



News & Notes of the UCSC Farm & Garden

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Center for Agroecology
& Sustainable Food Systems

Making the Most of Your Pepper Crop – Orin Martin

While fresh peppers, hot or not, are both a visual and gustatory treat, a mature pepper allowed full “hang time” on the plant is a cut above pedestrian green peppers. Green peppers are immature and as such have the taste of an unripe fruit—metallic and even phenolic (acidic). All peppers eventually mature to red, yellow, or orange and there are many advantages to waiting until your green peppers have “colored up” before harvesting –

- The richness of full color is alluring—a visual feast
- The pod walls will be much more succulent and richly flavored
- The sugar content jumps considerably; this is true of chiles as well as sweet peppers. Beyond the heat (if you can withstand it) chiles have complex flavors derived from sugars and citrus-like acids, sometimes with smoky overtones
- Vitamin A increases to exceed that of a well-grown carrot
- They say “patience is a virtue”: be virtuous and give your peppers the 3–5 weeks it will take them to mature from green to red/orange/yellow

So, in late summer, at the height of the harvest, be voracious and consume as many fresh peppers as possible. But as we now note the turning of the seasons, the lowering of the sun’s arc, and days slightly shorter than the nights, think about processing and preserving some of your pepper crop. An easy way of doing this is to roast and then freeze or can a portion of your mature peppers.

Any of the larger, thick-walled pod types of peppers (hot or sweet) can be roasted, peeled, and either eaten immediately, or frozen or canned for winter use. They are a welcome antidote to the dreary days of February. The qualities to look for in a roasting pepper include –

- A large pod with thick, succulent, meaty pod walls
- Uniform shape (minimal indentations); ideally, a 2-sided, flat pod
- Full, even coloring, indicating ripeness and freshness
- Sweet or hot: your choice, but “caveat emptor”

In this article I’ll describe some of the best hot and sweet pepper varieties for roasting, and offer advice on the various techniques for getting the most from your pepper crop.

New Mexican Chiles

The New Mexican chile is ideal for roasting. These are the classic, long red and green pods that are the backbone of Southwestern cuisine, used in chile sauces, soups, barbecue sauces, chutneys, salsas, rellenos and tamales. I also like them roasted, peeled, and added to sandwiches.

The New Mexican class of peppers goes by a number of names, including: long green chile, long red chile, New Mexican chile, Anaheims, relleno types, and Hatch* chiles. Varieties within the class include –

- ‘New Mex #9’ and ‘New Mex 6–4’
- ‘Numex Big Jim’—which set the Guinness Book of Records with a 17”-long pod
- ‘Sandia’
- ‘Española Improved’—developed for cool climates
- ‘Joe E. Parker’—the number one variety grown for the canning industry
- ‘Conquistador’

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*Interestingly there is no actual Hatch variety, but rather Hatch is a small town in New Mexico surrounded by extensive acreage of these New Mexico pod types. Hatch is also a brand name for roasted green canned New Mexico chiles and sauces.

Red or Green?

New Mexico is the only state with a state question: "Red or green?" It's a standard query in any restaurant, and refers to the way you like your peppers, sauces, soups, salsas, etc. Basically the reference is to the same pepper variety at two different stages of maturation: green (immature) chiles are a little sweet, a little "sharp," and bring the heat. Red chiles are meatier and more succulent, with a higher dose of sweetness, but still have a good "bite."

Noted chef Mark Miller of Coyote Café, author of *The Great Chile Book* (10 Speed Press, 1991) eloquently sums up the taste of New Mexico chiles, writing:

"The flavor is unlike that of any other chile in North America: sweet, earthy, with a clarity that reflects the skies and landscapes of New Mexico. It has a clear, cutting flavor." This speaks to the very real concept of "pepper terroir."

As per the question "red or green," I feel strongly both ways. And for others who can't make up their mind, there's always a third option: Christmas (half red/half green).

