

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixteenth Harvest: 9/15/18 & 9/18/15

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)

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>

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FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eighth Harvest: 7/21/15 & 7/24/15

Roasted Beet Balsamic Mustard

Makes one half cup

2 T yellow mustard seeds
2 tsp. brown mustard seeds
2 T plus 2 tsp. balsamic vinegar
2 T plus 1-1/2 tsp. water
1 beet, cleaned, peeled and cut into quarters
1 T olive oil
1/2 tsp. sea salt
1/2 tsp. ground black pepper
1/4 tsp. brown sugar

In a sterilized 4-oz. canning jar, mix together mustard seeds, balsamic vinegar and water. Cover and let sit at room temperature for 2 days.

Toss the beet quarters with the pepper, olive oil and 1/4 tsp. of the salt and roast at 375°F for 35 minutes on a baking sheet lined with foil or parchment paper.

In a blender or food processor, blend one of the beet quarters with the mustard, brown sugar and remaining 1/4 teaspoon of salt until pureed to desired smoothness.

Use within one month.

www.adventures-in-cooking.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Seventh Harvest: 7/14/15 & 7/17/15

Spiralized Beets with Parsley Walnut Pesto & Sun-dried Tomatoes

4 small red or golden beets, peeled
1 C fresh parsley
2 T walnuts
Juice of 1 lemon
1 T olive oil
1 garlic clove
1 T hemp seeds
Sun-dried tomatoes (for top)
Black pepper

Preheat oven to 425°F. Spiralize beets and place on a foil-covered baking sheet. Drizzle with olive oil and bake for 15 minutes.

Blend parsley, walnuts, lemon, olive oil, and garlic. If pesto is too wet, add more parsley and nuts. If too thick, add more lemon and/or olive oil.

When beets are done (should be soft but not mushy), toss with pesto and hemp seeds. Top with a few sun-dried tomatoes and black pepper.

<http://www.kalememaybe.com/>

FIELD *notes*

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

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 orange 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

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fourth Harvest: 6/23/15 & 6/26/15

Beet, Radish & Blueberry Salad

Salad: 2 large beets, boiled, peeled and cut into matchsticks or wedges

5-8 radishes (depending on size) cut into wedges

1 C blueberries

Dressing: 1/2 C feta cheese

1/2 C 2% greek yogurt

1-1/2 T lemon juice

2-1/2 T fresh chives, minced.

1/8-1/4 C olive oil (to taste)

For salad: Combine beets, radishes and blueberries in a large salad bowl. Top with dressing or serve it on the side.

For dressing: Combine first four ingredients in food processor and pulse until fully combined.

With food processor running add olive oil slowly until it reaches desired consistency. I used 1/8 C of oil and it was the consistency of bleu cheese dressing.

<http://midlifecroissant.com> via foodgawker.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fourth Harvest: 6/23/15 & 6/26/15

Beet & Blueberry Bruschetta

Serves 10-12

Red beets, about 5 small to medium sized
1 C fresh blueberries
1 tsp balsamic vinegar
1/4 C extra-virgin olive oil, plus 1 T divided
1/2 tsp salt
1/4 tsp pepper
2 small loaves French bread
5 basil leaves, thinly sliced
1/4 C crumbled feta cheese

Preheat oven to 425°F. Prepare beets for roasting by cutting off tops. Remove skins (roast or parboil to easily rub off skins), then cut into equal pieces. Wrap in foil packets and drizzle olive oil over tops (divide 2 tablespoons across packets). Seal packets and place on a baking sheet and roast for 45 mins. or until beets are fork tender. Remove from oven and let cool. Dice beets and refrigerate to chill.

Slice bread into 1-in. slices. Place slices on a baking sheet in a single layer. Brush each with olive oil (about 2 tablespoons of oil). Turn oven to broil and broil on top rack until golden brown. Once browned, remove from oven and set aside.

In large bowl whisk together balsamic vinegar and one tablespoon olive oil. Add diced beets, blueberries, basil, and salt and pepper. Toss together until everything is coated in dressing. Chill, covered, until ready to use or serve immediately.

