free Docent-Led Tour
Sunday, July 7 – 2-3:30 pm
UCSC Farm & Garden

Take a free, guided tour of one of Santa Cruz's most beautiful locations – the 30-acre organic farm at UCSC. Guided tours are offered the first Sunday of the month from 2-3:30 pm. Free public parking available. For more information or to schedule a guided group tour, email casfs@ucsc.edu or call 831.459-3240.



Notes from the Field *by James Romine, First Year Apprentice*

Welcome to the greenhouses! Every day I'm amazed to witness the shoots of tiny seeds breaking through soil as they reach for sunlight. We're learning the art of plant propagation, and the greenhouse tables seem alive with motion. Dry seeds transform into vibrant seedlings that thrive in the greenhouses' carefully controlled environment. "When should we open the doors and vents?" "How often should we water?" "How hot will the weather be tomorrow?" These are the kinds of questions we're constantly pondering, as the lives of these tiny plants depend on our care. Hopefully the taste of the vegetables in your CSA box will reflect the careful attention we've given them.

"It's like a tropical vacation for baby plants," says propagation instructor Jessie Nichols. The greenhouses provide young plants with optimal growing conditions by regulating variables such as light, temperature, and ventilation. To reduce transplant shock, we gradually move the plants into cooler temperatures in a process called "hardening off." This enhances the plants' ability to thrive once transplanted into the garden or field.

We spend much of our time preparing special mixes of soil that cater to the needs of various plants. Unlike soil directly from the garden, soil mixes are usually free from pests and diseases, and usually have well-aerated texture. The mixes we prepare often contain sand, peat moss, and moisture-retentive minerals such as perlite and vermiculite. Combinations of these ingredients create texture that allows for good contact between the tiny seeds and the soil mixes, assisting germination.

Here's something straight from a Harry Potter book: Did you know you can regenerate plants from tiny cuttings of their stems? In addition to sowing seeds, we propagate new plants by removing pieces of healthy tissue from mature plants and placing these "cuttings" under mist-sprayers. These sprayers keep the cuttings consistently moist enough to stimulate root buds that form adventitious roots. Many plants possess the remarkable ability to regenerate roots and shoots and form a new plant – they only need proper conditions to induce it. There's something truly awe-inspiring about witnessing new roots appear on a recent cutting.

Plant propagation is an ancient practice that surprisingly few individuals have the opportunity to explore. The greenhouses at CASFS allow student-farmers to experiment with equipment that's often difficult to obtain, while receiving technical advice from knowledgeable instructors. We hope the good health of seedlings contributes to the quality of your CSA box. Thanks for supporting our greenhouses!



Feisty Green Beans

Serves 4-6

- 1 pound green beans, thinly sliced
- 1/2 cup / 2.5 oz golden raisins
- 1 T extra virgin olive oil
- 2 garlic cloves, thinly sliced
- 1/2 medium yellow onion, finely diced
- 3 bay leaves
- 1/3 cup / 80 ml white wine
- 1/2 tsp. hot paprika
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1/2 tsp. curry powder
- 1/2 tsp. salt
- scant 1/2 tsp. crushed red pepper flakes
- 6 ounces extra-firm tofu,* cut into 1/2-inch cubes
- 2 T unsalted butter
- 1/3 cup / 120 ml crème fraîche or sour cream
- 1/4 cup / 3/4 ounces sliced almonds, toasted
- 1/3 cup / one handful of finely chopped fresh cilantro
- salt and pepper to taste

Cook the green beans in a pot of well-salted boiling water for about a minute, just long enough that they lose their raw edge. Drain and dunk in ice-cold water to stop the cooking. Drain again and set aside.

In a small bowl cover the raisins with scalding hot water for five minutes, drain and set aside.

Heat your largest skillet over medium heat. When the pan is hot, add the oil, garlic, onion, and bay leaves. Cook for 5 minutes, or until the onions and garlic start to brown just a bit. Add the wine and cook until it has mostly evaporated. Carefully remove the bay leaves. Stir in the paprika, cumin, coriander, curry powder, salt, crushed red pepper flakes. Stir in the tofu and raisins and cook until heated through, a minute or so. Add the butter and green beans and stir until the butter has melted. Remove from heat and stir in the crème fraîche, then most of the almonds and most of the cilantro. Taste and add more salt and some pepper if you like. Serve topped with any remaining almonds and cilantro.

*Note: Paneer cubes may substitute tofu.

Inspired by a recipe in *Anna Getty's Easy Green Organic*, 2010



Tablespoon = T; Teaspoon = tsp.

Plum Carpaccio

Serves 6

- 1-1/4 lb firm-ripe black or red plums (about 4), halved lengthwise and pitted
- 2/3 cup sugar
- 2/3 cup water
- 1 (3-inch-long) fresh rosemary sprig
- 2 T slivovitz (plum brandy) or grappa

Put slicer in a 13- by 9-inch shallow baking dish, slice each plum into near-paper-thin rounds, cut side down.

Bring sugar, water, and rosemary to a boil in a small saucepan over moderately high heat, stirring until sugar is dissolved. Remove from heat and stir in slivovitz, then pour hot syrup over plums. Let stand at room temperature, gently stirring occasionally, until plums are translucent and softened, about 2 hours.



Divide plums among 6 plates, overlapping slices slightly, then drizzle with some syrup.

Note: Plums can soak, covered and chilled, up to 1 day.

Special equipment: adjustable-blade slicer.

Gourmet | July 2005

Rosanne Cash's Americana Potato Salad ^{Serves 8}

- 3 pounds medium red-skinned (or Yukon gold) potatoes, unpeeled, scrubbed
- 8 dill pickle spears or a handful of cornichon, coarsely chopped (about 1-1/2 cups)
- 3 celery stalks, chopped (about 1 cup)
- 1 small red onion, chopped (about 1 cup)
- 3 hard-boiled eggs, peeled, chopped
- 2/3 cup mayonnaise
- 2 T Dijon mustard
- 2 T apple cider vinegar
- 2 T minced fresh dill
- Salt and pepper to taste

Cook potatoes in large pot of boiling salted water until fork-tender, about 30 minutes. Drain and cool, then cut potatoes into chunks and transfer to large bowl. Stir in pickles, celery, onion, eggs, mayonnaise, mustard vinegar and dill. Season potato salad to taste with salt and pepper.

Do ahead: Vegetables and dressing can be prepared and stored separately a day or two in advance. Mix and let stand at room temperature one hour before serving.

Adapted from *Bon Appétit*