

## What's in the box?

Spinach, <i>Tyee</i>	Cabbage, <i>Farao</i>
Sweet Corn, <i>XT2171</i>	Potatoes, <i>Red Gold and/or Yukon Gold</i>
Spring Onions, <i>Bianca di Maggio</i>	Broccoli, <i>Gypsy</i>
Baby Leeks, <i>King Richard</i>	Zucchini, <i>mixed varieties</i>
Carrots, <i>Nelson</i>	Jalapeños, <i>Jalafuego</i>
	Strawberries, <i>Albion</i>

### Harvest Forecast\* August 11 & 14

Baby Arugula	Green Cabbage	Zucchini
Broccoli	Mini Head Lettuce	
Carrots	Tomatoes	

\*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

**Summer Fruit Tree Care**  
**Saturday, August 8 – 9:30 am to 12 pm**  
**UCSC Farm & Garden**

Join Matthew Sutton of Orchard Keepers, and Orin Martin and Sky DeMuro of the Alan Chadwick Garden, for a workshop on summer care of deciduous fruit trees (apples, pears, peaches, apricots, plums, etc).

The warm winter weather has created some challenges for home fruit tree growers this year. While some fruit varieties are producing well, others have come out of dormancy slowly, and a few varieties never emerged from dormancy at all. Instructors will discuss what's happening with fruit trees on the Central Coast, and how best to address fruit tree care this summer and into the fall.

Workshop topics include summer pruning, fertility, irrigation, and preparation for new plantings.

Cost of the workshop is **\$30 general admission** (pre-registered) or **\$40** (at the door); **\$20 for Friends of the Farm & Garden members** (pre-registered) or **\$30** (at the door); **\$15 for UCSC students and limited-income** (pre-registered) or **\$20** (at the door).

To pre-register, go online to [summerfruit2015.bpt.me](http://summerfruit2015.bpt.me) or contact Amy Bolton at 831.459-3240 or [casfs@ucsc.edu](mailto:casfs@ucsc.edu) to arrange to pay by check.

## Notes from the Field by Daniella Vargas, First Year Apprentice

Last week was paved with seasonal milestones. The sweet corn came ripe, hundreds of ears fat, juicy, and delicious, right off the seven-foot stalks. We harvested over five thousand pounds of creamy Red and Yukon Gold potatoes from the Pear Field, with more on the way. We got our first taste of the dry farmed Early Girl tomatoes. It's been amazing watching these plants thrive, producing hearty and flavorful fruit without any irrigation. Our rotation crew was also enthusiastic to begin harvesting from the first block we planted together in Ocean View a month ago.

In this short month the land has taught us so much about stewardship, and blessed us with her bounty. Not a day goes by without green and yellow beans begging to be picked, zucchini needing a quick harvest, or beets and carrots being pulled from the ground. We are grateful to the rest of our cohort for planting and caring for all this food that we are now racing to keep up with. Down at our Farm Stand it feels like we are running out of pretty baskets and table space for the plethora of produce.

We're now past the halfway point and are looking forward to a short vacation this week. The farm will be much quieter as the majority of the apprentices adventure out on their own. Those of us who remain will get a feeling for farming on a more intimate level, with a small crew and responsibilities more akin to what our future farms and gardens may ask of us.

Friday's full moon also signaled the end of the apprenticeship's third rotation. Having experienced a full taste of the blessings, quirks, and challenges inherent in each separate site of the farm, it's time for each apprentice to settle in to the site where they'll focus their energies for the final ten weeks of the program. We've come a long way since we arrived in April and the sense of dedication and responsibility that's developed is palpable. We've earned the tools and now it's time to sharpen our skills further – all this in a unified effort to grow our communities the best food possible. Know that the effects of your contribution ripple outward into a more just and abundant future. Thank you for supporting us as we learn our craft.





