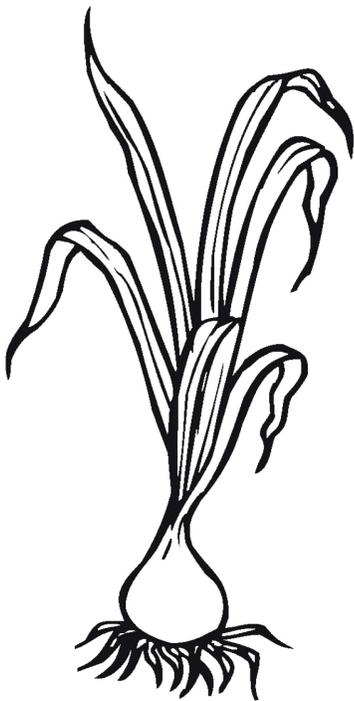


FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fourth Harvest: 7/6/10 & 7/9/10

What's in the box?

Pac Choi, *Black Summer*
Lettuce, *Plato II Romaine*
Kale, *Red Ursa*
Kohlrabi, *Winner and Kolibri*
Beets, *Red Ace* and *Early Wonder Tall Top*
Onions, *Purplette*
Cilantro, *Santo*
Basil, *Aroma2*
Dill, *Hercules*
Strawberries, mixed *Seascape* and *Albion*
Blueberries, mixed varieties
Avocado



News from the Field

Hope you had a nice "Interdependence Day" holiday weekend. We have been under grey skies here on the farm, wishing for a little more heat, but so it goes.

This is our fourth week of the CSA, and we are finished with most of the planting except for another five or so succession sowings. The Main field is filling up, with oldest crops at the south end, a virtual wave of plants from larger to smaller, ending with beds just seeded and not yet up. Tomorrow also marks the beginning of our 3rd rotation of apprentices working in the farm fields. For those new to the CSA, the six-month apprentices rotate a month at a time through three educational sites: the farm fields, the Chadwick garden, and the Farm Garden, the large garden adjoining the farm. The 6-month apprentices play musical chairs three times over the summer and then choose a site where they will complete the last 2 1/2 months of their program.

The notorious overgrown cover crop from the late rains is finally showing some benefit! Our crops in the Main field are glowing with nutrients made available as the cover crop "trash" is mineralized by soil microbes. Last year we also noticed a spike in available nutrients right around the beginning of July.

This year's potato planting is just short of a mile in bed feet (6,000 feet). The spuds took a long time to come up due to some complications with the excess field "trash", but now look good.

It's been a very bad year for cucumber beetles and gophers. We've had to do a tremendous amount of gopher trapping, and suffered some big losses in places where they tunneled right under a crop row, enjoying a continuous meal. We always see some cucumber beetles (western striped cucumber beetle, and western spotted cucumber beetle), but this is significantly worse—to the point where we may need to trap them in the field (with yellow sticky tape), or purchase some organically approved control. Some possibilities include spraying with neem oil (a plant product available from India), or purchasing predatory nematodes which would be released in the soil to eat the larval stage of the beetle.

Take care,
Liz Milazzo, Field Production Manager



How is it that my weekly box is smaller this year?

We haven't intentionally changed what we consider to be a standard box, we just haven't hit our stride yet this year. We have just caught up with our normal planting calendar, but many of these crops are still quite a ways off from harvest. We do plan to give many large boxes later in the season to average things out. We attempt to show our deep appreciation for the support of CSA members by filling the CSA boxes first before offering produce in other markets. Coming soon will be zucchini, green beans and yellow wax beans, broccoli, carrots, etc. This year the traditional summer crops --the corn and tomatoes probably won't be ready until the beginning of September, at about the same time as apples, winter squash, potatoes, etc. Fortunately, it's looking like a great apple harvest and so we expect to be able to give a lot to the CSA. Thanks for your understanding!

Best Wishes Jim!

Last week we celebrated 22 years of Jim Leap's guidance and hard work running the farm at his retirement party on June 30th. The name Jim Leap is nearly synonymous with the CASFS Farm & Garden, and he was appreciated by colleagues at CASFS, from the wider farming community, and many past apprentices that he has mentored over the years. A huge crowd turned out to wish Jim well, express their gratitude, and mark the momentous occasion. We are extraordinarily grateful to Jim for his unbounded dedication to this place and to teaching young farmers, for creating elegant farming systems, tending important organic research trials, acquiring an amazing set of tractor implements to work with (all on a shoestring budget), co-producing the Harvest Festival, not to mention planting the blueberry trial and forming the Rolling Cultivators String Band! If we could thank you in blueberries, Jim, we would be blinded by a mountain of blue. We wish Jim and his wife Polly much joy in renovating their new place in Aromas, and look forward to collaborating with Jim as he takes up part-time work with the U.S. Agricultural Research Station in Salinas.

Easy Blueberry Breakfast Bars

From *Farmgirl Fare*

Don't let the three separate layers in the recipe scare you off--they come together in a snap and you only need to dirty up two mixing bowls. You can make them with fresh or frozen blueberries.

Bottom Layer

2 cups old-fashioned oats
3/4 cup all-purpose flour
3/4 cup (packed) light brown sugar
1/4 teaspoon baking soda
1/4 teaspoon salt
10 Tablespoons butter, melted
1 teaspoon pure vanilla extract

Top Layer

1 cup all-purpose flour
1/2 cup (packed) light brown sugar
1/2 cup (1 stick) butter

Middle Layer

3-1/2 cups fresh or frozen blueberries
1/2 to 1 teaspoon pure almond extract
3/4 cup granulated sugar
3 Tablespoons all-purpose flour
1/2 teaspoon nutmeg

Directions

For the Bottom Layer:

Heat the oven to 425 degrees F. Grease a 9" x 13" pan. In a large bowl, combine the oats, flour, brown sugar, baking soda, and salt. Stir in the melted butter and vanilla until thoroughly combined. Press this mixture evenly into the bottom of the pan with your fingers.

For the Top Layer:

Place the flour, brown sugar, and butter or vegetable oil sticks in a small bowl and use a fork, pastry blender, or your fingers to combine until the mixture resembles large crumbs (some pea-sized clumps are okay). Set aside.

For the Middle Layer:

Place the blueberries in the bowl you mixed the Bottom Layer in and toss them with the almond extract. Pour them evenly over the Bottom Layer in the pan. Combine the sugar and flour and sprinkle it evenly over the blueberries. (Even when wet or frozen, the sugar/flour mixture wouldn't stick to my big fat blueberries when I tried tossing it with them. If yours will, just toss the sugar/flour mixture with the blueberries and then pour the whole mixture over the Bottom Layer in the pan.)

Sprinkle the Top Layer evenly over the blueberry mixture. Bake at 425 degrees F for 15 minutes, then lower the oven temperature to 350 degrees F and bake for another 20 to 25 minutes, until the top is golden, and the edges are starting to brown. Let cool in pan on a wire rack. Store in a cool place or refrigerate. Bars may also be frozen.