

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fourth Harvest: 6/24/14 & 6/27/14

What's in the box?

Lettuce, <i>Vulcan or Red Butter</i>	Carrot, <i>Nelson</i>
Arugula, <i>Astro</i>	Cilantro, <i>Santo</i>
Greens, <i>Komatsuna</i>	Broccoli, <i>Gypsy</i>
Chard, <i>Bright Lights</i>	Strawberries, <i>Albion</i>
Spinach, <i>Tyee</i>	Blueberries, <i>mixed</i>
	Avocado, <i>Bacon type</i>

Harvest Forecast* for July 1 and 3

Beets	Lettuce / Salad Mix	Zucchini /
Broccoli	Spinach	Summer
Carrots	Strawberries	Squash

*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://casfs.ucsc.edu/community/produce-sales/recipes.html>

Upcoming Event

Free Docent-Led Tour
Sunday, July 6 – 2 to 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.

Directions: <http://casfs.ucsc.edu/about/directions.html>



Notes from the Field

by Julie Farrell, Samuel Lara, Jr., and Jessica Price, First Year Apprentices

We hope you enjoy this week's CSA provisions and thank you for supporting the CASFS Farm & Garden and its agroecology apprenticeship program.

Being part of the process that brought you this food has been as inspirational as it has been educational. We credit our education to the CASFS site managers as well as to the School of Hard Knocks. As for inspiration, nothing can match the generosity and ingenuity of Mother Earth. Whether in relation to "weeds" or crops, pests or propagators, we cannot but be awakened by their persistence to live. In a holistic sense, we are being apprenticed by many masters: our knowledgeable fellows, the history of the land, the farm's giving soils, and the resilient plants we so clumsily handle. That after just a few weeks from planting we can deliver you food from the labor of our still-awkward hands is a marvel indeed, one that we acknowledge daily.

The CASFS experience, however, is more than educational and inspirational. It is also political. A recent guest speaker defined agroecology – the sum and substance of the CASFS apprenticeship – as "a political process." Resonating with many of us, the definition suggests that the mere act of learning how to produce food outside of industrial agribusiness constitutes political action. Supporting this learning experience through your CSA membership is also a political act. However varied and politically (un)intended our individual motivations for affiliating with the CASFS Farm & Garden, the affiliation unites us in opposition to a food system that is poisoning our watersheds, eroding our soils, contributes to the forced migration of third world nations, destroys native/heirloom seeds, and producing "food" that is often devoid of flavor, lacks nutritional value, and is roundly implicated in a national crisis of obesity, diabetes and heart disease. Without a doubt, contesting the dominance of agribusiness is worthy political action.

But is our affiliation with CASFS enough? This question fills our heads and hearts and predominates our conversations as we work in the fields. Alongside our daily-felt gratitude for being part, however ephemeral, of this beautiful place and unique learning opportunity, we ask ourselves and each other: *How can we really make our food system healthier, safer, more just and equitable for all people? What can we do now, as apprentices, and as future farmers, food justice advocates, and simple food consumers to make our political action more effective?*

Our individual choices and actions as food producers and consumers are essential. But given the magnitude of the problems that currently define our food system, they surely are not enough to bring about urgently needed changes in the nation's food policy and food production. To make a difference will require collective action in our communities and at state, national and global levels. As you enjoy the food from this beautiful farm, please consider other ways to contribute to social movements that demand food justice and ecologically sustainable practices. We commit ourselves to doing the same.

"Seeds hold a special place in the struggle for food sovereignty. These small grains are the basis for the future. They shape, at each life cycle, the type of food people eat, how it is grown, and who grows it. Seeds are also the vessel that carries the past, the accumulated vision, and knowledge and practices of peasant and farming communities worldwide that over thousands of years created the basis of all that sustains us today" (La Via Campesina).



