

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Seventeenth Harvest: 9/23/14 & 9/26/14



What's in the box?

Lettuce, <i>Merlox</i>	Dill, <i>Bouquet</i>
Red oakleaf	Tomatoes, <i>mix</i>
Kale, <i>Red Russian</i>	Sweet Peppers, <i>mix</i>
Carrots, <i>Mokum</i>	Apples, <i>Valstar &</i>
Poblano Peppers,	<i>Jonagold Decoster</i>
<i>Tiburón</i>	Onions, <i>Rossa di Milano</i>
Potatoes, <i>Yellow Finn</i>	Winter Squash,
Cilantro, <i>Santo</i>	<i>Sunshine Daydream</i>

Harvest Forecast* Sept. 30 & Oct. 3

Apples	Lettuce	Potatoes
Cilantro	Onions	Tomatoes
Green Cabbage	Parsley	Winter Squash

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

Upcoming Event

Growing Great Garlic!

Selecting & Cultivating Organic Garlic in the Home Garden

Saturday, October 25 – 9:30 am - 12:30 pm
UCSC Farm & Garden – Gatehouse

Garlic is a great crop to grow in the home garden, and there are many types of garlic to choose from. Join garlic farmer Pete Rasmussen of Eden, Utah's Sandhill Farms and Orin Martin of UCSC's Chadwick Garden to learn the ins and outs of selecting, growing, harvesting, and storing organic garlic.

Watch a planting demonstration and enjoy a taste test of roasted garlic varieties.

Cost: \$30 General (\$40 cash or check at the door); \$20/\$30 Friends of the Farm & Garden members; \$15/\$20 UCSC Students & limited income (UCSC Students support by Measure 43 – valid student ID required). Pre-register and pay online at: <http://garlic2014.bpt.me> or pay by check (payable to "UC Regents") and send to:

CASFS | UCSC Farm
1156 High Street
Santa Cruz, CA 95064
Attn: Workshop

For more information, contact: 831.459-3240 or
email: casfs@ucsc.edu

Notes from the Field *by Jane Kuhn, First Year Apprentice*

This past week in the field has been one of abundance with the culmination of our winter squash harvest. Planted back on May 13th, the squash plants have been thinned, watered, weeded, and watered some more over the past several months. After the vegetative growth began to mature we clipped the squash to let them begin curing in the field. With rain in the forecast this past week, we spent a full day lining the squash up in rows, tossing them into bins on the tractor and taking them to the packing shed for sorting, weighing and storing. For me, it was a moment of great significance and satisfaction. Now past the peak of harvest with autumn and winter on the nearby horizon, it was immensely gratifying to have harvested the many nutritious calories that will store through the winter without the need of refrigeration. Today, our storage containers on the farm are full of an impressive 4,600 pounds of Butternut, Delicata, Acorn, and three types of red winter squash to be sold, shared, and enjoyed.

We concluded the big harvest with a taste test of all six different winter squash – simply roasted in the oven. Red Kuri and Delicata seemed to surface as the informal "winners" among the field apprentices. Red Kuri along with Potimarron and Sunshine Daydream are the three different red varieties we've grown this year. Although they look and taste somewhat similar, each has distinct, unique qualities. Red Kuri is often used for baking and pies, Potimarron is a French heirloom meaning "Pumpkin" and "Chestnut," which describes its depth of flavor, and Sunshine Daydream is a dehybridized variety of 'Sunshine Red Kabocha.' This is an interesting note, as hybrid varieties don't produce seed true to type, so open pollinated varieties are often sought after. The Sunshine Daydream seed was purchased from Siskiyou Seeds, a small farm-based organic seed company in Williams, Oregon. From their catalog description: "Good ideas have to start somewhere. This project started as a taste bud love affair with the excellent variety Sunshine (F1), a delicious orange skinned squash developed by Rob Johnston. With the dream of culturing this strain into an open pollinated variety, we offer this (F3) assessment. Some variability is distinctly possible, but we have faith that the flavor of this productive and tasty squash is worth it. An heirloom of tomorrow in the making."