- 'Anaheim' – Originally the New Mexico-type chiles were grown extensively in Anaheim, California. Emilio Ortega (he of the canned chiles and sauce brand) brought the seed to California from New Mexico in the 1890s.
- 'Highlander'—bred by Johnny's Seeds for good productivity in cool areas with short growing seasons
- 'New Mex Sunrise', 'Eclipse', and 'Sunset'—although bred for their ornamental value they are also excellent-tasting varieties
- 'New Mex Sweet'
- 'Big Chile'/'Sahuaro'—I call this a "'fraidy-cat chile," a mild alternative for those who can't take the heat

How Hot Are They?

New Mex pod-type chile varieties vary from sweet and mild to mildly pungent (e.g., 'Sandia'). On the Scoville Heat Unit scale they range from 0–2,500. This scale measures the amount of heat-inducing capsaicin alkaloids present in a pepper. Note that the genus of pepper is *Capsicum*, from the Greek "to bite."

- 0 on the Scoville scale: All sweet peppers and the mildest of the New Mex types ('Big Chile' and 'Sahuaro')
- 1,500–2,500: Hotter New Mex types, e.g., 'Sandia', 'Española Improved', 'Joe E. Parker'
- 3,000–5,000: Jalapenos
- 30,000: Cayenne
- 200,000–350,000: Habanero—formerly thought to be the hottest pepper, particularly the variety 'Red Savina'
- 1,000,000: 'Bhut Jolokia', known as the Ghost Pepper, and until 2012 the hottest of peppers
- 1,400,000: 'Moruga'
- 2,000,000: 'Trinidad Scorpion'—don't even think about it.

New Mexico Chile Plant Characteristics

New Mexico chile plants are moderately tall, reaching knee to hip high with abundant dark green foliage. The pods hang straight down and the shoulders of the fruit are thick and waxy. These characteristics serve to reduce the incidence of sunburn on the pods. Sunburned fruit shrivel, slime and rot, and sunburn is a huge problem on some of the biggest of the modern hybrid bell peppers, making them difficult (though not impossible) to grow to maturation/full color. Sunburn also contributes to both fruit anthracnose and bacterial soft rot (see page 6)

On average, New Mexico chile plants bear 10–20, 6–10"-long x 2–2 1/2"-wide pods (number and size depend on variety). The pods are elongate with a slight taper and blunt at the tip, and feature a smooth skin, thick, fleshy pod walls, and are two-sided with no pronounced indentations—helpful characteristics when roasting and skinning the pods.

The New Mex pod types originated in the late 1800s, under the breeding auspices of Fabian Garcia at what was then called the Agricultural Experiment Station at the College of Agriculture and Mechanical Arts in Las Cruces, New Mexico (now New Mexico State University).

Over a 10-year period Dr. Garcia cross pollinated some of the land race pepper varieties (see below) grown by Hispanic gardeners in the area. His goal was to produce a larger, longer, thicker-walled, tapered pepper for the canning industry.

In 1913 he introduced 'New Mex #9'. While all subsequent New Mex varieties bred over the last century come from New Mex #9, in truth they owe their genetics to the indigenous land race types.

Land Race Peppers

Land race peppers are heirloom varieties of chile peppers that have been in cultivation in the Native American pueblos of Arizona and New Mexico since before the Spanish arrived in the 1500s. Some of these bear the name of the pueblos that grew them originally—'Chimayo', 'Isleta', 'Jemez', 'Santo Domingo', 'San Felipe'. In choosing to grow these true heirloom varieties, you keep alive the scions of the first chile peppers planted in the U.S.

While many producers view land race peppers as obsolete, having been supplanted by bigger, more "productive," showier hybrids such as 'Española', and the New Mexico hybrids described in this article, they are both historically and horticulturally distinct. An added bonus: these heirlooms mature to a brilliant black-tinted red, even during cool summers. Land race varieties are often dried and strung into "ristras," to be ground into chile powder. They can also be dried or smoked to use in sauces and soups.

