

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Twentieth Harvest: 10/26/10 & 10/29/10

What's in the box?

Lettuce, *Two Star Greenleaf*
Collards, *Champion*
Baby Bok Choy, *Black Summer*
Broccoli Raab, *Sessantina Grossa*

OR

Purple Kohlrabi, *Kolibri*
Turnips, *Tokyo Cross*
Bell Peppers/Sweet Roasting Peppers
mix
Cabbage, *Farao*
Winter Squash, *Butternut*
Apples, *Mutsu*
Onions, *Bianca di Maggio*

Dear CSA members,

The last week of the CSA! Looking back on the season and making plans for next year is one of my favorite parts of farming. Though, really, farming requires so much giving up of plans to respond to conditions! We often make some adjustment to a planting plan standing at the field edge, observing how the soil worked up. When it rains, our "to do" list goes completely out the window, and we start anew once things dry out. I'm often surprised at how much I enjoy the way a big rain washes away our lists--certainly a necessary letting go.

Speaking of rain, thanks to Ryan's focus and hard work last Friday, we did get about 75% of the farm planted to cover crop before the rain really started in earnest. (We recorded 3 inches the weekend of the 23rd.)

Back to reflecting. . . next year we'll plan for larger plant-outs early on so we have consistency for the CSA. We'll plant De Cicco broccoli again, enough for the CSA, with sweet alyssum as an understory. The flowering alyssum surprised us in the amount of biomass that was returned to the soil--it fluffed up the soil in a delightful manner. We'll plant cipollini onions at the beginning of the season --they were so productive! We'll experiment with Neem oil as an immune booster for the winter squash.

We'll expand the heirloom tomato varieties next year, and emphasize the heirlooms over the dry farmed red salad tomatoes. We'll plant cucumbers. (Sounds like New Year's resolutions.) We'll repeat the "Plato II" Romaine!--wonderful to find a romaine that heads well. Many of the romaines are vulnerable to bolting or twisting in a strange pattern as they mature.

Please let us know your feedback on matters great and small on the end-of-the-season survey--we really appreciate hearing from you!

Last but not least, appreciations and thank yous! Many, many thanks to Miranda Roberts for all that she has done this year to keep the CSA running--enlisting members, taking your money, generating the sign-in lists and changes, producing the newsletter each week!! And big thanks to our incoming 2nd-year Apprentices, Anna Lee and Danielle Garcia, who have already done so much to keep things running. Many thanks to Ryan Dorsey for performing the tractor work with great attention and skill (and keeping everything working!) And our great thanks to you, the members, who make it all happen! Wishing you a healthy, happy fall and winter season.

Liz Milazzo, Field Production Manager

Sign up for next year!

Sign ups will be announced via email in late January. If you are sharing a box, and not sure if we have you on our list, please email farmcsa@ucsc.edu and we'll be sure and add you to our contact list. Same for friends or family or any new contacts that have expressed interest in the CSA. We can also mail paper copies of the CSA brochure by request.

Please send us a note at: Farm CSA, CASFS Farm, 1156 High St., Santa Cruz, CA 95064 or phone 459-4661.



Curried Squash and Mushroom Soup

From: *The Moosewood Cookbook*

Prep time: 45 minutes (Prepare other ingredients while squash bakes)

Yield: 4 or 5 servings

2 medium butternut squash
2 1/2 cups water
1 cup orange juice
1 TBSP butter or oil
1 cup chopped onion
2 medium cloves garlic, crushed
1 1/4 TSP salt
1/2 TSP ground cumin
1/2 TSP coriander
1/2 TSP cinnamon
1 TSP ginger
1/4 TSP dry mustard
1/2 lb mushrooms, sliced
a few dashes cayenne (to taste)
fresh lemon juice (optional)
yogurt (for the top, optional)

1. Preheat oven to 375. Split the squash lengthwise, remove seeds, and place face down on a lightly oiled tray. Bake until soft (about 30-40 minutes.) Cool, then scoop out the insides. Measure out 3 cups-worth, place this in a food processor or blender with water, and puree until smooth. (you may need to do this in batches.) Transfer to a kettle and stir in orange juice.

2. Heat the butter or oil in a skillet, and add onion, garlic, salt, and spices. Saute over medium heat until the onion is very soft-about 8 minutes. (You may need to add a small amount of water to prevent sticking.) Add mushrooms, cover, and cook about 10 minutes over medium heat, stirring occasionally.

3. Add the saute to the squash, scraping the skillet well to salvage all the good stuff. Add cayenne and heat gently. Once it is hot, taste it to correct the seasonings. This is a fairly sweet soup; you may choose to balance this by adding fresh lemon juice to taste and/or topping each bowlful with a small spoonful of yogurt.

Liz's Mom's "Pumpkin" Pie with Butternut

One large butternut squash (2 cups cooked, mashed squash)
3/4 cup brown sugar
3/4 tsp ginger
3/4 tsp cinnamon
1/2 tsp salt
2 medium eggs
1/4 cup orange juice
3/4 cup Half and Half, canned evaporated milk, or whole milk
One 9 inch pie shell

Cut squash in half lengthwise, scoop out seeds, roast in oven at 350 to 375 for one hour and 15 minutes, or until soft. Scoop squash out of the skin, measure 2 cups of pulp, and blend it in the blender with just enough water for it to puree. "Carmelize" the puree in a heavy bottomed saucepan, stirring often. The color will darken, and the puree will thicken as it heats. Once the color darkens (about 5 minutes), stir in the sugar, spices, and salt and remove from heat. Beat the eggs, combine them with the milk and orange juice, pour this liquid into the hot squash, and beat until the custard is fully blended. Pour into pie shell. Bake at 425 degrees for 15 minutes, and then lower heat to 300 degrees for about 45 minutes. Pie is done when custard is set (a knife comes out clean) and crust is lightly browned.

Butternut Squash Soup with Apple Confit

From: *Fields of Greens* by Annie Somerville

Yield: 8 to 9 cups

Light vegetable stock, about 3 cups
1 T. light olive oil
1 medium-size yellow onion, thinly sliced, about 2 cups
Salt
Black pepper
4# butternut squash, peeled, seeded, & cut into large cubes, about 6 cups
1 T. unsalted butter
2 Mutsu apples, peeled, cored, and sliced, about 2 1/2 cups
1/2 cup apple juice
1/2 cup creme fraiche (optional)

Make the stock and keep it warm over low heat. Heat the olive oil in a soup pot and add the onion, 1/2 tsp. salt, and a pinch of pepper. Saute over medium heat until the onions slightly caramelize, about 15 minutes, adding a little stock and using a wooden spoon to scrape them as they stick to the pan.

Add the squash and 1 tsp. of salt to the onions. Add just enough stock to barely cover the squash (about 2 cups); the squash breaks down quickly and releases its own liquid as it cooks. Cover the pot and cook over medium heat for 20 to 30 minutes, until the squash is very soft. Puree the soup in a blender or food processor, and thin it with stock to reach the desired consistency. Return the pureed soup to the pot, cover, and cook over low heat for 30 minutes.

While the soup is cooking, make the apple confit. Melt the butter in a medium-size saute pan and add the apples; saute over medium-high heat, stirring to coat them with the butter. When they're heated through, add the apple juice, cover the pan, and cook over medium heat for 15 to 20 minutes, until soft; cook, uncovered, for 8 to 10 minutes to reduce the liquid. Mash the apples, making sure the confit retains some texture. Stir half the confit into the soup, saving the rest to stir into each serving. Season the soup with salt and pepper to taste. Add a spoonful of apple confit and a swirl of creme fraiche to each serving.