

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Second Harvest: 6/10/14 & 6/13/14

What's in the box?

Salad <i>Mix</i>	Basil, <i>Genovese</i>
Spinach, <i>Tyee & Longstanding Bloomsdale</i>	Cilantro, <i>Santo</i>
Chard, <i>Bright Lights</i>	Kohlrabi, <i>Winner & Kolibri</i>
Pac Choi, <i>Mei Qing</i>	Strawberries, <i>Albion</i>
Beets, <i>Red Ace</i>	Blueberries, <i>mixed</i>
Fresh Onions, <i>Purplette</i>	Avocado, <i>Bacon type</i>

Harvest Forecast* for June 17 and 20

Avocado	Kale	Strawberries
Broccoli	Kohlrabi	Zucchini
Heirloom Lettuce		

*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:

casfs.ucsc.edu/community/produce-sales/recipes.html

Upcoming Event

Making & Using Compost in the Home Garden and Landscape
Saturday, July 19 – 9:30 am-12:30 pm
Alan Chadwick Garden – UCSC

Compost can do wonders in the garden, from improving soil fertility and structure to conserving the water you apply. Join Orin Martin and Sky DeMuro of the UCSC Chadwick Garden to learn how to make and use compost to enhance the health and productivity of your garden and landscape. Get practice in building a successful compost pile.



COST: \$30 General admission (pre-registered)/\$40 at the door; FF&G members \$20/\$30; UCSC students and limited income \$15/\$20. Register online at <http://compostclass.bpt.me>, or send a check, payable to "UC Regents" to: CASFS, 1156 High St., Santa Cruz, CA 95064, Attn: Workshop. For information call 831.459-3240 or email casfs@ucsc.edu.

Notes from the Field by Liz Milazzo, Field Production Manager

This week was our first big rotation of the apprentices in the round robin from one training site to another. After a "Basic Block" of four weeks in either of the two garden sites (Farm Garden and Chadwick Garden), we then have three one-month rotations through the Field, Farm Garden, and Chadwick Garden. We oriented a new group of 13 apprentices to the field, located the crops we'd be harvesting today, and did some harvest demos.

As we reviewed the crops that go in the crop plan – our "staple" produce that we can count on in Santa Cruz – I am appreciating chard and beets as key nutrition crops. Both grow beautifully with little effort; the only "fertilizer" we provide is a good winter cover crop. Hands down, chard is the most prolific leafy green vegetable for us, producing massive, shiny, beautiful leaves, for a harvest period of several months. It is a close runner up to collards and kale in Vitamin A (7800 IU for chard per cup of cooked leaves and stems; almost double this value for collards for cooked leaves without stems), and is high in calcium.

It is relatively pest-free, except for the larvae of a small fly that lays its eggs in the leaves, leaving the larvae to cause "leaf miner" damage in the actual leaf. The larvae eat through the leaf, and drop to the ground to pupate in the soil. We scout early in the season for leaf miner damage, and remove the affected leaves from the field. This way, the fly population can be kept in check by interrupting the insect's life cycle.

Chard and beets were both domesticated about 6,000 years ago from a wild plant in the coastal regions of the Mediterranean, *Beta maritima*. The greens were eaten for several thousand years before the root was selected for a larger size – the ancestor of modern beets. It takes discipline not to over plant beets and chard because they both grow so well here!

I've really been enjoying a new book, "Eating on the Wild Side, The Missing Link to Optimum Health" by Jo Robinson (2013, Little, Brown, & Co.) The book highlights the nutritional benefits of fruits and vegetables that are closest to the wild ancestors of our cultivated plants, and lists particularly nutritious varieties, crop by crop. She mentions that red beets, even with the tops removed, are among the healthiest of our commonly eaten vegetables. Beets are sweet, but have a low impact on blood sugar. They are a good source of fiber and potassium, and remarkably have the highest antioxidant values of all common vegetables except artichokes, red cabbage, kale, and bell peppers. The red color of red beets is owing to *betalains*, phytonutrients that lower the risk of cancer, cardiovascular disease, diabetes, obesity, and digestive ailments. I've included a recipe from Jo's book so that you too can enjoy the delicious benefits of this beautiful and bountiful vegetable.



Steamed Beets with Sautéed Greens, Blue Cheese, and Balsamic Vinegar *Serves 4*

- 2 bunches red beets, with tops
- 2 garlic cloves, minced
- 1/4 cup extra virgin olive oil
- 1/4 cup chopped pungent red or yellow onion
- 1/2 cup balsamic vinegar
- 2/3 cup crumbled blue cheese
- grated zest of 1 lemon

Trim the beets, leaving an inch of stem on the roots and stem (preserves nutrients as they cook). Put greens aside. Steam roots in a steamer basket, 40 to 60 minutes, or until tender. Remove from steamer and let cool.

Wash greens, tear leaves from the ribs, and pat dry.

Sauté onions in olive oil over medium-high heat for 3-4 minutes, until softened. Add the garlic and beet greens. Toss the greens in the pan till coated with oil, cover, and cook over medium-low heat until the greens are wilted, but still bright green, about 5 minutes.

Bring the vinegar to a slow boil in a small saucepan, boil for about 4-5 minutes till reduced to 1/4 cup.

Trim the roots and stems off the cooked beets, peel, and slice in even slices 1/4- to 1/3-inch thick, arrange on 4 salad plates. Arrange greens on beet slices, drizzle with vinegar reduction, top with crumbled blue cheese and lemon zest. Serve warm or at room temperature.

Adapted from "Eating on the Wild Side" by Jo Robinson

Avocado-Lime Black Beans *Serves 2*

- One 15-ounce can black beans
- 1/2 lime, juiced
- 1/2 cup fresh cilantro leaves, chopped
- 1 small shallot, diced
- 1 teaspoon ground cumin
- Salt and freshly ground black pepper
- 1 avocado, to serve

Drain the beans thoroughly. Toss with the lime juice, cilantro leaves, diced shallot, and ground cumin. Season to taste with salt and black pepper. Peel and slice an avocado, and serve the beans at room temperature, with 1/2 avocado on top of each serving.

The beans will last for several days in the fridge. You can take a helping of beans in your lunchbox, along with sliced avocado that has been tightly wrapped to protect against browning.

www.thekitchn.com

Kohlrabi Slaw

Serves 6

- 1/3 cup mayonnaise
- 3 tablespoons canola oil
- 3 tablespoons apple cider vinegar
- 2 tablespoons whole-grain mustard
- 3/4 teaspoon sugar
- 3/4 teaspoon celery seeds
- 1-1/2 teaspoon Kosher salt
- 3/4 teaspoon freshly ground black pepper
- 2 pounds purple and/or green kohlrabi, peeled and coarsely shredded on a box grater
- 1 cup shredded green cabbage
- 1 medium celery rib, thinly sliced crosswise

In a large bowl, whisk the mayonnaise with the canola oil, vinegar, mustard, sugar, celery seeds, salt and pepper. Add the kohlrabi, cabbage and celery and toss well.

Cover and refrigerate for one hour. Season the slaw with additional salt and pepper to taste.

Note: The kohlrabi slaw can be refrigerated overnight.

www.foodandwine.com

Strawberry-Avocado Salsa

Makes 1/4 cup

- 1 cup finely chopped strawberries
- 1/4 cup finely chopped peeled avocado
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 1/2 teaspoon grated lime rind
- 2 tablespoons fresh lime juice
- 2 teaspoons finely chopped seeded jalapeño pepper
- 1/4 teaspoon sugar

Combine all ingredients in a medium bowl; toss gently. Serve immediately.

www.myrecipes.com



Artwork by Brenda Quintero