To serve, top each bread slice with beet and blueberry mixture. Sprinkle feta over the top and additional chopped basil (optional). Drizzle with olive oil and enjoy!

<http://www.girlgonegourmet.com/> via [foodgawker.com](http://www.foodgawker.com/)

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Nineteenth Harvest: 10/7/14 & 10/10/14

Caramelized Beet & Onion Tarte Tatin

2 lbs. beets (approx. 6 medium-sized), cooked and peeled
1 large red onion (sliced)
2 T brown sugar
3-4 T butter plus butter to line the cake pan

4 T balsamic vinegar
Salt and pepper (for seasoning)

Pastry: 1 & 1/2 cup plain flour

1/2 cup unsalted butter, chilled and sliced in cubes

1/2 teaspoon salt

1 large egg

3 T cold water

Preheat oven to 350°F. Remove skin from the cooked beets and slice in quarters. In a large frying pan, heat brown sugar. As soon as it starts to melt, add butter and stir. Add beets and red onion, fry at medium to high heat for 10-12 minutes, until they start to caramelize, add balsamic vinegar, reduce for 2 minutes until sauce is thick and glossy. Set aside.

Pastry: In a large bowl, mix flour and salt. Add butter and mix using your hands until dough is crumbly. Make a well in the center, add egg and water. Mix until dough is soft and forms a ball. Roll dough on a floured surface, adding flour if necessary if dough is too sticky. Roll out dough large enough to cover a round cake pan.

To assemble: Butter the bottom of the cake pan, layer beets so the surface is entirely covered (pick out the red onion to use in the surface layer to 'display' the beets nicely as the tart will be inverted). Add red onions and sauce. Place pastry sheet on top and tuck in at the edges. Prick pastry with a fork all over. Bake in the preheated oven for 25-30 minutes until the crust is golden brown. Leave to cool for 10 minutes before turning it out gently. Place on a serving plate.

For serving: Crème fraîche (or sour cream) – 1 T per serving and top with a large handful of chopped parsley.

<http://mimithorisson.com>

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eighth Harvest: 7/22/14 & 7/25/14

French “Peasant” Beets

Serves 2-4

4-6 beets with greens
1 bunch Swiss chard
3 tablespoons butter
1 shallot
salt
freshly ground pepper
2 tablespoons white wine (Muscadet is preferred)
2 tablespoons water
1/2 pound bucheron cheese (room temperature)
crusty peasant style bread (warmed in oven)

Scrub and peel the beets. Remove greens and chop coarsely. Set greens aside in a large prep bowl. Slice beets into 1/4 inch rounds.

Remove ribs from the swiss chard and coarsely chop and toss into bowl with the beet greens.

In a large sauté pan, melt butter. Sauté shallots.

Add beet rounds to shallots. Crack some pepper over beets and toss on a pinch of salt. Reduce heat and sauté beets, turning over to ensure even cooking.

In about 15 minutes, when beets are beginning to glaze and become tender, add greens and chard. Sauté for about 5 minutes, then add wine and cover. Cook until greens are wilted, adding water if necessary. Allow liquid to be mostly absorbed into greens, adjust seasonings.

Scoop greens and beets into a shallow bowl. Garnish with a sizeable wedge of bucheron and some crusty bread. Crack a little bit of pepper over the entire dish.

<http://food52.com>

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Third Harvest: 6/17/14 & 6/20/14

Roasted Beets with Sauteed Beet Greens

Serves 4

- 1 bunch beets with greens
- 1/4 cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion (optional)
- salt and pepper to taste
- 1 tablespoon red wine vinegar (optional)

Preheat the oven to 350°. Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss

with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.

Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.

