

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Second Harvest: 6/11/13 & 6/14/13

What's in the box?

Romaine, 'Salvius'	Turnips, <i>Hakurei</i>
Spinach, 'Tye'	Fresh Onions,
Pac Choi, <i>Shanghai</i>	<i>Purplettes</i>
<i>Green</i>	Strawberries, <i>Albion</i>
Baby Beet Greens	Blueberries, <i>mixed</i>
Beets, <i>Red Ace</i>	Avocado, <i>Bacon type</i>

Harvest Forecast* for June 18 and 21

Avocado	Dill	Strawberries
Arugula	Kohlrabi	Swiss Chard
Red beets	Spinach	Zucchini
Blueberries		

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

Recipes by Crop

Recipes that appear in the *Field Notes* newsletter are accessible online as PDF files on the CASFS website, indexed by crop. Go to:

<http://bit.ly/Recipesbycrop>

We invite our CSA members to share a favorite recipe using our farm-fresh produce.

May the feast begin!

Upcoming Event

A Garden of Poetry & Music

Sunday, June 23 – noon-2:00 pm

Alan Chadwick Garden – UC Santa Cruz

Featuring readings by Beth Benjamin, Michael Hannon, Danusha Laméris, Steve Meadows, Zachiah Murray, Lee Perron, with music by Richard Somers on mandolin.

Free admission and parking available at Merrill College. Call 831.459-3240 or email casfs@ucsc.edu for more information, directions, or questions about access.

Notes from the Field by James Romine, First Year Apprentice

The blueberries are ripe and ready for harvest! These berries are so delicious we have to grow them under netting – not just to keep birds out but hungry people as well. The berries have ripened over the past months from pale green to reddish-purple to the rich dark blue you see now. Apprentices have worked quickly to fill harvest-buckets, grabbing handfuls of berries at a time. Large clusters slide away from the branches, as the ripest berries come off with a gentle pull.

Here in Santa Cruz, harvest begins in May and can go until early August, depending on the specific varieties. The 180 plants we have at UCSC were transplanted in 2004 as part of a trial to determine which varieties would grow best under Santa Cruz conditions. Years of tinkering with soil quality has culminated in this year's bumper crop. The plants are given a soil that's rich in organic matter and provides good drainage. We use surface mulch to protect roots and retain moisture, and our irrigation system mixes vinegar into the water as a means for increasing soil acidity.

The blueberries you find in your CSA box come from multiple varieties that were part of the initial test trial. Our most successful varieties include "Southmoon," which has fantastic flavor and is very productive; "Oneal," which has large fruit and bears early; and "Santa Fe" which has very good flavor, lower yields and is light blue in color. You get these and other tasty varieties in your CSA share. We hope you stop and try some specific varieties and compare their flavors when you pick up your share this week.

By the way, all of these varieties require ample moisture, since blueberries grow naturally at the edges of bogs above the high water mark. Roots seldom reach deeper than 14 inches or extend beyond the drip line of the bush. We generously irrigate the plants with a water and vinegar mixture that keeps the pH of the soil between 4.5 and 5.5.

Winters in Santa Cruz are important for blueberries, since varieties require a certain number "chill hours" or the number of hours below 45 degrees F during the dormant season. The annual accumulation of chill hours in Santa Cruz ranges from about 500 to 800. We planted 2 high chill varieties in the trial here, but they tend to have poor flavor, because they don't leaf out in spring until after fruit production. The fruit from these plants is incorporated into the surrounding soil ecosystem.

Blueberry harvesting is an exciting event on the farm, and the apprentices are eager to enjoy the leftovers from the CSA. We hope you enjoy the berries, whether you eat them fresh, or bake the Perfect Blueberry Muffins from the included recipe. Thanks for supporting our CSA!



Glazed Hakurei Turnips

3 bunches baby hakurei turnips, baby turnips, or red radishes (about 2 pounds), trimmed, greens reserved
¼ cup (1/4 stick) unsalted butter
3 tablespoons sugar
Kosher salt

Place turnips in a large skillet; add water to cover turnips halfway. Add butter, sugar, and a large pinch of salt; bring to a boil. Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes (if turnips are tender before liquid has reduced, transfer turnips to a plate and reduce liquid until syrupy. Return turnips to pan and stir to coat well.)

Add turnip greens to skillet and cook over medium heat, stirring occasionally, until just wilted, 2-3 minutes. Season with salt.

Epicurious.com

Perfect Blueberry Muffins Makes 9 to 10

5 tablespoons (2½ ounces) unsalted butter, softened
½ cup sugar (3½ ounces)
1 large egg
¾ cup sour cream or plain yogurt
½ teaspoon grated lemon zest
1½ cups (6¾ ounces) all-purpose flour
1½ teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon salt
¾ cup (3¾ ounces) blueberries, fresh or frozen (if frozen, don't bother defrosting)

Preheat oven to 375°F. Line a muffin tin with 10 paper liners or spray each cup with a nonstick spray.

Beat butter and sugar with an electric mixer until light and fluffy. Add egg and beat well, then yogurt and zest.

Put flour, baking powder, baking soda and salt into a sifter and sift half of dry ingredients over batter. Mix until combined. Sift remaining dry ingredients into batter and mix just until the flour disappears. Gently fold in your blueberries.

The dough will be quite thick (and even thicker, if you used a full-fat Greek-style yogurt), closer to a cookie dough, which is why an ice cream scoop is a great tool to fill your muffin cups (look for them to be about ¾ full, nothing more – you might need 9 instead of 10 cups).

Bake for 25 to 30 minutes, until tops are golden and a tester inserted into the center of muffins comes out clean. Let cool on rack.

smittenkitchen.com

Caesar Salad

1 head romaine lettuce
¾ cup extra virgin olive oil
3 tablespoons red wine vinegar
1 teaspoon Worcestershire sauce
½ teaspoon salt
¼ tablespoon ground mustard
1 clove crushed garlic
1 egg
1 lemon, juiced
freshly ground black pepper
¼ cup grated Parmesan cheese
1½ cups garlic croutons
1 (2 ounce) can anchovy filets

Clean lettuce thoroughly and wrap in paper towels to absorb moisture. Refrigerate until crisp, one hour or more.

In a bowl or jar combine oil, vinegar, Worcestershire sauce, salt, mustard, garlic and lemon juice. Whisk until well blended.

Coddle egg: Heat 3 cups of water to boiling; drop in egg (still in shell) and let stand for 1 minute; remove egg from water and let cool. Once cooled crack open and whisk egg into dressing. Whisk until thoroughly blended.

Mash desired amount of anchovies and whisk them into the dressing. If desired set aside a few for garnish.

To assemble, place torn lettuce leaves in a large bowl. Pour dressing over the top and toss lightly. Add the grated cheese, garlic croutons and freshly ground pepper, toss. Serve immediately!

allrecipes.com

Quick Pink Turnip and Onion Pickles

2 cups fresh blueberries
1/2 small red onions
1 pound small-medium turnips (without greens)
1 raw or cooked beet, sliced thinly
1 cup white wine vinegar or rice vinegar
1 cup cranberry juice
4 bay leaves
½ teaspoon whole allspice
½ teaspoon peppercorns

Set a full kettle of water to boil. Combine vinegar, cranberry juice, bay leaves, allspice and peppercorns in a 1-quart jar. Halve and thin slice onions and turnips. Place all of the vegetables in a colander and pour the boiling water over them.

Add vegetables to the jar, cover and invert the jar to mix. Refrigerate for at least 3 days. Serve chilled.

Vegetables from Amaranth to Zucchini by Schneider