

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Eighth Harvest: 7/23/13 & 7/26/13

---

## Avocado “Crème Fraîche”

- 1 avocado
- 1 tablespoon lime juice
- 1/2 teaspoon sea salt
- 2/3 cup purified water, more as needed

Put all of the ingredients in a blender with just enough water to barely cover. Blend until mixture reaches the consistency of thick, velvet-smooth sour cream.

Use as a topping for tacos or enchiladas, or as a dressing for a salad of Romaine lettuce.

*Submitted by Heather Haxo Phillips | [edibleeastbay.com](http://edibleeastbay.com)*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Eighth Harvest: 7/23/13 & 7/26/13

---

## Avocado Coconut Oil Tartine

*Serves 4*

3/4 cup toasted and chopped macadamia nuts  
1 small clove garlic, finely grated  
zest of one medium orange  
4 squash blossoms, cut into chiffonade\*  
scant 1/2 teaspoon fine grain sea salt, or to taste  
4 slices good levain bread, sliced 3/4-inch thick  
4 tablespoons pure virgin coconut oil  
2 ripe avocados, halved, pits removed  
4 scallions, slivered  
extra-virgin olive oil, to drizzle

Combine the macadamia nuts, garlic, orange zest, squash blossoms and salt in a small bowl and mix thoroughly. Toast

the bread (alternately, a broiler, or grill will work) until it's golden. Just before serving, while the bread is still warm, place 1 tablespoon of the coconut oil on each tartine and spread evenly, saturating the toast. Spoon and smash half an avocado onto each piece of toast, then evenly distribute the nut mixture equally as well. Finish with a sprinkling of scallions, a drizzle of olive oil, and season to your liking. Serve each whole, or sliced into bite-friendly thirds.

\*Note: Slivered basil is a fine substitution for squash blossoms.

*101cookbooks.com*

# FIELD *notes*

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

---

## Avocado Salad

*Serves 6-8*

1/2 red onion, thinly sliced  
1 cup red wine vinegar  
1 avocado (about 1 pound total), sliced  
1 tablespoon highest-quality extra-virgin olive oil  
Salt and black pepper

**Marinate the onion:** Place the onion slices and vinegar in a resealable plastic bag, press out as much air as possible, and close the bag. Alternatively, place the onion and vinegar in a small bowl and put a piece of plastic wrap directly on the surface of the ingredients so that the onion slices remain submerged in the vinegar. Allow the onion to marinate for at least 30 minutes.

**Assemble the salad and serve:** Reserve a few tablespoons of the vinegar used to marinate the onion before draining the onion slices and setting aside. Place the avocado slices on a serving platter and top with the red onion slices. Drizzle the oil and reserved red wine vinegar over the salad and season with salt and pepper to taste.

*Epicurious | May 2011*