

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Seventh Harvest: 7/19/11 & 7/22/11

What's in the box?

Romaine Lettuce, *Plato II*

Spinach, *Renegade (loose cut)*

Chard, *Bright Lights*

Carrots, *Nelson*

Beets, *Red Ace*

Leeks, *Belgian Breeder's Mix*

Basil, *Aroma2*

Summer Squash, *mixed varieties*

Broccoli, *Gypsy*

Strawberries, *Albion*

Upcoming Event

Summer Fruit Tree Pruning
Saturday, July 30, 10 am-1 pm
Louise Cain Gatehouse at the
UCSC Farm

Summer pruning is one of the best ways to ensure the health and productivity of your fruit trees. Learn summer pruning techniques from Farm & Garden experts at this demonstration workshop. Questions? Call 831.459-3240 or email: casfs@ucsc.edu



Notes from the Field *by Brooke Hieserich, 2011 Apprentice*

Root Words: Poetry on the Farm

Last Saturday, Life Lab's Food What?! crew worked together with the CASFS 2011 Apprentices to welcome youth from all over the Bay Area to our Farm and Garden. This Place I've come to call home over the past three months was truly transformed by fresh faces and young voices connecting over our shared interests in good food, strong hearts and healthy communities. Along with pizza making, beekeeping, terrarium building and salve making workshops (to name a few!), a few of us got together in the Farm Garden to write some poetry about plants, place, and the senses we use to engage them. Special thanks to Millawn Oliver and Sebastian Payne from the Growing Youth Project and Steven Valadez from Food What?! for allowing us to publish their poems here. Here's to an abundant harvest of roots, fruits, and words this season and in the years to come!

The Flowers Have Their Own Technique

by Sebastian Payne, GYP Program Alameda

I think the Garden is a cool Place

It's kinda like a small forest

It's like a Jungle

Flowers look like trees.

The garden is similar to a dessert.

The rows are a nice way to stay organized.

There's tall plants and short plants.

There's wide plants and thin plants

Some's thick and others aren't

Some plant have good scents

There's some that are pointy

Some plants are good and others aren't

The flowers have their own technique

Some plants grow wild

Some are bright and others are dark.



Different Things about a Garden

by Millawn Oliver, GYP Program Alameda

The garden is a small forest
With life everywhere you look
Bushes look like trees
Flowers bright as the sun.
The fruit that grows on trees
If they're soft I like to squeeze
Fruits or veggies have similarities
It's an on-land sea
With flowers that if you try to
bloom look like coral
lavender sweet as honey
plums sweet as sugar
roses red white and blue, pink if
you look.
Bees get pollen, we get what
they finish if we're good.
The garden has a mind of its own
So we don't want to intrude.

The Garden Is...

by Steven Valadez, Food What?!

The garden is like walking into
a peaceful rest ... where your worries
are gone, for the moment ... find
something from yourself that you never
knew.

CHEFARMER CORNER

MATTHEW RALFORD

Hello, this is your friendly neighborhood CheFarmer giving you a fresh perspective on romaine lettuce and beet greens. While doing our weekly harvest walk, one of my fellow apprentices asked the question, is there any real nutritional value to eating romaine lettuce? We all seemed to pause for a second – would a farmer grow something that offers no nutrition? What is the nutritional value of romaine lettuce? It tastes delicious with a Caesar dressing with fresh anchovies, garlic croutons and a squeeze of lemon, but ... Well, CSA friends, with the help of www.nutritiondata.self.com I found that romaine lettuce is an excellent source of riboflavin, vitamin B6, calcium, magnesium, phosphorus, and a very good source of dietary fiber, vitamin A, C and K, thiamin, folate, iron, potassium and magnesium. What a relief that was!

Now for those beet greens that are far too often chopped off and thrown into the compost pile – they really are quite scrumptious. Beet greens are similar to chard or spinach, and lend themselves well to a simple sauté or stir-fry, seasoned with just a little sea salt, cracked black pepper and balsamic vinegar. And there's no question about the nutritional value of beet greens!

Roasted Beets and Leeks w/Feta and Oregano

8 beets, remove greens and save for stir-fry
1 leek, julienned
2 teaspoons fresh oregano, rough chopped
4 tablespoons extra-virgin olive oil
4 ounces feta cheese
Sea salt and fresh cracked pepper

Preheat oven to 400 degrees.

Individually wrap the beets in aluminum foil and roast until fork tender when pierced. Place the leeks on a separate pan and roast. This should take about one hour.

Allow the beets to cool. Peel and quarter and place the beets and leeks in a medium-sized serving bowl.

In a separate bowl, mix together the oregano and olive oil. Pour this mixture over the beets and give the beets a gentle toss. Season with sea salt and cracked black pepper and top with crumbled feta.

