

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fifteenth Harvest: 9/9/14 & 9/12/14

## What's in the box?

Butter Lettuce, *Divina*    String Beans, *mix*  
Arugula, *Astro*            Cucumber, *Suyo Long*  
Kale, *Red Russian*        Green Cabbage, *Farao*  
Cilantro, *Santo*            Potatoes, *Yukon Gold*  
Tomatoes, *mix*             Apples, *mix*  
Sweet Red Peppers        Winter Squash, *Delicata*

### Harvest Forecast\* September 16 and 19

|               |           |               |
|---------------|-----------|---------------|
| Apples        | Frisee    | Winter Squash |
| Baby Spinach  | Radicchio | Yellow Onions |
| Broccoli      | Sweet Red |               |
| Chard or Kale | Peppers   |               |

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

### Recipes by Crop

Recipe PDFs are online, indexed by crop, at:  
<http://casfs.ucsc.edu/community/produce-sales/recipes.html>

Newsletter archives are also available online at:  
<http://casfs.ucsc.edu/community/produce-sales/csa-newsletters.html>

## Upcoming Event

### Choosing & Using Cover Crops in the Home Garden & Orchard

Saturday, October 4, 9:30 am – 12:30 pm  
Alan Chadwick Garden

Orin Martin and Sky DeMuro-Miller teach you how to choose and use cover crops to protect and improve your soil. **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://covercrops2014.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](mailto:casfs@ucsc.edu)

## Notes from the Field by Katina Castillo, First Year Apprentice

After honoring Labor Day, we returned to work on a noticeably colder, damper day than we had seen since our arrival in April. It was a sign that fall is fast approaching, and our apprenticeship is coming to an end. Six weeks left, and then what? Nine apprentices will stay to serve as Second Years in the advanced program, but we don't yet know who will be selected. Others are considering where to live, work, or study, and how to be the best stewards of the earth, advocating for land and labor justice while still making a decent living for ourselves. It is a time of great transition, confusion and uncertainty. But also of opportunity and vision.

Part of that vision is guided by the Light and power of the Super Full Moons of the last couple months and this Full Harvest Moon in Pisces. Whether one realizes it or not, the immense energy of that feminine sphere shining down to illuminate the dark of night also provides clarity about who we are and what we truly stand for, guiding us toward our sacred path on this earth. For some, that vision is beginning to manifest through final projects. Every year, in the final ten weeks, apprentices develop a final project with the potential to be a seed that will germinate the work we do beyond this place.

For Second year apprentice Clara Villalobos, that final project was to save the seed of last year's tomato crop. Thanks to Clara's vision, intention, and diligent work, those seeds are the incredible abundance of heirloom and slicer tomatoes that are now being harvested from the field and taken to our market cart or included in your CSA box. These delicious, shiny orange-red spheres are also sent to our kitchen to become mouthwatering tomato sauce with bitter melon, cooling gazpacho on a hot day, an afternoon snack of salsa and chips, or even a comforting tomato pie, representing the creativity and skill of resident chefs among us. That flavorful sustenance then breaks down into powerful antioxidants and phytonutrients that protect our body temples from cancer-causing agents and promote bone and heart health, so that we may continue strong on our paths.

We don't quite know what the next season of our lives will produce, but we are prepared for sunshine and rain, and we intend to grow.





## Winter Caprese Salad with Caramelized Delicata Squash

Serves 4

- 1 lb. delicata squash, halved and seeded
- 2 teaspoons olive oil, plus 3 tablespoons for drizzling
- 1/2 teaspoon sea salt
- 6 ounces fresh mozzarella, cut into 8 slices
- 2 cups baby spinach leaves
- 1/4 cup basil, chopped
- 2 tablespoons reduced balsamic vinegar, or balsamic crema
- Freshly ground black pepper and sea salt for sprinkling

Preheat oven to 400°F and line a baking sheet with parchment paper.

Cut the squash halves into 1/2" pieces and place on baking sheet. Drizzle with 2 teaspoons of olive oil and sea salt. Roast for 10 minutes, turn squash over and roast another 10 minutes or until squash is tender and browned.

Arrange mozzarella, spinach and roasted squash onto 4 salad plates or 1 serving platter. Garnish with basil, reduced balsamic vinegar, and remaining 3 tablespoons olive oil. Sprinkle with sea salt and freshly ground pepper.

Best served immediately while squash is still crispy.

<http://gi365.info/food>

## Salad with Roasted Dumpling Squash, Broccoli & Tahini Vinaigrette

Serves 3-4

- 1/2 head broccoli florets
- 1 Delicata squash, sliced and seeded
- 1 cup mixed tender greens (arugula, mizuna or pea shoots)
- 1 cup thinly sliced red cabbage
- 2 tablespoons diced red onion
- 2 radishes, thinly sliced
- Coarse salt and pepper
- 1/4 cup tahini sauce
- 1 tablespoon raw pumpkin seeds

Heat oven to 400°F. Lightly spray or drizzle a baking pan with olive oil and lay squash onto the baking sheet, taking care not to overlap. Sprinkle with salt and pepper and roast, about 20-30 minutes, flipping each piece halfway through.

In the meantime, steam broccoli florets until bright green and tender, about 4 minutes. Remove and set aside.

In a bowl, toss greens, cabbage, radishes, and red onion. Top with steamed and roasted vegetables and season with salt and pepper. Drizzle with tahini sauce and sprinkle with pumpkin seeds.

Adapted from Whole Living  
<http://dinnerwithaura.com>

## Pear & Squash Salad with Clean Balsamic Vinaigrette

- 1 medium delicata squash
- 1/2 tbsp olive oil
- sea salt & pepper to taste
- 1 head of boston lettuce, washed
- 1/3 cup toasted pumpkin seeds
- 1 large bartlett pear, sliced very thinly
- 1/2 cup snow peas, trimmed and halved
- 1/2 cup chopped cucumber
- 1 small chopped green bell pepper
- 3 tbsp dried cranberries
- 4 tablespoons maple balsamic vinaigrette (see recipe below)

Preheat oven to 425°F. Cut squash in half, de-seed and slice each half into half moon pieces. Place in a large bowl and toss with olive oil, salt & pepper. Roast on a baking sheet for 30 minutes until tender, turning half way through roasting.

In a large bowl toss the lettuce, cucumber, snow peas, bell pepper, dried cranberries and vinaigrette together. Portion between plates and top with roasted squash, sliced pear, and toasted pumpkin seeds. Enjoy!

## Maple Balsamic Vinaigrette

- 1 tbsp whole-grain Dijon mustard
- 1/4 cup Balsamic vinegar
- 3/4 cup extra virgin olive oil
- 2 tbsp maple syrup
- sea salt & freshly ground black pepper to taste

Combine the mustard and vinegar in a large mixing bowl or blender. Slowly drizzle in the olive oil while whisking to emulsify. Whisk in the maple syrup and season, to taste, with salt and pepper.

Store in a jar with a lid or air tight container and keep refrigerated.

[www.ediblesoundbites.com](http://www.ediblesoundbites.com)



Delicata squash is a winter squash, also referred to as the sweet potato squash, peanut squash or Bohemian squash. Delicata holds its shape well when cooked and is an excellent source of Vitamin A and C.

SUMMER TOMAT  
UPGRADE YOUR HEALTHSTYLE