

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Thirteenth Harvest: 8/26/14 & 8/29/14

What's in the box?

Lettuce, <i>Sangria</i>	Summer Squash, <i>mix</i>
Spinach, <i>Longstanding Bloomsdale</i>	Cucumber, <i>Suyo Long</i>
Turnips, <i>Hakurei</i>	Cabbage, <i>Farao</i>
Onions, <i>Rossa di Milano</i>	Strawberries, <i>Albion</i>
Corn, <i>XtraTender 2171</i>	Apples, <i>Molly's Delicious & Chehalis</i>
Snap Beans, <i>mix</i>	Tomatoes, <i>mix</i>

Harvest Forecast* for September 2 and 5

Ancho Poblano	Chard	Green Beans
Peppers	Cucumbers	Strawberries
Cabbage	Fingerling	Tomatoes
Carrots	Potatoes	

*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

Free Docent-Led Tour
Sunday, September 7 – 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 Patrick Rhodes, First Year Apprentice

The farm is a stage upon which a cyclical story plays out each season. Various characters emerge onto the scene and express their unique nature; their dramatic appearance marks the passage of time. Strawberry plants show off with their shiny red jewels and provide abundant sweetness throughout the season. Broccoli, planted in succession, continues to surprise by exploding large crowns through an enormous jungle of blue-green foliage. Green bush beans play hard to get by snuggling against their stems and offering resistance even to a firm tug. Upon arrival, each plant offers excitement, contributing a new dynamic to the spectacle.

It is now late August and we have recently welcomed tomatoes to the stage. *Three Sisters* red slicers and heirloom varieties such as *Gold Medal*, *Black Prince*, and *Chianti Rose* are the first of the season in the field and will continue to develop their full flavor potential in the upcoming weeks. The jewel-like fruits hiding behind a canopy of fragrant leaves offer a hint of delicious things to come. There are thirty-some apple varieties with their limbs all supporting an abundance of fruit. *Early Gold*, *Mollie's Delicious* and *Chehalis* are a few varieties that are beginning to present themselves, each with their own expression of sweetness, texture, and acidity. Pumpkins and winter squash are fattening up lazily in the field and they too will soon have their moment in the spotlight.

The emergence and disappearance of each vegetable variety reminds us that we should appreciate what is here now, be excited for what is coming, and thankful for what has been. It is also an indicator that time is passing. With only eight more weeks left in the program, we the apprentices are made aware that this act is almost finished. Each character within the apprenticeship arrived to the program from different backgrounds and with various levels of experience in agriculture. Some of us were already doing this line of work while others had desk jobs in completely unrelated fields. It is a belief in a just and sustainable food system and our desire to be of service that brought this seemingly random cast of characters together to this stage. Over the past 5 months, living, learning, and working in collaboration together has allowed us to discover and hone our roles. It has given us the tools to change the world in our own special way and the power to express our unique nature. This apprenticeship is merely the dress rehearsal. The stage is set before us and we are ready for our moment in the spotlight.



Apple Galettes *Makes 8 small galettes or 1 large*

Crust:

2-1/2 cups whole wheat flour
1/2 teaspoon salt
2/3 cup plus 1 T sugar
1 teaspoon cinnamon
3/4 cup plus 2 T butter

Filling:

2 medium sized apples
2 T brown sugar plus more
for sprinkling
1 teaspoon cinnamon

Galette: Combine flour, salt, sugar and cinnamon in a medium-sized bowl, then work in the cold butter until a dough forms. Cover and set aside.

Preheat oven to 350°F. Wash and core apples. Cut into small cubes or thin slices. Toss with sugar and cinnamon.

Knead dough once again and divide into eight equal parts. Roll out each part on a lightly floured surface with a rolling pin into a freestyle circle, 5.9" in diameter.

Divide apples equally onto crusts, with 1" distance to edge. Fold in edges, partly covering apple filling. Sprinkle with brown sugar (will caramelize during baking time).

Grease or line a baking sheet with parchment paper and arrange galettes, about 1-2" apart from each other.

Loosely cover with aluminum foil and bake for 20 minutes. Remove foil and continue baking for an additional 20-30 minutes until crust is slightly browned and apples are soft. Remove from oven.

Let cool for 10 minutes and serve immediately with honey whipped cream or at room temperature. Enjoy!

Honey Whipped Cream: 3/4 cup (6 oz.) whipping cream
1 T liquid honey

Start whipping the cream and slowly drizzle in the honey while beating until cream is thick and a knife cut stays visible. Serve immediately.

<http://aspoonfulofphotography.blogspot.com>

Turnip Salad

4-6 tender turnips peeled and thinly sliced
2 cipollini onions, minced
1 tablespoon apple cider vinegar
6 tablespoons crème fraîche
Sea salt and fresh cracked black pepper

Put turnips and onions in a non-reactive bowl, add vinegar and toss with sea salt and fresh cracked black pepper to taste.

Add crème fraîche and toss, place in the refrigerator and allow to chill for 1 hour. Serve with hot pita bread.

CheFarmer Matthew Raiford



Zucchini Agrodolce

3 tablespoons white wine vinegar
2 tablespoons runny honey
2 small garlic cloves, minced
1/4 teaspoon fine grain sea salt, plus more to taste
3 tablespoons extra-virgin olive oil
1 small red onion, finely sliced, soaked in ice water
1 pound zucchini, julienned*
1 cup / 4 ounces toasted walnuts, roughly chopped
2/3 cup / 1 ounce toasted coconut flakes
3 dates, pitted and chopped
to serve: micro greens or chopped herb

Combine the vinegar, honey, garlic, and sea salt in a small saucepan over medium heat. Stir constantly until it comes together, remove from heat, and let cool for a few minutes. Whisk in the olive oil.

Drain the onions and pat dry. In a large bowl, combine the zucchini and onion together, pour over the vinegar mixture, toss well, then taste and add more salt to taste. Set aside for a few minutes. Alternately, you can move it to the refrigerator until you're ready to serve.

Before serving, toss the zucchini mixture with the walnuts, coconut flakes, and dates, then finish with a generous sprinkling of herbs or micro greens.

***Note:** Julienned summer squash can be a bit time intensive. You can use very thin coin-shaped slices instead.

www.101cookbooks.com

Sautéed Turnips and Cipollini

2 T unsalted butter
1 teaspoon brown sugar
Sea salt and fresh cracked black pepper
3 turnips, peeled and trimmed (save the greens and julienne)
1 bunch cipollini, small diced
1/2 cup water
1/2 bunch of basil

Melt butter in a large sauté pan over medium-low heat. Add brown sugar and cook until butter starts to brown, about 1 minute. Add turnips and onions, swirling pan to evenly coat. Add water, cover, and cook until almost all the water has evaporated and vegetables are glazed, about 20 minutes.

Remove cover; add turnip greens and continue cooking until liquid has evaporated and vegetables are caramelized, 3-5 minutes. Season to taste with salt and pepper. Transfer to a large serving platter, and garnish with fresh basil.

CheFarmer Matthew Raiford