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Saving Seeds at the UCSC Farm

by Katherine Collins

Katherine Collins, a member of the 2013 Farm & Garden Apprenticeship class, wrote this article for the September 10 issue of Field Notes, the newsletter of the UCSC Farm's Community Supported Agriculture (CSA) project.

If you take a walk through the UCSC Farm field's northern block, you might be surprised by what you find. Sandwiched between the apple trees and the tomatoes, you will see giant, baseball bat-sized squash and spindled towers of lettuce. "What caused these crop deformities?" you might ask.

This year, we are saving seed from 'Odessa' summer squash and 'Black Turtle' beans in collaboration with UCSC's Demeter Seed Library.* Because we are hoping to harvest the seed of these crops, we allow them to grow far past the point of edible produce to complete the full life cycle of the plant. Other seed saving projects this year include two varieties of lettuce, 'Red Salad Bowl' and 'Vulcan'; 'Hopi Purple' dry beans; the 'Gold Rush' yellow wax beans; and a number of tomato varieties.

I have particularly enjoyed observing the lettuce plants develop over the past few months. These lettuces have bolted up to become nearly 4-foot-tall plants, resembling bizarre mini-trees!

Lettuce is a member of the *Asteraceae* family and was first cultivated by the ancient Egyptians. This is the same family to which sunflowers, milk thistle, and daisies belong. Seeing the flowering lettuce highlights its similarities to others in its family. Their bright yellow flowers and milky sap remind me most of the dandelion, another (somewhat infamous but no less nutritional!) *Asteraceae* family member.

Throughout the past few weeks we have been observing the development of the plants' seed. Lettuce is primarily self-pollinated and doesn't cross readily



Farm production manager Liz Millazzo (left) describes seed saving techniques to members of the 2013 Apprenticeship class.

with other varieties. To ensure varietal integrity, we only needed to allow 50' between the two varieties going to seed. Now, the fully-ripened seeds are ready to be harvested. We gather them by shaking their puff-ball heads into paper bags. Later this week, we will pull the whole plants out of the ground, dry them on a tarp and store the last bit of seed.

The process of seed saving makes me appreciate the seeds we sow in the greenhouse or in our fields every week. As we pack these precious seeds away for the winter, I feel like I've contributed in some way to next year's lettuce yields. However, I think that seed saving is most exciting because it allows for an even greater level of self-sufficiency and sustainability at the CASFS/UCSC Farm. It has been wonderful to learn these skills through this process of producing our own seed and I hope to explore this more wherever I find myself growing in the future.

**Note: the Demeter Seed Library at UC Santa Cruz holds free seed exchanges three times a year. To find out about upcoming exchanges or to volunteer at the library, contact the library coordinators at: demeterseedlibrary@ucsc.edu or see the website: seedlibraries.org.*



Farm & Garden Apprentice staff member Jessie Nichols and garden manager Christof Bernau sow seeds at the UCSC Farm.

Beginning Farmer Mixer at the Ecological Farming Conference

Thursday, January 23, 5:30 pm - 9 pm
Fred Farr Room, Asilomar Conference Center
Pacific Grove, California

If you plan to attend the annual Ecological Farming Conference in Pacific Grove next year, you don't want to miss the expanded beginning farmer mixer that will take place on Thursday evening.

The Center for Agroecology & Sustainable Food Systems (CASFS) Apprenticeship is teaming up with the Ecological Farming Association, FarmLink, the New Young Farmers Coalition, California Certified Organic Farmers, the Greenhorns, and World Wide Opportunities on Organic Farms (WWOOF) to help sponsor the gathering.

Beginning at 5:30, the cosponsors will make short presentations about their work and give those attending a chance to let the cosponsors know what they need most in the way of support. Also on tap: food and drinks, music, and networking opportunities. Learn more about the EcoFarm Conference at www.eco-farm.org/programs/efc/

Winter Fruit Tree Workshops on Tap

Mark your calendars for the 2014 series of winter fruit tree workshops coming up in January and February.

Look for details on fees, registration options, and rainout dates by mid November on the events calendar at casfs.ucsc.edu, contact us by email at casfs@ucsc.edu, or call 831.459-3240.