When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

allrecipes.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Seventh Harvest: 7/16/13 & 7/19/13

Farfalle with Golden Beets, Beet Greens and Pine Nuts

Serves 4-6

- 1/3 cup pine nuts
- 4 tablespoons extra-virgin olive oil, divided
- 2 large onions, quartered lengthwise through root end, sliced crosswise (about 4 cups)
- 3 garlic cloves, minced
- 2 bunches 2-inch-diameter golden beets with fresh healthy greens; beets peeled, each cut into 8 wedges, greens cut into 1-inch-wide strips
- 12 ounces farfalle (bow-tie pasta)
- 1/3 cup grated Parmesan cheese plus additional for serving

Heat heavy large skillet over medium heat. Add pine nuts and stir until lightly toasted, about 3 minutes. Transfer to small bowl. Add 2 tablespoons oil and onions to same skillet

and sauté until beginning to soften and turn golden, about 10 minutes. Reduce heat to medium-low and continue to sauté until onions are tender and browned, about 30 minutes longer. Add garlic and stir 2 minutes. Scatter beet greens over onions. Drizzle remaining 2 tablespoons oil over; cover and cook until beet greens are tender, about 5 minutes.

Roast beets at 425° for 20 minutes. Cook pasta until tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid. Return pasta to pot.

Stir onion-greens mixture and beets into pasta. Add pasta cooking liquid by 1/4 cupfuls to moisten. Season with salt and coarsely ground black pepper. Stir in 1/3 cup Parmesan cheese. Divide pasta among shallow bowls. Sprinkle with pine nuts. Serve, passing additional cheese.

Bon Appétit | February 2009

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fourth Harvest: 6/25/13 & 6/28/13

Beet Slaw Tostadas

Beet slaw:

Beets, boiled and peeled
Limes, freshly squeezed
salt and pepper to taste

Additional ingredients:

Red onions, thinly sliced
Kohlrabi, peeled, grated
Carrots, grated
Cilantro
Mayonnaise, to taste

Tostada toppings:

Refried beans
Jalapeños
Hard boiled eggs, chopped
Avocado
Olives, chopped
Feta or coyote cheese, crumbled
Sour cream
Salsa

Grate the beets. Toss with generous amount of lime juice. Mix in salt and pepper. Let sit for five minutes, then taste. Add more lime, salt, or pepper to taste. Add red onions, mayonnaise, grated kohlrabi or carrots, if desired.

Let the beets marinate while you prepare toppings. Create a tostada bar by arranging bowls of topping ingredients on table, along with the tostada shells.

Use pre-made tostada shells, or make your own by frying flour tortillas in a heavy bottomed pan with 1/2-inch of hot oil until tortillas are crisp and brown. Layer beet slaw on bottom and add desired ingredients and enjoy!

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eleventh Harvest: 8/14/12 & 8/17/12

Pickled Beets *Makes 4 pounds*

- 2-1/2 lb. beets, trimmed
- 4 cups distilled white or malt vinegar, plus extra if needed
- 2-3 shavings of mace from the outside of a nutmeg
- 1 cinnamon stick
- 1 bay leaf
- 1 tablespoon black peppercorns
- 12 allspice berries
- 1-2 dried red chiles, or as needed (optional)

Put the beets in a large nonreactive* saucepan and cover with cold water. Bring to a boil, then simmer for 15 minutes for baby beets and up to 1 hour for larger ones, or until they are tender. Drain and set aside.

Meanwhile, in another nonreactive saucepan, combine the vinegar and all the spices except for the chiles, and bring to a boil. Turn off the heat and set aside.

As soon as the beets are cool enough to handle, slip off the skins. (I always wear gloves to do this, as the beets will stain your hands quite dramatically.) Quarter or slice the beets, and pack them into hot sterilized jars, slipping a chile or two down the sides, if desired.

Strain the vinegar and pour over the beets. For a spicier pickle, don't strain the vinegar (ensure that the spices are evenly divided among the jars). The beets should be covered with vinegar, so add extra if necessary.

Seal with vinegar-proof lids[†], label, and store in a cool, dark place for one week before serving. *Makes 4 pounds*

*A nonreactive saucepan is one made from stainless steel, glass, or ceramic materials, as well as those coated with Teflon. They're called nonreactive because these materials are highly resistant to chemical attack and don't react with acidic ingredients the way copper and aluminum do.

[†]Vinegar-proof lids are lids that don't have metal that will come in contact with the vinegar. Most canning jars (Ball, Kilner) work well, as long as the lids have a plastic covering on the inside.