Easy Roasted Carrot Soup

Serves 6-8

- 2 lbs. carrots
- 6 tablespoons unsalted butter, divided use
- 4 cups chicken or vegetable broth
- 6 large sage leaves
- 1/2 yellow onion (5 oz)
- 3 garlic cloves
- 1 teaspoon coriander
- 1 teaspoon cumin
- salt and pepper
- 2 cups chickpeas, roasted (optional)
- 3/4 cups sliced almonds, toasted (optional)

Preheat oven to 425°. Melt 3 tablespoons of butter in microwave. Toss carrots with melted butter and season with salt and pepper to taste. Place seasoned carrots on a baking sheet and roast until tender, about 20-25 minutes. Transfer carrots to blender and add in broth and blend until smooth; set aside.

Place the remaining 3 tablespoons of butter in a skillet and melt. Add in sage leaves and onion, cook until onions become translucent. Add in garlic and cook until just brown. Remove from heat. Add to blender and blend with carrot mixture until smooth and well combined.

Divide soup evenly among bowls and garnish with roasted chickpeas and toasted almonds, if desired.

www.bakersroyale.com

Cheese and Pepper Linguine

- 1 lb. linguine
- kosher salt
- 2 tablespoons cracked black pepper*
- 2 tablespoons extra virgin olive oil
- 2 tablespoons unsalted butter
- 1 cup+ pecorino romano cheese*, freshly grated
- 6 oz. fresh arugula

Cook the linguine in a large pot of boiling, salted water until al dente; about 9 minutes. Drain, reserving 1-1/2 cups of the pasta water.

Heat a small skillet over medium heat. Add black pepper and allow it to toast for 1 minute, or until fragrant. Remove from heat and add the olive oil and butter; stir until the butter is melted.

In a large pasta bowl, toss pasta with the pepper-olive oil-butter mixture. While tossing, alternate adding in the cheese and arugula. Continue tossing until all of the cheese and arugula are incorporated, adding pasta water as necessary to moisten (1/2 to 1 cup)*. Serve with extra pecorino cheese for topping.

Note: Cracked pepper adds heat and looks beautiful throughout the pasta strands. Reserve extra pasta water to add to the leftovers.

<http://www.fashionablefoods.com>

Coconut Broccoli Soup

Serves 8

- 1 14-ounce can of full fat coconut milk
- 3 cloves garlic, smashed
- 1 large yellow onion, chopped
- 1 small serrano chile, stemmed and chopped
- 2 teaspoons fine grain sea salt
- 4 1/2 cups water
- 2-3 large heads of broccoli (~1-1/2 lb.), cut into small florets
- 2-3 large handfuls of spinach

Scoop a spoonful of thick coconut cream from the top of the coconut milk. Add to a large pan over medium-high heat. When hot, stir in garlic, onions, chile, and salt. Sauté for a couple minutes to soften. Add remaining coconut milk, and water, and bring to simmer before adding broccoli and spinach. Simmer long enough for broccoli to get tender throughout, 2-4 minutes. Immediately remove soup from heat and puree with immersion blender. Add more water if you need to thin soup. Taste and add more salt, if needed. Serve with tofu cubes, toasted almonds and scallions.

101cookbooks.com

Asian Lettuce Wraps

Serves 4

- 2 tablespoons lower-sodium soy sauce
- 2 tablespoons fresh lime juice
- 2 teaspoons sambal oelek (ground fresh chile paste)
- 2 teaspoons dark sesame oil
- 1-1/2 pounds ground chicken
- 1 tablespoon refrigerated ginger paste
- 1/2 cup thinly sliced green onions
- 1/2 cup matchstick-cut carrots
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped unsalted, dry-roasted peanuts
- 12 lettuce leaves

Combine first 4 ingredients in a small bowl. Set aside.

Cook chicken and ginger paste in a large nonstick skillet over medium-high 7 minutes or until chicken is done, stirring to crumble. Stir in onions, carrots, and cilantro; cook 1 minute. Stir in soy sauce mixture. Remove from heat.

Spoon about 1/3 cup chicken mixture and 1 teaspoon peanuts into each lettuce leaf.

<http://mealmakeovermoms.com>