Fruit Tree Q&A sessions (free)

January 4, 10 am – 12 noon: *ProBuild Garden Center*
January 11, 11 am – 1 pm: *The Garden Company*

Fruit Tree "101": Basic Fruit Tree Care Classes

January 18, 10 am – 12 noon: *Sierra Azul Nursery and Gardens*

January 25, 10 am – 12 noon: *UCSC Farm*

Basic Pome Fruit Pruning

February 1, 10 am – 1 pm: *UCSC Farm*

Weekend Pome Fruit Intensive Workshop

February 8–9, 10 am – 4 pm: *Alan Chadwick Garden*

Basic Stone Fruit Pruning

February 15, 10 am – 1 pm: *UCSC Farm*

Thanks to Our Harvest Festival Supporters

Nearly 1,400 students and community members joined us at the UCSC Farm for our 19th annual Harvest Festival on September 29. It was a perfect fall day for listening to live music, touring the farm, taking a hay ride, scaling the climbing wall, and enjoying all the apples and peppers and pumpkins

We are grateful to our local businesses that supported this year's event: Driscoll's, Tradin Organics, New Leaf Community Markets, Jacobs Farm/Del Cabo, and Barry Swenson Builder. Companion Bakeshop and Farmer Freed's Culinary Salts provided products and gift certificates, and Jim Rider of Rider and Sons donated a bin of organic apples that were enthusiastically pressed into juice. People Power provided free valet bike parking for the event.

Our thanks to all the CASFS Farm & Garden apprentices, UCSC students, and community volunteers who worked to make this annual campus and community gathering a success. Thanks especially to the students from the Food Systems Working Group for all their planning and organizing efforts, and to College 8 and OPERS.

The Harvest Festival is sponsored by the Center for Agroecology & Sustainable Food Systems, UCSC's Food Systems Working Group, and the Friends of the UCSC Farm & Garden, with support from UCSC's Measure 43, the Sustainable Food, Health and Wellness Initiative.



Farm & Garden apprentice Drew Gabel cranks out a batch of organic apple juice at the 2013 Harvest Festival as UCSC students look on. Students attend the event free of charge thanks to support from Measure 43, the Sustainable Food, Health and Wellness Initiative.

Roasting Peppers, from page 2

Sweet Peppers Suitable for Roasting

Another class of peppers that works well roasted and grilled is the Corno di Toro (Bullhorn) types of sweet peppers. They feature 6–12" long crescent moon-shaped fruits in red, yellow, and orange. The pod walls are thick, meaty, and oh so sweet. The plants tend to get tall (3–4 ½ feet), producing 6–10 large, sweet, and lamentably late-maturing peppers (100–120 days from transplanting). The bigger the fruit the later they mature. On the upside, they will often produce well into the fall on the Central Coast. In each of the last two years I harvested a few in mid January and mid February.

These Corno di Toro types can be eaten raw, sautéed, roasted and skinned, or roasted and stuffed. They are as impressive tasting as they are looking. Varieties (both heirloom and modern) include:

Corno di Toro 'Giallo' and 'Rossa'—Gourmet Seeds, Renee's Garden Seeds

'Marconi' (red and gold), an Italian heirloom—Botanical Interest Seeds

'Carmen'—Johnny's Selected Seeds (bred by the owner). Carmen is probably the best of the modern production varieties. It is particularly early, disease free, sweet, highly productive, compact plant (24–30" tall) with 6–9" fruit that are "dead red" when mature. The only knock on 'Carmen' is that it produces in August–September then quits.

'Stocky Red Roaster'—Liz Milazzo, field production manager at the UCSC Farm, sourced this variety from Wild Garden Seed Company, an all-organic seed business. It is hands-down (to date) the best of the sweet peppers for roasting, with straight, smooth sides, smooth skin, thick pod walls, a rich red color, and sweet, good-textured pods reaching 6–7" long.

'Astor'—Territorial Seed (F1 hybrid). 12–14" long, golden, sweetly delicious fruits. Very late to ripen but impressive.

