

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fourteenth Harvest: 9/1/15 & 9/4/15

## What's in the box?

Lettuce, <i>Brown Golding</i>	Cabbage, <i>Farao or Murdoc</i>
Salad Mix	Winter Squash, <i>Red Kabocha</i>
Beets, <i>Shiraz</i>	Onions, <i>Candy</i>
Dill, <i>Bouquet</i>	Potatoes, <i>Yukon Gold</i>
Tomatoes, <i>mix</i>	Apples, <i>Jonagold</i>
Sweet Peppers, <i>Carmen &amp; Red Roaster</i>	<i>Decoster</i>
Summer Squash, <i>mix</i>	

### Harvest Forecast\* September 1 & 4

Apples	Onions	Sweet Peppers
Chard	Spinach	Tomatoes
Cilantro		Winter Squash

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

### CORRECTION

The Free Docent-led Farm Tour is this **Sunday, Sept. 6.**

The date was incorrectly listed last week as August 30. Apologies if this error caused any inconvenience!

### Upcoming Event

**Harvest Festival at the UCSC Farm  
Sunday, September 27 from 11am – 5pm**

Come to the Farm for live music, great food, gardening talks, cooking demonstrations, Farm tours, hay rides, kids crafts, and more!

**Cost: \$5/person;  
FREE: children under 12;  
UCSC students (w/ID); and  
FF&G members.**

For more info:  
831.459-3240;  
casfs@ucsc.edu



## Notes from the Field *by Tyler Brown, First Year Apprentice*

The ten-pins were set up and the bowling ball was handed to the eager bowler, as they admired the spotless lane. Only the lane was actually a pathway in between bell peppers and tomatillos, the bowler was a first-year apprentice at CASFS, the bowling ball was a partially-damaged cabbage, and the ten-pins were oversized squash standing upright: the 2015 CASFS FarmOlympics were underway. The FarmOlympics went down on Sunday of last week, with each of the farm and garden sites represented, complete with a garden-cart chariot entrance, theme song, and cardoon-flower medals.

The FarmOlympics are emblematic of what makes CASFS special: extra work, some confusion, a lot of fun, and a community that supports and loves each other. It's an environment that most of the apprentices cherish, and yet wonder – how do we recreate this at our next stop? This communal and festive experience is not the model of farming handed to us over generations of popular culture; that one shows us a tired looking male farmer, sun-drenched and broken, and his wife in the kitchen. It's stagnant, sexist, and unhelpful. We are interested in alternatives to that model of farming, ones that will hopefully break the chain of debt, overwork, and stress. We want cooperative farms, a farm that doubles as a music venue, a summer of grain mixed with a winter of a roving pizza-oven on wheels – creativity infused into farming.

Later in the week, we went on our monthly group field trip to large-scale operations including Lakeside Organic Gardens (1700+ acres) and Pinnacle Organically Grown Produce (250+ acres). At Pinnacle, the farmers were conducting the same activity as us in the Field – topping storage onions and tossing them in burlap sacks – but at a massively different scale. It was obvious that agriculture can look like a lot of things, and each farmer has to decide how to balance scope, financial stability, family and social obligations, connection to the plants and ecosystem, and finding joy daily.

During our weekly reflection time, the Field crew discussed our goals for the final weeks at CASFS, and the desire to carry things learned here beyond. Together we are trying to figure out how to create a work environment that is effective, patient, and worth waking up for. We want to know how to create an equitable and sustainable farming system in our future endeavors, and why farm if it's not fun? All the answers won't arrive before we leave here, but the support of staff, each other, friends of CASFS, and the culture passed down year by year, make this place a foundational part of becoming a joyful farmer. Maybe see you at next year's FarmOlympics?



## Roasted Red Bell Pepper Hummus

- 16 ounces chickpeas
- 6 ounces roasted\* red bell peppers
- 1 jalapeno, seeded, diced
- 1 T chopped garlic
- 3 T chopped cilantro leaves
- 1 tsp. paprika
- 3 T chopped onion
- 1 tsp. freshly cracked black pepper
- 1 T chipotle pepper in adobo
- 1/4 C extra-virgin olive oil
- Toasted pita bread, for serving

Mix all ingredients, except olive oil and pita bread, in food processor until pureed, then slowly add in olive oil.

Let set up for 1 hour prior to serving. Serve with toasted pita bread.

*Recipe courtesy of Guy Fieri via [www.foodnetwork.com](http://www.foodnetwork.com)*

## Oven Roasting Bell Peppers

Preheat oven to 400°F. Line a baking sheet with foil. Lay peppers on their sides on the foil, stems pointing sideways.

Put baking sheet in oven and roast peppers for 20 minutes. Remove from oven. Using tongs, give peppers a half turn, then roast for another 20 minutes until done.

When fully roasted, the skin should be charred and soft, and the peppers should look slightly collapsed.

*Seed and peel the peppers:* Slice the pepper vertically from top to bottom and lay the pepper open so it becomes one long strip. Remove stem. The stem and a clump of seeds should loosen easily. Remove any loose seeds that remain inside the pepper.

Strip off the charred skin. If a more charred flavor is desired, leave a few small blackened bits on the skin.

<http://toriavey.com/>

## Roasted Kabocha Squash

Serves 4

- 1 medium kabocha squash
- 2 T coconut oil (or butter), melted
- Kosher salt
- Freshly ground black pepper

Preheat oven to 400°F. Rinse squash under running water, and dry it. (If you're gonna peel it, do so now.)

Like all winter squash, kabocha takes a sharp knife and a bit of force to cut. Suggest cutting off the top and bottom to expose the flesh.



## Ratatouille

- 1 C crushed tomatoes
- 1 T extra virgin olive oil
- 1/4 tsp. apple cider vinegar
- 1 tsp. minced garlic
- 1 T fresh basil, sliced (3-4 large leaves), plus more for garnish
- 1 tsp. herbs de Provence spice mix
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. chili powder
- 1 medium sweet or red onion, sliced
- 1 large zucchini, sliced (about 1-1/2 C)
- 1 large Japanese eggplant, sliced (about 3 C)
- 3 large roma tomatoes, sliced (about 3 C)

Preheat the oven to 350°F. Lightly grease a 6"x9" baking dish and set aside.

In a medium mixing bowl, combine the crushed tomatoes, oil and vinegar. Stir in the garlic, basil, herbs de Provence, salt, pepper, and chili powder.

Pour the tomato mixture into the prepared baking dish and smooth it into an even layer on the bottom of the pan.

Stack the veggie slices in alternating patterns (e.g.: onion, zucchini, eggplant, tomato; repeat) and place them on their side in the pan, leaning against the edge of the pan. Repeat until you've formed a couple of rows of veggies, filled the pan, and used up all of the veggie slices.

Optionally, spray or brush the exposed tops of the veggies with oil to encourage browning in the oven.

Bake for about an hour, until the tomato sauce at the bottom is bubbling and the veggies are tender.

Garnish with additional chopped fresh basil before serving (optional). Serve hot or cold.

<http://acleanbake.com>



<http://nomnompaleo.com>