FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/7/15 & 7/10/15

What's in the box?

Lettuce, *Nancy Green Butter*
Arugula, *Astro*
Chard, *Bright Lights*
Kale, *Red Russian*
Carrots, *Nelson*
Beets, *Red Ace*
Onions, *Purplette*
Basil, *Aroma2*
Snap Beans, *mixed*
Zucchini, *mixed*
Broccoli, *Gypsy*
Strawberries, *Albion*
Plums, *Santa Rosa*

Harvest Forecast* July 14 & 17

Carrots
Cucumbers
Golden Beets
Plums
Potatoes
Romaine
Snap Beans
Strawberries
Tulsi Basil
Zucchini

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

Exciting News! **Companion Bakeshop,** a small local bakery on the Westside, has offered to bring freshly baked organic loaves for sale to the **CSA Farm** pickup site every **Tuesday** and **Friday beginning July 7!** Each loaf will be **priced at $6.** Just select from the varieties offered, make your payment with cash or check and deposit in an honor system payment box. For more information, contact us at ***farmcsa@ucsc.edu***

COMPANION
BAKESHOP

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 of 2014-15 has created some special challenges for fruit tree growers on the Central Coast. Instructors will discuss what's happening with fruit trees affected by the lack of chill hours this year, 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*** or contact Amy Bolton at **831.459-3240** or **casfs@ucsc.edu** to arrange to pay by check.

Notes from the Field *by Clare Riesman, First Year Apprentice*

This past week, our Apprenticeship class had the opportunity to attend one of our most powerful and inspiring classes yet. Eric Holt-Giménez is the director of Food First (foodfirst.org), "a people's think tank working to end the injustices that cause hunger." Eric spoke to us on the topic of food justice and food sovereignty. The take-home point from his talk was that the many, varied social movements of the world need to overcome their differences and work together to make our global food system more just and equitable.

It occurred to me after the class that this convergence happens every year at CASFS beginning with the first day of our Apprenticeship program. This year alone, we have members of our cohort who have come from diverse social justice backgrounds, ranging from building gardens in underserved communities to community organizing and activism to connecting organic farmers with free and reduced school lunch programs. Coming together at CASFS allows us to connect what would otherwise be geographically and ideologically separate movements and form real relationships that can overcome whatever barriers tend to divide us.

These connections and convergences have a history of taking place at CASFS and this year is no exception. There are too many groups and programs dedicated to social justice in our cohort to mention them all, but I will highlight a few that demonstrate the breadth of work being done. The Social Justice Forum is a group of first-year apprentices working to make CASFS a more inclusive and equitable environment through increasing diversity within the program and developing more social justice content for our curriculum. Every other week, apprentices also participate in gleaning the field (gathering leftover produce after a harvest) and donate the gleanings to local non-profits serving the Santa Cruz community. Most recently, we came together as a community and held a vigil to recognize the victims of last month's massacre in Charleston.

The final, crucial element of our work to build relationships towards changing the inequitable food system is you. It has been such a pleasure to meet some of you as you pick up your shares, stop by the market cart at the base of campus, or when you visit the farm and gardens.

We thank you, once again, for participating in this Community Supported Agriculture program because, by doing so, you are helping to build a community, as well as a farm and an educational program, and that is an important step towards dismantling injustice and making our food system more equitable for all.

CASFS
CENTER FOR AGROECOLOGY & SUSTAINABLE FOOD SYSTEMS • 831.459-3240
UC SANTA CRUZ, 1156 High St., Santa Cruz, CA 95064 • farmcsa@ucsc.edu

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Garlicky French Beans & Carrots

Serves 7

17-18 ounces French beans (snap beans)
3 small carrots, diced
5 cloves of garlic
1 small onion, diced
2 tomatoes, diced
1 tablespoon of tomato paste
1/2 tablespoon of black pepper
Salt to taste

Wash snap beans and carrots and dice into small pieces (smaller cuts look neater and cook faster). Set aside.

Slice onion and fry in heated vegetable oil. Add pepper and let this sauté until onions are soft.

Add tomatoes, tomato paste and garlic, and mix well. Add 1/4 cup of water and let simmer for 3 mins. on medium high heat. Add carrots and let simmer for about 4 mins.. Add snap beans and mix well.

Cover and let simmer for about 5 mins. Do not overcook since you want to preserve the nutrients, texture and color of vegetables. Remove from heat and serve.

www.kaluhiskitchen.com

Vegetable Tian

Olive oil
2 large yellow onions, cut in half and sliced
2 garlic cloves, minced
1 pound medium round potatoes, unpeeled
¾ pound zucchini
1¼ pounds medium tomatoes
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
1 tablespoon fresh thyme leaves, plus extra sprigs
2 ounces Gruyere cheese, grated

Preheat oven to 375°F. Brush a 9x13 baking dish with olive oil. In a medium sauté pan, heat 2 tablespoons of olive oil and cook onions on medium-low for 8-10 mins., until translucent. Add garlic and cook for another minute. Spread onion mixture on bottom of the baking dish.

Slice potatoes, zucchini, and tomatoes in 1/4-inch thick slices. Layer alternately in the dish on top of onions, fitting them tightly, making only 1 layer. Sprinkle with salt, pepper, thyme leaves, and thyme sprigs and drizzle with 1 tablespoon of olive oil. Cover dish with aluminum foil and bake for 35-40 mins., until potatoes are tender. Uncover dish, remove thyme sprigs, sprinkle cheese on top, and bake for another 30 mins. until lightly browned. Serve warm.

http://theonlylivingboyfromnewport.com

Beet Caprese Salad Stacks

1 raw beet (large, greens removed, 3 slices/stack)
2 slices fresh mozzarella/stack, sliced to 1/2-inch rounds
1/4 cup baby arugula leaves/stack, rinsed & dry, stems removed)
1/4 tsp fresh tangerine or organe zest
1 squeeze of tangerine or orange juice
pinch of micro greens (optional)
drizzle of extra virgin olive oil
drizzle of white balsamic vinegar/stack (or regular balsamic)
sprinkle of sea salt
ground black pepper (optional)

In steamer basket, steam whole, raw, unpeeled beets until mostly tender when tested with a fork. Immediately cool beets in ice water, drain and while still warm to touch, remove skins by gently rubbing beets. Let beets cool completely and slice thickly. Slice fresh ball or log of mozzarella.

Layer stacks (layers should be rounded & line-up somewhat vertically): Place one beet slice on serving dish; next layer mozzarella; lightly sprinkle with sea salt (black pepper, optional); follow with thin layer of baby arugula. Repeat sequence two more times, then finish with a small pinch of micro greens (optional).

Drizzle stack with small amount of olive oil, balsamic vinegar, and small sprinkle of tangerine or orange zest. Next squeeze small amount of tangerine or orange juice. Finish with a sprinkle of sea salt.

www.dinnervine.com

Potato Vegetable Salad

1 lb. new potatoes
1 cup shelled fresh peas
1 summer zucchini, thinly sliced into coins
1/4 cup chopped chives
2 green onion, chopped, white and green parts
Salt and pepper
1/3 cup mayonnaise
1 tablespoon grainy dijon mustard

Scrub the potatoes with a vegetable brush to remove the loose thin skin.

Steam the potatoes over boiling water until cooked through. Let cool, then cut the potatoes into equal size chunks and place in a bowl.

Combine mayonnaise and mustard, then add to the potatoes and mix gently. Add peas, zucchini, chives and green onion and mix. Refrigerate until serving.

http://oliveoilandlemons.com