'Planet'—High yielding, early harvest of 6–8" long brilliant red fruits. Softens and sweetens when fried in oil.

'Italian Sweet'—Territorial Seed

'Chervena Chushka'—Seed Savers Exchange (organic seed). Old Bulgarian heirloom used for roasting. Vivid red 6" long fruits, super sweet.

'Italia'—Johnny's Seeds. Very early-maturing, 2 ½" x 8" fruits. The somewhat "wavy" pod makes skinning difficult, but tasty and sweet.

Methods and Tools for Roasting Peppers

The "highest and best" use for the New Mexican chiles and the sweet peppers described above is to roast them fresh and then, of course, to consume them voraciously.

In roasting these hot and sweet peppers, the aim is to blacken and blister the somewhat tough, chewy skins and to remove them from the pods. The peppers can also be preserved after skinning and seeding; either in freezer

bags or canned in a mixture of their own juice and oil. But really, all you need to do is slice them into strips and plate them up. Used whole they can be stuffed for rellenos. And their taste and texture leave the tinny, pale green canned chiles of commerce "in the weeds."

There are three basic approaches to roasting peppers:

- Blacken and blister them quickly with high heat; this keeps the pods more raw/fresh
- Roast at a lower heat for a longer time; this slightly cooks the flesh, causing it to caramelize and sweeten
- Choose a medium heat for a result intermediate between the two

Note: whenever possible it is best to "sweat" the peppers after roasting/blackening for 10–15 minutes. Put them in a ceramic bowl, cover with a towel and let them sweat and percolate in their own juices. This process slightly cooks them, makes them more succulent, and lifts the skins up off the pods for easier removal. The juice can also be saved and added to soups.

Options for roasting include—

- A hand-held propane torch and a long metal skewer (wear gloves and eye protection): this is easy but somewhat risky, as you can imagine. The hand-held flame allows you to evenly blister and blacken the skin in all the indentations in the pod to facilitate skinning with a paring knife.

- A gas stovetop burner can be used in a similar, if not safer, fashion

- On a baking sheet in the oven on the "broil" setting, checked and turned as needed, allowing you to process 8–12 at a time

- On the barbecue grill—an easy, fun technique. A typical grill can accommodate 12–15 good-sized pods. Place the peppers 5–6" from the flame and turn every 3–5 minutes until all sides are blackened.

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New Mexico chiles for roasting.

• A cylindrical hand-cranked, propane-powered New Mexican chile roaster. I've purchased two of these units over the last two years –

From *Pueblo Chile Roasters* (pueblochilerosters.com): 3 propane burners, a regulator, very solid design, construction, and top-flight materials, holds 50–60 good-sized peppers.

From *Arizona Chile Roasters* (www.arizonachilerosters.com): 4 propane burners, not quite as solid as Pueblo Chile Roaster, bigger hopper holds 15–20 pounds of peppers. The company features a small home-size roaster (5 pound capacity) for \$200 all the way up to motor-driven models that can roast hundreds of pounds at a time.

With these propane-powered, hand-cranked units you can process large quantities quickly. In 8–12 minutes it also completely skins the New Mexico and some sweet



Apprenticeship graduate Weston Monroe uses a hand-cranked, propane-powered roaster at Santa Cruz's Westside market during the 2012 PepperFest.

Bullhorn-type chiles and even seeds them! Simply remove from the hopper, chop off the top and stem and plate them up. The roasting involves rocking and cradling the cylinder with an occasional quick rotation or two. It's very rhythmic, fun, and quite a spectacle at social gatherings (at night it's also a light show). The alluring aroma of the roasting peppers is sure to draw a crowd.

So my advice to you: get goin', get growin', get grillin' ... and if you want to learn (and taste!) more, we are in the early stages of planning a day-long Pepper-Eggplant-Tomatoes-Garlic Fest/Garden Cruz workshop next summer or early fall in a "seed to skillet" format. Participants will learn about selecting, growing, cooking, and putting up these crops, in collaboration with Joe Shultz of India Joze fame.

