

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Thirteenth Harvest: 9/7/10 & 9/10/10

What's in the box?

Butter Lettuce, *Pirat*
Arugula, *Astro*
Kale, *Dino*
Cilantro, *Santo*
Basil, *Aroma2*
Carrots, *Nelson*
Scallions, *Purplette*
Broccoli, *Gypsy*
Beans, *Bronco*
Tomatoes, *Chianti Rose and Cherokee Purple*
Sweet Corn, *XTender 270A*
Potatoes, *Yukon Gold*

THIS WEEKEND: *Fall Plant Sale*

**Friends of the Farm and Garden and
CSA members receive 10% off all purchases!**

Friday, September 10, Noon to 6 p.m.

Saturday, September 11, 10 a.m. to 2 p.m.

UCSC Barn Theatre Parking Lot (Bay and High Streets)

Planting in the fall will extend your vegetable gardening season and give perennials a good head start on next spring's blossoms. The region's best-suited varieties of organically grown winter vegetables and landscape plants will be available. Proceeds support the apprenticeship program.

For more information, contact 459-3240 or casfs@ucsc.edu.

Words from the Field

A shift is happening on the farm, and certainly I am not the only one who feels it. As you pick up your CSA share this week, we apprentices are realizing that we have little more than five weeks left here. It is both thrilling and terrifying to think about what comes next.

The farm is a vehicle of change. We each brought with us ideals, life experience and dreams for the future, and we will leave for new ventures armed with fresh perspectives and sharpened tools. This six-month moment in time is certain to result in a paradigm shift in each of us that we will share wherever we go.

I grew up on a corn, soybean and cattle farm in southwest Iowa, and at the age of 13, my father tells me, I boycotted chores and flat out rejected farm life. In all honesty, I found it somewhat embarrassing to be affiliated with the farm. He respected my opinion, but explained that I would need to get a job. So I did, and I never worked on the farm again. I obtained a degree in public relations, and worked in PR, advertising, marketing and events in Omaha, Neb. for more than 16 years.

A few years ago, I began to wonder what I would do with my parents' farmland if I found myself in a decision-making situation in the future. How would I want to involve myself in our family's farming legacy? Would I want to become a fourth-generation farmer? How could I conserve the land? Could I use this access to land as an opportunity to make a difference in the world? I was humbled by the thought of this enormous responsibility.

I concluded that the answer for me is sustainable agriculture, and then began searching for the answer to an almost bigger question: How could I possibly transition from a marketing career to farming? I knew I wanted to be a farmer, but also realized I had a lot to learn about being one. I was lucky enough to literally stumble upon information online about the UCSC apprenticeship.

When I was accepted into the apprenticeship and informed family, friends and colleagues, everyone wanted to know what I would do after the program. My answer reflected a wide array of possibilities - I could teach, get a marketing job with an advocacy organization, work on a farm outside the U.S., manage a farmers market -

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Words from the Field, continued

or maybe, someday, farm on my family's land. Within the first two weeks of my time in Santa Cruz, though, I already knew I wanted to immediately return to Iowa and start a vegetable farm.

My experience here has not only facilitated an evolution in me as an individual, but it is also creating an evolution within a farm family in Iowa, including my 92-year-old farmer grandfather - and that excites me most.

Imagine the ripple effect of this one program when 39 apprentices graduate each year and become their own vehicles of change all over the world.

- Danelle Myer, First Year Apprentice

It's Time for Tomatoes!

The tomatoes this week are two vigorous heirlooms, "Chianti Rose," a selection of pink brandywine, and "Cherokee Purple," planted on May 14th. Both produce very large fruit initially, and then somewhat smaller fruit later in the season. The tomatoes are very clean of blossom end rot this year, a positive outcome of the cool, moist summer. Another outcome of the wet year, unfortunately, is late blight, and so our harvest may not last long. The blight shows as large grey/brown blotches on the leaves that appear to be water soaked, with portions of the stem tissue turning brown, then whole branches dying back. It can spread quickly, and caused the great losses in the East Coast tomato crop last summer and the potato famine in the 1800's in Ireland. We've been treating it by cutting out diseased sections of the plant (and landfilling the material), and spraying neem oil to both counteract the fungus and boost the plants' immune system.

We are just starting to pick the second round of what are normally the dry-farmed tomatoes. The first planting was lost to gophers. The variety this year is "Three Sisters" from Seeds of Change. We had some concerns about the new variety's ability to establish, and so we irrigated this second round for a period of about six weeks to make sure we got a stand. While we are waiting to get enough volume for CSA, the first harvests are to be found at the market cart on Tuesday and Friday afternoons. Try a Sister!

Corn and Tomato Salad with Arugula

Serves 4 to 6

Adapted from:

Everyday Greens by Annie Somerville

1 Tablespoon olive oil

1 large shallot, diced, about 1/4 cup

Salt and pepper

4 ears corn, shaved, about 4 cups kernels

1/4 cup water

Champagne vinegar

1 large tomato, diced

A large handful of arugula

Heat the oil in a large saute pan and add the shallots, 1/4 teaspoon salt and a pinch of pepper. Saute over medium heat until the shallots begin to soften, about 2 minutes. Add the corn and saute for 1 minute. Add the water, lower the heat, and cover the pan. Simmer until the corn is tender, about 3 to 4 minutes. Transfer to a bowl and season with 1 tablespoon of vinegar and 1/4 teaspoon salt. Set aside to cool.

Toss in diced tomato and arugula just before serving and adjust the seasoning with salt, pepper and a splash of vinegar, if needed.

VARIATION: Substitute leftover grilled or roasted peppers for the tomato. Quickly dice the peppers and don't mind the little flecks of skin - they add a rustic touch to the salad. In place of the shallot and arugula, use scallions and thinly slice basil.