Source: Jellies, Jams & Chutneys by Thane Prince

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eighth Harvest: 7/24/12 & 7/27/12

Chilled Three Beet Soup

1 pound medium Chioggia beets, scrubbed and trimmed
1 pound golden beets, scrubbed and trimmed
1 pound medium red beets, well scrubbed and trimmed
Orange Zest Threads (see recipe below)
1-1/2 tablespoons olive oil
1 large yellow onion, chopped, about 2 cups
salt and pepper
1/2 tablespoon minced garlic
1-1/2 cups fresh orange juice
3 cups water
Crème Fraîche
2 to 3 tablespoons chives, cut into 1/2-inch lengths (optional)

Preheat oven to 400°F. Place the beets, according to color, into three separate baking dishes. Pour a little water in the bottom of each dish. Cover and roast until tender, 35 to 40 minutes, depending on their size. Test for doneness with a paring knife or skewer. Set aside until they're cool enough to peel.

Make the Orange Zest Threads now.

Heat the oil in a small sauté pan and add the onions, 1/4 teaspoon salt, and a pinch of pepper. Sauté over medium heat until soft, about 5 minutes. Add the garlic and cook 1 minute more. Transfer to bowl.

Peel and cut the beets into large chunks (keep separate by color). Peel red beets last so they don't discolor the others. Starting with the lightest color, place first batch of beets in the blender, along with 1/3 of the onions, 1/2 cup orange juice, 1 cup water, 1/2 teaspoon salt and pinch of pepper. Puree until smooth, adding a little water if needed to thin puree. Transfer to a container and chill. Puree next color in same way with half the remaining ingredients – chill in separate container, leaving red beets for last. Refrigerate for at least 30 minutes and season to taste with salt and pepper.

To serve, ladle the thickest puree first into a shallow soup bowl along the left side. Ladle the other two purees carefully, one after the other, side by side. Garnish with a spoonful of crème fraîche and a sprinkling of Orange Zest Threads and chives.

Orange Zest Threads:

1 large orange

Use a zester to remove the threads from the orange, keeping strips as long as possible. Bring a small pot of water to a boil and drop in the threads for 10 seconds. Drain and rinse.

Everyday Greens by Annie Somerville

Roasted Beet and Blood Orange Salad with Spicy Greens

- 1-1/2 pounds medium gold beets
- 1-1/2 pounds medium red beets
- Extra virgin olive oil
- Salt
- Freshly ground black pepper
- 6 small blood oranges
- Blood Orange Sherry Vinaigrette (recipe follows)
- 1/4 pound baby arugula
- 1/4 pound baby spinach
- 1/4 cup sherry vinegar
- 1/4 cup finely chopped chives

Preheat oven to 400°. Trim tops and roots from the beets and wash well. Place red beets on a piece of foil large enough to fold over and seal. Drizzle with olive oil and season with salt and pepper. Seal the foil and repeat with the gold beets. Place both foil pillows on a sheet tray and roast in the preheated oven for 1 to 1-1/2 hours until the beets are tender when pierced with a knife. Allow beets to cool and then peel.

While beets are roasting, peel oranges with a serrated knife and remove all of the white pith. Slice into rounds 1/4-inch thick. Remove pips and reserve slices in refrigerator unless you will be using them within 2-3 hours.

Prepare Blood Orange Sherry Vinaigrette.

Wash the arugula and spinach well and spin dry. Mix the greens together and reserve covered with a damp towel in the refrigerator.

Cut each peeled beet into eight wedges. Keep the red and gold beets separate or their colors will bleed together. Toss each color with 2 tablespoons of sherry vinegar; season with salt and pepper. Allow beets to marinate for at least 1 hour or overnight.

In a large bowl, toss the beets and their juices together with enough vinaigrette to coat; add the orange segments and toss gently so that they don't break up.

Drizzle greens with vinaigrette to moisten and toss with the beets and blood oranges; season with salt and pepper to taste. Garnish with the chopped chives. You may also place the greens on a large platter and serve the beets and oranges on top. *Serves 8*

Blood Orange Sherry Vinaigrette

- 2 small blood oranges
- 1 medium shallot, peeled, trimmed, and minced
- 2 tablespoons sherry vinegar
- Salt
- Freshly ground black pepper
- 1/4 to 1/2 cup extra virgin olive oil

Juice and strain blood oranges. Measure 1/4 cup of juice.