Look for more information about this event in future issues of the *News & Notes* and on the Center for Agroecology and Sustainable Food Systems website (casfs.ucsc.edu).

Orin Martin is the manager of the Alan Chadwick Garden at UC Santa Cruz

Keep Up with Farm & Garden News!

Keep up with the latest news from the UCSC Farm & Garden by becoming a Facebook friend. Type Center for Agroecology and Sustainable Food Systems into your Facebook search engine and "Like" our page. And check out the CASFS website for updates, information and resources: <http://casfs.ucsc.edu>.

Another great way to stay current with what's happening at the Farm & Garden is through the *Field Notes* newsletter. *Field Notes* goes out to our Community Supported Agriculture (CSA) members each week from June through October, featuring Farm news and recipes. You can access current and past issues of *Field Notes* on the CASFS website:

<http://casfs.ucsc.edu/community-outreach/produce-sales/community-supported-agriculture>

Also online are back issue of the *News & Notes* newsletter. Along with other CASFS publications, you can find them at:

<http://casfs.ucsc.edu/publications>

More on the pepper diseases mentioned on page 2 –

Anthraxnose is a fungal disease of pepper pods. Symptoms include small water-soaked lesions on mature pods, with a concentric-ring appearance. They often turn the pod black, though the disease doesn't kill the plant. Warm, moist conditions foster growth of the *Colletotrichum* spp. fungal spores; the organic botanical fungicide Serenade can allay damage.

Bacterial soft rot is caused by various *Erwinia* species fungi. Infected pods begin to rot at the stem end; eventually the cell walls collapse and the fruit becomes a watery mess with a bad smell. Wet weather can precipitate the disease. Mulch can help by acting as a physical barrier to prevent fungal spores from splashing up into the plant canopy. Serenade can also help control this disease.



Apprenticeship Updates

Here's a brief look at what some of the graduates of the Apprenticeship training program at the UCSC Farm & Garden have been doing recently. Apprenticeship alumni, we welcome your updates! Please send them to casfs@ucsc.edu.

Karen Washington (class of 2008) was named "one of the 10 inspiring women moving the world's food garden needle." She's in some heady company: others on the list include Michelle Obama, Alice Waters, Vandana Shiva, and long-time UCSC Farm & Garden supporter Renee Shepherd. Writing about Karen, author Roger Doiron says "Karen has strived to make her Bronx home a better place to live by turning empty lots into community gardens. On numerous occasions, she has stood up and spoken out for garden protection and preservation. She has served as the president of the New York City Community Garden Coalition and helped launched a City Farms Market, bringing garden fresh vegetables to her neighbors." You can read more about the 10 women on the list at <http://kgi.org/blog/roger-doiron/10-inspiring-women-moving-worlds-food-garden-needle>

Damian Parr (1991) and **Darryl Wong** (2004) are both working for the UCSC Center for Agroecology & Sustainable Food Systems (CASFS), with Damian developing new opportunities for undergraduate students in sustainable agriculture and Darryl bringing additional fields into production and coordinating research efforts at the UCSC Farm. They teamed up this fall to offer a new internship for UCSC undergraduates focused on organic farming practices, including planting, harvesting, packing, and delivery to campus dining halls.

Jessy Beckett (2009) is the new Outreach and Policy Specialist with the California Certified Organic Farmers (CCOF).

Josh Slotnick (1991) was part of a recent University of Montana TedX talk, discussing the transformative experience of teaching and learning on the University of Montana campus farm that he founded. He gives a nice shout out to his Apprenticeship experience, calling it "the best educational experience I ever had."

Josh is the force behind the Program in Ecological Agriculture and Society (PEAS) Farm, a partnership between the University and the non-profit Garden City Harvest. Josh's talk appears in Part One of the video, about an

Third Annual Farm-to-Fork Dinner Raises Funds for 2014 Apprenticeship Class

Our third annual Farm-to-Fork Benefit at the UC Santa Cruz Farm drew more guests than ever, as nearly 160 supporters sat down to dinner on a sunny late afternoon at the edge of the UCSC Farm's fields.