## Zucchini Latkes with Parmesan, Pine Nuts & Basil

*Makes about 24 latkes*

- 1-1/2 pounds zucchini, trimmed and shredded on the shredding disk of a food processor (6 cups shredded)
- 4-1/2 C chopped onion (from approximately 5 medium onions)
- 1 pound russet potatoes, peeled, trimmed, and shredded on the shredding disk of a food processor (3 cups shredded)
- 3/4 cup loosely packed grated Parmesan cheese
- 3 T finely chopped basil leaves
- 1 T freshly grated lemon zest from 1 lemon
- 3 T pine nuts
- 1 T kosher salt
- 1 T freshly ground black pepper
- 3 large eggs
- 3/4 C matzo meal, plus more as needed
- Canola or peanut oil, for frying
- Applesauce and sour cream, for serving

Working in roughly 2-C batches, wrap zucchini, potatoes, and onions in cheesecloth that has been folded over twice. Tie corners around the handle of a wooden spoon and twist bundle until liquid flows out and vegetables are dry. Add squeezed vegetables to a large mixing bowl and toss to combine thoroughly.

Add Parmesan, basil, lemon zest, and pine nuts, stirring to combine. Mix in eggs and matzo meal (patties should just stick together in your hands; if it is too wet, add more matzo meal 1 T at a time, until patties can be properly formed). Stir in salt and pepper.

Heat 1/2-in. of oil in a cast iron skillet over medium-high heat until a shred of potato immediately bubbles. Form a small amount of latke mixture into a disk and fry on both sides until golden brown to test for seasoning. Add more salt and pepper if needed.

Form patties about 3 in. wide and 1 in. thick in center and slide into pan, cooking no more than 4 at a time. Fry until a golden brown crust forms on bottom, then flip using a slotted spatula and fork and fry until golden brown on other side and cooked through, approx. 3 minutes per side. If a darker crust is desired, continue cooking on each side to desired doneness.

Transfer to baking sheet lined with paper towels and let cool for 2 mins., then serve with applesauce and sour cream.

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



## Strawberry Cornmeal Griddle Cakes

*Makes 14 3-inch pancakes*

- 3/4 C (95 grams) all-purpose flour
- 3/4 C (105 grams) yellow cornmeal
- 2 T (25 grams) granulated sugar
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. fine sea or table salt
- 3 T (45 grams) unsalted butter, plus more for buttering skillet
- 1 C (235 ml) buttermilk, well-shaken, or 2/3 cup plain yogurt thinned with 1/3 cup milk
- 2 large eggs
- 1 C (about 140 grams or 5 ounces) roughly chopped strawberries



In a large bowl, combine flour, cornmeal, sugar, baking powder, baking soda and salt with a whisk. Melt 3 tablespoons butter in the bottom of a medium bowl, then whisk in buttermilk, followed by the eggs, one at a time. Stir in strawberries. Pour strawberry-buttermilk mixture into dry ingredients and stir until just combined.

In a large skillet (cast-iron is my favorite for pancakes), melt butter over medium/medium-low heat. Pour a scant 1/4 cup batter into skillet for each pancake. Cook until bottoms are golden and bubbles appear all over top, about 1 to 2 minutes. Flip pancakes and cook until second side is golden, another minute. If batter slipped out the sides of the pancake when you first flipped it, return it to the first side for another 30 seconds to ensure the leaked batter cooks. Repeat with remaining batter, adding more butter as needed. If pan gets too hot (the butter turns brown as soon as it melts), the pancakes are done on the outside before the inside – reduce the heat to low.

If you're not going to eat these right away, you can spread them on a baking sheet and keep them warm until needed in a 200°F oven.

Serve with fixings of your choice, be it a pat of butter, powdered sugar, syrup and/or additional fresh strawberries.

*Note from author, Deb Perelman:* These are a perfect way to use those overripe too fast strawberries that I secretly love most of all for cooking, as they're insanely sweet and practically collapsed even before they hit the oven. Or, try blueberries, raspberries or blackberries, because summer is such a showoff.

<http://smittenkitchen.com/>