In a medium bowl, whisk the juice with the shallots and the sherry vinegar; season with salt and pepper to taste and let the mixture marinate for 10 minutes.

Whisk in the olive oil to taste. Add more olive oil if the vinaigrette is too acidic for your palette. Adjust the seasoning to taste.

Makes 1/2 to 3/4 cup.

www.101cookbooks - The Vineyard Kitchen: Menus Inspired by the Seasons (HarperCollins, 2003)

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eleventh Harvest: 8/16/11 & 8/19/11

Chocolate Beet Bread

Yields 1 loaf

3 eggs (Vegan substitute: 3 tablespoons ground flax seed mixed with 3 tablespoons water. Let sit for about 5 minutes.)

1 cup oil

1-1/2 cup beets, shredded

1/3 cup cocoa powder

1 cup sugar

1-1/3 cups flour (Gluten-free substitute: rice flour)

1-1/2 teaspoon baking soda

1/4 teaspoon salt

1 teaspoon vanilla

Mix eggs (or flax mixture), sugar, oil, beets and cocoa powder. Add in dry ingredients and vanilla. Mix well.

Bake in bread pan at 350 degrees for about 50 minutes to one hour.

Source: 2011 Apprentices Community Cookbook

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Ninth Harvest: 8/2/11 & 8/5/11

Candy Cane Beets w-Pistachio & Goat Cheese Salad *Serves 4*

- 5 medium Chioggia beets, peeled (save green tops)
- 12 fresh basil leaves, thinly sliced
- 2 tablespoons fresh lemon juice
- 3 tablespoons pistachio oil or extra virgin olive oil
- 1-1/2 teaspoons sugar
- 1/4 teaspoon sea salt
- 1/4 cup soft, fresh goat cheese
- 2 tablespoons toasted and chopped pistachios
- 1/4 lb. spinach

Shave the beets into ribbons with a vegetable peeler, mandoline or spiral slicer. Toss gently on a plate or large bowl with the basil.

Whisk together the lemon juice, oil, sugar and sea salt until dissolved and blended.

Toss the beets with just enough of the dressing to coat lightly; add more dressing and seasoning to taste. Top with goat cheese and pistachios. Serve over beet greens and spinach.

Adapted from <http://familystylefood.com/2011/04/candy-cane-beet-salad-with-pistachios-goat-cheese/>

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eighth Harvest: 7/26/11 & 7/29/11

Pickled Beets in 60 *Serves 4-6*

- 5 medium beets
- 1/3 cup apple cider vinegar
- 1/3 cup lemon juice
- 2 tablespoons brown sugar
- 1-1/2 tablespoon extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1 tablespoon Montreal Steak Seasoning

Place beets in a pot of boiling water and cook for 30 minutes or until a fork is inserted and the beet falls off

easily. While beets are cooking, mix together the last six ingredients and set aside.

Drain the beets when done, rinse with cold water, peel and thinly slice.

Place in a bowl and pour in the wet ingredients. Allow the beets to marinate at room temperature for at least 30 minutes.

Recipe source: CheFarmer Matthew Raiford

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Seventh Harvest: 7/19/11 & 7/22/11

Roasted Beets and Leeks w/Feta and Oregano

8 beets, remove greens and save for stir-fry
1 leek, julienned
2 teaspoons fresh oregano, rough chopped
4 tablespoons extra-virgin olive oil
4 ounces feta cheese
Sea salt and fresh cracked pepper

Preheat oven to 400 degrees.

Individually wrap the beets in aluminum foil and roast until fork tender when pierced. Place the leeks on a separate pan and roast. This should take about one hour.

Allow the beets to cool. Peel and quarter and place the beets and leeks in a medium-sized serving bowl.

In a separate bowl, mix together the oregano and olive oil. Pour this mixture over the beets and give the beets a gentle toss. Season with sea salt and cracked black pepper and top with crumbled feta.

Recipe source: CheFarmer Matthew Raiford