We were once again joined by Matthew Raiford, the Farm & Garden Apprenticeship graduate, farmer, and professional chef who created the event in 2011 as a way to "pay it forward" by raising funds for the incoming class of apprentices. Now a co-owner of his family's sixth generation family farm, Matthew flew in from Georgia to help cook for and host the evening's celebration.

Raiford teamed with Apprenticeship graduate Amy Padilla and Heidi Schlecht of Feel Good Foods, and HuNia Bradley of HuNia's Divine Soul Kitchen, to create a wonderful meal featuring organic produce, locally sourced meat, and wonderful local wines.

The more than \$50,000 raised at this year's event through ticket sales, silent and live auction proceeds, and sponsorships will help offset costs and provide scholarships for the 2014 class of CASFS Farm & Garden apprentices during their six month organic farming and gardening training program.

Our thanks to the many, many generous guests, donors, and volunteers who helped make this event a success. Special thanks to Eileen Goodwin and Sharon Naraghi, the Rolling Cultivators, and the 2013 apprentices for all their efforts.

hour and 7 minutes (1:07) into the tape; note that you have to play the initial TedX promotion before you can fast forward through the other speakers:

<http://new.livestream.com/tedx/events/2364019>

Joy Moore (2007) was named "Best Local Hero" by the East Bay Express for her work to bring organic food to low-income areas of the East Bay. In describing their choice, the Express writes, "In an area where local, organically grown food seems to be the province of the haves, Joy Moore is trying to make sure it also goes to the have-nots. Possessing a charismatic, larger-than-life presence, Moore teaches urban youth at Berkeley Tech Academy about gardening and nutrition, and is also a founder of the Ecology Center's Farm Fresh Choice program, whose farmers' markets provide to lower-income people the same produce that's found at higher-end markets."

Erin Justus Lampel (2004) founded and runs the popular Companion Bakeshop on Santa Cruz's Westside, specializing in sourdough breads and seasonal pastries featuring local, organic products. She's also offering a series of workshops this fall: check out the schedule at <http://companionbakeshop.com/bakingworkshop.html>

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Winning Recipe from the 2013 Harvest Festival Apple Pie Contest

Farm & Garden docent Rebecca Bogden was the winner of the 12th annual Apple Pie Baking Contest at this year's Fall Harvest Festival, topping the field of 17 entries.

In second place was the team of Julie Foster and Vicky McDonald; third, Emily Freed; fourth, Alex Hoffman; and fifth, the Hardy family. The award for Best Presentation went to Han Zhan, and Julie Foster and Vicky McDonald took the Most Creative prize.

Rebecca was happy to share her winning recipe –

Preheat oven to 425 degrees

Crust

2 ½ cups (315 grams) pastry flour

1 tablespoon (15 grams) sugar

1 teaspoon (5 grams) salt

1 stick butter (frozen)

Approximately ½ cup ice water

Grate the frozen butter into the mixed dry ingredients with a regular sized grater and mix together.

Add the ice water a tablespoon at a time until the dough holds together without being too moist.

Without handling it too much, form into two balls and refrigerate while preparing the apples.

Pie Filling

7 – 8 baking apples (try JonaGold and Honey Crisp) cored, peeled and sliced

¾ – 1 cup sugar

1 – 2 teaspoons cinnamon

1 ½ tablespoons flour

½ teaspoon salt

Juice of one lemon

Coat the apples well with the rest of the ingredients and let rest while rolling out pie crust. Place crust into 9 inch pie pan.

Fill with apples and put on top crust that has been vented to let steam escape. Crimp the edge to make a seal.

Brush the top of the crust with a little milk and sprinkle with sugar.

Bake at 425 degrees for 10–15 minutes and reduce heat to 350 degrees and bake approximately 40–50 minutes until crust is browned and pie is bubbling.

Cool and enjoy!

