

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Twentieth Harvest: 10/15/13 & 10/18/13

What's in the box?

Lettuce, <i>Nancy's</i>	Winter Watermelon
Green Butterhead	Radish, <i>Misato Rose</i>
Pac Choi, <i>Mei Qing</i>	Green Beans, <i>Bronco</i>
Chard, <i>Bright Lights</i>	Apples, <i>Pippin</i>
Kale, <i>Red Russian</i>	Onions, <i>Rossa di Milano</i>
Carrots, <i>Nelson</i>	Butternut Squash
Kohlrabi, <i>Winner</i>	Shallots, <i>Conservor</i>

Harvest Forecast* for October 22 & 25

Cabbage	Kale	Spinach
Carrots	Potatoes	Sprouting
Cilantro	Romaine Lettuce	Broccoli
Delicata Squash		Turnips

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

Upcoming Events

Food Systems Learning Journeys

Growing Gardens at UCSC Friday, October 25, 4 – 7pm

Learn about the unique and vibrant realm of campus gardens and the CASFS Farm. This free workshop weaves in history, hands-on opportunities, and flavorful tasting as we explore the diverse sites of production and education of food and agriculture at UCSC. Tour ends at the Village beside the PICA Garden to a tasting menu of seasonal dishes made with produce fresh from the farm.

Viticulture and Regional Terroir in the Central Coast – Wednesday, November 6, 5:45-8:45pm

California's Central Coast is home to one of the world's premier viticulture regions with incredible history and an exciting future. This tour brings you to Sones Winery to learn the ups and downs, and ins and outs of producing and bottling wines with a small production emphasis. Learn from this seasoned, winemaking family, Michael and Lois Sones, details on sourcing, producing, and aging wine.

Register for these classes online at:

<http://www.ucsc recreation.com/foodSystems-LearningJourneys.html>

Depart from East Field House Recreation Office Porch on the UCSC campus. Directions:

http://maps.ucsc.edu/content/7297/map_detail

Notes from the Field by Janaki Jagannath, First Year Apprentice

As the fall deepens and the anticipation of winter sets into our bones, we are picking our last apples and sowing winter cover crop, preparing to leave the apprenticeship here at the farm. For many of us there's a combination of fear and excitement, an emotion for which English lacks a word. There is still a week of farm and garden work left, but many of us are saying goodbye prematurely, because saying goodbye is second nature for our generation. But inside the heart of any person who seeks to connect with the earth through agriculture, there is a confusing, contradictory need to stay put, in a world that tells us to move faster and further away from home.

Our positions are often characterized by contradiction. Many of us are confused about 'what to do next', but are as clear as day that we want to grow food and feed people. Many of us are scared for the future, but raise our heads with dignity and grace to meet it. Many of us constantly acknowledge the sacrifice of people of color who endure(d) colonization, warfare and immigration and worked hard to create a life that did not require farming, and yet here we are, in farming school. Many of us want to make widespread change, through a life of quiet solitude. We want freedom, but we want connection.

In these final days in this beautiful place, I have let the silhouette of the mountains across the Monterey Bay settle into my heart like magic, and know that there is no saying good-bye to the land, and that there is no dialectic. Uncertainty about the future is the certainty of an interesting life. Fear, rather than resignation, is a symptom of power to make change. My ancestors' work in agriculture fuels my passion to farm today, from a place deep in my blood. Silence is its own form of revolution. Our stories are increasingly complex and we want to build further into the impossible, create and maintain tradition, and sacrifice more than we can imagine for a better future. And as we move forward with genuine care for the Earth and for each-other, we will grow, freeing ourselves further, into connection once again.





Winter Watermelon Radish, *Misato Rose*

Check out the recipe below to use the Winter Watermelon Radish (*Misato Rose* variety). This is a winter storage radish with a thick rind that can last up to a couple months. Slice it open to see its beautiful pink core; peppery and a little sweet. Heating dulls the color, so this is usually lightly pickled and served in salads to add a vivid pop.



Kale Salad with Quick-Pickled Watermelon Radish

Serves 4

- 1/2 cup white wine vinegar
- 1/4 cup sugar
- Kosher salt
- 1 (6-ounce) watermelon radish (or regular radishes)
- 1 (8-ounce) bunch kale
- 2 tablespoons extra virgin olive oil
- 1 tablespoon toasted pumpkin seed oil
- 1 teaspoon lemon juice
- 1 teaspoon fresh thyme leaves
- Freshly ground black pepper
- 1/4 cup pumpkin seeds, toasted

Do ahead: In a medium bowl, combine vinegar, sugar, and 1 teaspoon salt. Thinly slice the radish using a mandoline or chef's knife, add to bowl, and stir to combine, making sure the slices are well coated. Let stand 30 minutes or refrigerate up to a day before serving.

Wash kale and pat off excess water. If center stems are tender enough to eat, trim the bottom inch or two. If center stems are thick or tough, cut or tear out and discard. Slice leaves crosswise into 1/4"-wide ribbons.

In a large bowl, combine olive and pumpkin seed oil, lemon juice, thyme, generous grind of black pepper, and a little salt. Add kale and use your hands to massage the dressing into the leaves until they soften and wilt.

Drain the radishes. Toss with the kale or arrange the slices on individual plates and place the kale on top. Garnish with pumpkin seeds and serve.

www.thekitchn.com

2013 CSA End-of-Season Survey

Help us improve your CSA experience at the CASFS Farm! Please take a few minutes and go to the online Survey Monkey link below to answer 10 questions regarding your experience as a CSA shareholder. We hope to compile your feedback by Friday, November 22.

<http://www.surveymonkey.com/s/2QLSYCX>

Warm Butternut and Chickpea Salad with Tahini Dressing

Serves 4

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| Salad: 1 medium butternut squash (about 2 to 2-1/2 pounds), peeled, seeded, cut into 1-1/2-inch pieces | 1/4 of a medium red onion, finely chopped |
| 1 medium garlic clove, minced or pressed | 1/4 cup coarsely chopped fresh cilantro or parsley |
| 1/2 teaspoons ground allspice (optional) | Dressing: 1 medium garlic clove, finely minced with a pinch of salt |
| 2 tablespoons olive oil | 1/4 cup lemon juice |
| Salt | 3 tablespoons well-stirred tahini |
| One 15-ounce can chickpeas, drained and rinsed (1-1/2 cups) | 2 tablespoons water |
| | 2 tablespoons olive oil, plus more to taste |

Preheat the oven to 425°F. In a large bowl, combine the butternut squash, garlic, allspice, olive oil, and a few pinches of salt. Toss the squash pieces until evenly coated. Roast them on a baking sheet for 25 minutes, or until soft. Remove from the oven and cool.

Meanwhile, make the tahini dressing: In a small bowl, whisk together the garlic and lemon juice. Add the tahini, and whisk to blend. Add the water and olive oil, whisk well, and taste for seasoning. The sauce should have plenty of nutty tahini flavor, but also a little kick of lemon. You will probably need to add more water to thin it out.

To assemble the salad, combine the squash, chickpeas, onion, and cilantro or parsley in a mixing bowl. Either add the tahini dressing to taste, and toss carefully, or serve the salad with the dressing on the side. Serve immediately.

Do ahead: Salad, lightly dressed, keeps beautifully in the fridge. Keep a little of the dressing on the side and reheat in the microwave.

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