

What's in the box?

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| Spinach, <i>Tyee</i> | Tomatoes, <i>mix</i> |
| Kale, <i>Dino</i> | Sweet Peppers, <i>Carmen</i> & <i>Stocky Red Roaster</i> |
| Beets, <i>Chioggia</i> | Potatoes, <i>Yukon Gold</i> |
| Fennel, <i>Perfection</i> | Yellow Onions, <i>Candy</i> |
| Basil, <i>Aroma2</i> | Winter Squash, <i>Delicata</i> |
| Green Beans, <i>Bronco</i> | |
| Apples, <i>Mutsu</i> | |

Harvest Forecast* September 22 & 25

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|-------------|---------------|---------------|
| Cilantro | Spinach | Winter Squash |
| Dried Beans | Sweet Peppers | Yellow Onions |
| Escarole | Tomatoes | |

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

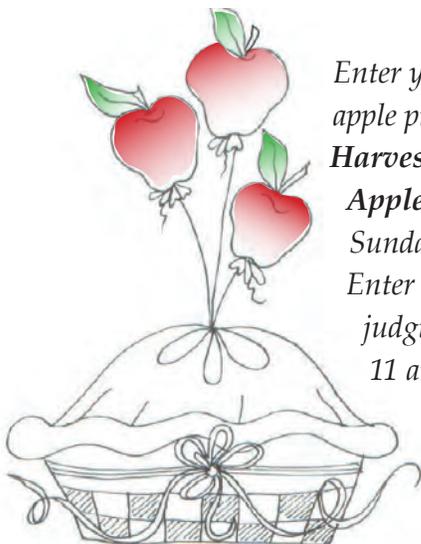
Upcoming Event

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, & 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

Fourteenth Annual Apple Pie Contest



Enter your favorite apple pie in this year's **Harvest Festival Apple Pie Contest** on Sunday, September 27. Enter your pie for judging between 11 am-12:30 pm.

Notes from the Field *by Jesse Schaffer, First Year Apprentice*

In addition to your CSA share, another momentous occasion is happening this week. This week marks the Jewish New Year or Rosh Hashana, a time of celebration and reflection – rooted in the cycles of the year, the harvest, and community. Here on the farm, the season has been incredibly abundant. As the fall approaches, the abundance will only continue – peppers, tomatoes, winter squash, root veggies, and much more. In the midst of this abundance I am brought back to early in the season, when we were just seeding these crops into trays. Holidays like Rosh Hashana remind us of the cycles of life – of the harvest and our own change. As we enter this time of abundance, it is important to remember where this abundance began – in a simple and small seed.

This past season, I worked at Quail Hill Farm in New York. While farming there I became passionate about seed saving and saved Sungold Tomato seed. After I cleaned and dried the seed, it traveled with me around the United States for 8 months before I arrived here at UCSC. That first week, I sowed those seeds in our greenhouse until they grew large enough to plant in the kitchen garden behind the Farm Center. Nearly five months later, those same plants have turned into a jungle of tomatoes, four to five feet tall and incredibly vigorous.

Without getting into too much technical jargon, Sungolds are a hybrid – their inbred parent genes were crossed to produce the candy-like orange globes we all cherish. I saved seed in order to examine and breed out all of those interesting genetics. In order to again save seed, I will select the plants that have traits that I prefer and harvest their seed. However, the plants that are less desirable must be removed and composted. Today I had to rip those plants from the ground. What a sad sight it was – months of work ripped out in an instant. A seeming coincidence, all of this occurred on Rosh Hashana. As I saved seed for the 2016 season from my preferred tomatoes, these other plants would be ripped out. This cycle of death and life in seed saving makes these larger cyclical themes more visible as Rosh Hashana arrives.

Overall, this has been a larger reminder of the cyclical nature of life, especially on the farm. As we move into an abundant fall I am reminded of spring, when seeds were just beginning to peak out from under the soil's warm embrace. With these reminders of transition and new life, I wish you all a happy Rosh Hashana and a beautiful week of abundant CSA!



Emeril's Walnut Crostini with Shaved Chiogga Beets and Goat Cheese

Walnut Crostini

1/2 loaf good quality
walnut bread, sliced
1/4 inch thick
2 T extra virgin olive oil
3/4 tsp. salt

Topping

8 ounces soft goat cheese
4 baby Chiogga beets, peeled
1/2 teaspoon red wine vinegar

Maple Glazed Walnuts (see recipe below)

Preheat the grill to medium high or the oven to 375°F. Brush the bread on both sides with the olive oil and season lightly with 1/2 teaspoon salt. Grill bread until grill marks appear, 2 to 3 minutes. Turn and grill the other side. Remove from grill and cool slightly. Alternatively, arrange bread on a baking sheet and bake until crusty and brown, about 8-10 minutes. Turn once about halfway through cooking. Remove from oven and cool slightly.

Remove the rind from the goat cheese and slice into approximately 32 small pieces. Lay one piece of cheese on each slice of toast.

Using a Japanese mandolin or a very sharp knife, shave the beets into a small mixing bowl. Toss the beets with 1/4 teaspoon salt and the red wine vinegar. Divide the shaved beets among the toasts, placing them on top of the cheese. Top each crostini with a maple glazed walnut. Serve immediately.

<http://recipe-finder.com>

Maple Glazed Walnuts

1/4 C Grade A amber maple syrup
1 cinnamon stick
1 clove
1 T butter
1/4 tsp. vanilla extract
1/8 tsp. salt
1 C walnut halves cut in half lengthwise
1 T Vermont maple sugar

Combine maple syrup, cinnamon stick, clove, butter, vanilla and salt in a small saucepan and bring to a simmer over medium high heat. Cook for 2 to 3 minutes or until the syrup slightly reduces. Add the walnuts, cook for one minute longer and toss to coat. Remove the walnuts from the pan to a parchment lined baking sheet and dust with the maple sugar. Let the walnuts cool before using.

<http://recipe-finder.com>

Beet Carpaccio

Serves 4

Salad

1 lb beets (preferably chioggia),
trimmed and peeled
1/4 C lemon juice
1 small red onion, thinly sliced
1/2 C roasted pistachio nutmeats
1/3 C feta cheese, crumbled
1/4 C microgreens (i.e., radish)

Dressing

2 T white wine vinegar
2 T sour cream
1-1/2 tsp. chopped fresh
tarragon
1 tsp. superfine sugar
1/3 C olive oil
salt and white pepper

Thinly slice the beets with a mandoline slicer. Place the slices into a bowl and toss with 1/4 cup lemon juice. Set aside. (Lemon juice helps preserve the color of the beets when cooked, so let them sit at least 10 minutes.)

Dressing: Mix together vinegar, sour cream, tarragon, and sugar with a wire whisk until well-blended. Slowly add the olive oil, while whisking constantly to create an emulsion. Add salt and white pepper to taste. Cover and refrigerate until ready to use.

Bring water to a boil in a large pot that has a steamer tray. Optional: add salt and a splash of lemon juice to the water. Once boiling, place beet slices on the steamer tray (OK to overlap slightly). Cover and steam for 5-6 minutes, or until tender yet firm. Briefly shock the beets in an ice bath, then drain.

Layer beets and onions on four small plates. Sprinkle with pistachios and feta cheese crumbles. Make sure the dressing is well-stirred, then lightly drizzle over the salad. Top with microgreens. Yum!

Inspired by Restaurant Widow via <http://www.popartichoke.com>

