

# FIELD notes

UCSC Farm  
Community Supported Agriculture  
Seventeenth Harvest: 9/22/15 & 9/25/15



## What's in the box?

Lettuce, Sangria Red	Broccoli, Gypsy
Butter	Apples, Jonagold
Escarole, Great	Tomatoes, mix
Batavian	Sweet Peppers, mix
Chard, Bright Lights	Red Onions, Rossa
Basil, Aroma2	di Milano
Cilantro, Santo	and a Pumpkin!

### Harvest Forecast\* Sept. 29 & Oct. 2

Beets	Onions	Tomatoes
Endive	Spinach	Winter Squash
Fennel		

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

Recipes by Crop PDFs are available online, indexed alphabetically, 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, October 4 – 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 to 3:30 pm. Free public parking available. For more information or to schedule a guided group tour, email [cavfs@ucsc.edu](mailto:cavfs@ucsc.edu) or call 831.459-3240.

Directions: <http://casfs.ucsc.edu/about/directions.html>



## Notes from the Field by James Conger, First Year Apprentice

Jack-o-potato? Before the Irish immigrated to the United States they carved out potatoes, beets, or turnips and called them jack-o-lanterns in celebration of Halloween. When the Irish immigrated to the United States they were pleasantly surprised to find the north american native pumpkin and quickly adopted it for their traditional Halloween adornment. Rather than suggest you carve the potatoes and beets from last week's box we are including a pumpkin this week for you to begin your Halloween celebrations.

But a pumpkin doesn't just make a great jack-o-lantern. The pumpkin is a great reminder that it is time to start thinking about your Halloween costume. Or, get involved in a new sport called chunking where the preferred projectile for the catapults is the pumpkin. Likewise, you could put the 'pump' in pumpkin by integrating these orange orbs into your workout routine as kettle balls or medicine balls.

For those inclined towards consuming the pumpkin you are also very much in luck. You can get pumpkin "flavoring" in everything from lattes to potato chips to M&Ms. The genuine pumpkin is said to help with weight loss, fighting cancer, boosting your mood, and helping your skin look younger. The pumpkin is one of an expanding number of 'super foods.' It is no wonder Linus was willing to wait all night on Halloween for the Great Pumpkin.

For those of us in the CASFS program, even those of us who are part Irish like myself, the pumpkin represents something different than a potential jack-o-lantern or Cinderella's former chariot. The pumpkin represents the bookends to our program and the 'premature nostalgia' that has beset us as we get set to leave CASFS.

You see, in the first few weeks of the program some of us got on the back of a tractor and helped sow the seeds for the pumpkins that you will receive in your CSA box and at this weekend's harvest festival. It was just one of many things we were planting with bright eyes and excitement those first few weeks. It took a couple of weeks, but the seedlings eventually sprouted fully in the field. We weeded them periodically. They blossomed on their vines. We clipped them weeks ago and cured them in the field so they would be fully matured. And now, with just a few weeks left in this program, the pumpkins are fully ripened for you ... and hopefully we are ready too!



Photo by Jennifer Gallagher



## Spicy Pumpkin Soup with Avocado Cream

Serves 6-8

1 C diced yellow onion  
3 T olive oil, divided  
1-1/2 tsp. kosher salt, divided  
2 garlic cloves, chopped  
1 T ground cumin  
2 small pumpkins, roasted\*  
6 to 6-1/2 cups chicken broth  
1 chipotle pepper, chopped (or canned)  
1 T adobo sauce  
1 medium avocado, peeled and diced

1/2 C whole buttermilk  
2 T fresh lime juice  
2 T extra virgin olive oil  
8 ounces smoked sausage, sliced  
1 C black beans, drained and rinsed  
1/2 tsp. smoked paprika  
\*See ***Roasted Pumpkin Puree*** recipe

Place onions, 2 T olive oil, and 1 tsp. salt in a Dutch oven over medium heat; cover and cook 5-6 minutes or until translucent. Stir in garlic and cumin; cook 2 minutes. Whisk in pumpkin and 6 cups broth; add chipotle pepper and 1 T adobo sauce. Increase heat to medium-high, and simmer, stirring occasionally, 12 minutes.

Process soup, in batches, in a food processor or blender 1 min. Add up to 1/2 C broth, 2 T at a time, to reach desired consistency.

**Avocado Cream:** Process avocado, next 3 ingredients, and remaining 1/2 tsp. salt in a blender until smooth. Add up to 1/4 cup water, 1 T at a time, to reach desired consistency.

Cook smoked sausage in remaining 1 T olive oil in a large skillet over medium heat, stirring occasionally, 3 minutes. Stir in black beans and paprika, and cook 1 minute. Ladle soup into serving bowls; top with sausage mixture and avocado cream.

*Southern Living via www.myrecipes.com/*

## Roasted Pumpkin Puree (for Soup or Pie)

2 whole small pumpkins

Preheat oven to 350°F. Cut pumpkin in half. Scrape out seeds and stringy pulp from center. Place seeds into a bowl for roasting later (to make pepitas).

Place pumpkin pieces on a baking sheet and roast for 45 minutes or until pumpkin is fork-tender. They should be light golden brown when done.

Peel off skin. Use a food processor, blender (add a little water), potato masher or ricer, or food mill to process.

If puree is too dry, add a few tablespoons of water during pulsing. You can use pumpkin puree immediately in the pumpkin recipe of your choice, or store it in the freezer for later use.

*http://thepioneerwoman.com*

## Wilted Escarole Salad

Serves 8

1/2 loaf country-style bread (about 8 ounces), crust removed, torn into 1" pieces (about 5 cups)  
7 T olive oil, divided  
Kosher salt, freshly ground pepper  
2 garlic cloves, coarsely chopped  
1-2 anchovy fillets packed in oil  
1/4 tsp. crushed red pepper flakes  
2 T (or more) white wine vinegar  
1 large head escarole, outer leaves removed, inner leaves torn into large pieces

Preheat oven to 350°F. Toss bread and 3 T oil on a large rimmed baking sheet, squeezing bread so it absorbs oil evenly; season with salt and pepper. Spread out bread pieces in an even layer and bake, tossing occasionally, until crisp on the outside but still chewy in the center, 10-15 minutes. Let croutons cool.

Meanwhile, heat remaining 4 T oil in a small skillet over medium heat. Add garlic and cook, stirring often, until golden, about 2 minutes. Add anchovies and, using a spoon, mash into oil. Add red pepper flakes and remove skillet from heat. Add vinegar, scraping up any bits; season vinaigrette with salt and pepper.

Just before serving, toss escarole, croutons and warm vinaigrette in a large bowl until escarole is slightly wilted; season with salt, pepper, and more vinegar, if desired.

**DO AHEAD:** Croutons and vinaigrette can be made and escarole can be prepped 1 day ahead. Store croutons wrapped airtight at room temperature. Let vinaigrette cool; cover and chill. Gently reheat vinaigrette before using.

*Bon Appétit | October 2013 by Amanda Hesser via www.epicurious.com*

Field Production Manager Liz Milazzo also suggests **roasted red peppers over the escarole (raw or wilted in hot pan) with thin red onion slices and a shallot vinagrette.**



Photo courtesy of penthousekitchen.com