We are thrilled to be enjoying a rainbow of winter squash on our shelves and on our plates, and we hope you will be just as pleased with this festive autumn crop that will be making an appearance in your CSA box each week through the season.



Braised Red Kuri Squash

- 1 red kuri squash, any size
- 2-3 tablespoons olive oil
- 1 garlic clove, minced
- Water
- Salt

Scrub the squash well to remove any dirt. Slice the squash in half and scoop out the seeds. Cut the halves into 1-inch slices, and then cut the slices into chunks that are roughly 2" in size.

Heat a skillet over medium-high heat. Add the oil, followed by the squash, and cook for a few minutes, stirring occasionally. Stir in the garlic, then add 1/4 inch of water to the skillet and bring it to a boil.

Cover and reduce the heat to a simmer. Cook until the squash is fork tender, about 10 minutes. Taste and season with salt.

Note: For richer flavor, cook squash in vegetable or chicken stock. Cooked squash may be left in chunks or mashed. To give dish an Indian flair, add a little ground cinnamon and curry powder when you add the garlic.

Contributed by Louisa Shafia, author of The New Persian Kitchen via <http://www.rachaelray.com>

Oven-Roasted Potatoes & Carrots Serves 6

- 2 pounds Yukon Gold potatoes, scrubbed and halved lengthwise
- 2 pounds carrots, peeled, halved lengthwise, then halved crosswise
- 2 tablespoons olive oil
- 1/2 teaspoon coarse kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons minced fresh thyme
- 1/2 tablespoon butter

Preheat oven to 400°F. Bring a large pot of water to a boil over high heat and add potatoes. Boil until barely tender when pricked with a fork, about 5 minute; drain completely and spread in a single layer on a large rimmed baking sheet. Add carrots, drizzle vegetables with olive oil, season generously with salt and pepper, and gently toss to coat evenly. Bake, stirring occasionally, until potatoes are golden brown, about 20 minutes.

Transfer vegetables to a large bowl and add thyme and butter; gently toss to coat evenly. Serve warm or at room temperature.

www.myrecipes.com

Apple 'n' Pepper Saute

Serves 6

- 3 medium sweet peppers, julienned
- 1 small red onion, sliced and separated into rings
- 1 medium apple, sliced
- 2 tablespoons olive oil
- 1 tablespoon reduced-sodium soy sauce
- 2 garlic cloves, minced
- 1/4 teaspoon dried rosemary, crushed
- 1/4 teaspoon dried basil

Saute the peppers, onion and apple in oil in a large skillet until crisp-tender. Stir in the soy sauce, garlic, rosemary and basil. Cook and stir until heated through.

www.tasteofhome.com

Autumn Apple Tart

Serves 6

- 1-1/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 1/2 cup cold butter
- 1 egg, beaten
- 2 tablespoons milk
- 4-6 medium tart apples, peeled and cut into 1/4-inch slices

In a medium bowl, combine the flour, baking powder, salt and sugar. Cut in butter until mixture resembles fine crumbs. Combine egg and milk; gradually add to flour mixture, tossing with a fork until dough forms a ball.

With lightly floured hands, press dough onto the bottom and up the sides of a 12-in. fluted tart pan with removable bottom. Arrange apple slices in a circular pattern over dough, starting at the outer edge and overlapping slices.

For topping,* combine the sugar, flour and spices in a small bowl. Cut in butter until crumbly. Sprinkle over apples. Bake at 325°F for 50-60 minutes or until apples are tender. Serve warm or cold.

*TOPPING:

- 1/3 cup sugar
- 4-1/2 teaspoons all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2 tablespoons cold butter

TIP: Double the topping for caramelized crunch. Thinly slice apples and add lemon juice for tartness.

<http://allrecipes.com>