

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Second Harvest: 6/14/11 & 6/17/11



## What's in the box?

Lettuce, *Two Star Greenleaf*  
Spinach, *Renegade*  
Baby Beet Greens or Baby Arugula  
Mustard, *Mizuna*  
Pac Choi, *Black Summer*  
Cilantro, *Santo*  
Strawberries, *Albion*  
Blueberries, *mixed varieties*  
Avocado, *Bacon type*  
Meyer Lemons

### *Upcoming Event*

#### **Cut Flower Workshop**

Saturday, June 18, 10am - 1pm  
Louise Cain Gatehouse, UCSC Farm

Chadwick Garden manager Orin Martin will discuss how to select, grow and harvest cut flowers. Questions? Call 831.459-3240 or email [casfs@ucsc.edu](mailto:casfs@ucsc.edu)



### **Notes from the Field** by Amy Miller, *First-Year Apprentice*

#### *Greetings from the 2011 Apprentices!*

There are 39 of us first-year apprentices, who arrived on the farm just over two months ago. We call many places home, from across the country to as far away as Italy and Honduras. Our backgrounds are diverse, but we are united in our belief that food should be grown in harmony with the surrounding ecosystem, and produced in such a way that cares for the people who grow and consume it. Our days on the farm are rich in experiences. The three farming and gardening sites range from the steep and tightly intercropped "up garden" to the hand-worked, 2.5-acre "down garden," and the 8.5-acre field where we learn about production farming and CSA planning. Many lessons are learned in these sites, but also in the classrooms, in our readings, through guest speakers, field trips, and each other. We are engaging in "whole body learning," so that we may also learn from some of our greatest teachers, the soil and the plants themselves. We learn how to live and function as a community, from daily chores to monthly meetings. We share three meals a day, prepared by one of us, in which we are able to nourish our bodies and cherish the food that we grew, as well as the chefs who pulled off the miraculous feat of producing three delicious meals for 46 hungry people. The question of "what's next" is more clear for some of us than others. We may go on to be an organic farmer in Georgia, an urban farmer in Philadelphia, a garden educator in San Francisco, or a social worker using organic gardening to empower and feed those without homes. Whatever we take on next, the knowledge and experience that we gain within this apprenticeship program in Ecological Horticulture will undoubtedly provide us the tools to work towards creating a more just system, in which healthy and safe food is accessible to everyone. Please come and explore the beauty and diversity in our farm and gardens. We look forward to seeing you!

With sincere gratitude for your ongoing support,

*The 2011 Apprentices*

"Do unto those downstream as you would have those upstream do unto you" - Wendell Berry



## Stir-Fried Bok Choy and Mizuna with Tofu

- 1-1/2 tablespoons soy sauce, divided
- 2 teaspoons Asian sesame oil, divided
- 1-1/2 teaspoons unseasoned rice vinegar, divided
- 1 14- to 16-ounce container extra-firm tofu, drained
- 1/2 tablespoons peanut oil
- 2 green onions, chopped
- 1 tablespoon finely chopped peeled fresh ginger
- 1 garlic clove, finely chopped
- 2 baby bok choy, leaves separated
- 6 cups loosely packed mizuna

Whisk 1 tablespoon soy sauce, 1 teasp. sesame oil, and 1/2 teasp. vinegar in a bowl.

Stack 2 paper towels on work surface. Cut tofu crosswise into 3/4-inch-thick slices; cut each slice crosswise in half. Arrange tofu on paper towels and let stand 10 minutes. Pat top of tofu dry.

Heat peanut oil in large nonstick skillet over medium-high heat. Add tofu and cook, without moving, until golden brown on bottom, 2-3 minutes per side. Transfer tofu to paper towel to drain, then place tofu on sheet of foil and brush both sides with soy sauce mixture.

Wipe out any peanut oil from skillet. Add 1 teasp. sesame oil and place skillet over medium heat. Add green onions, ginger, and garlic. Stir until fragrant, about 30 seconds. Add remaining 1/2 tablespoons soy sauce and 1 teasp. vinegar, then bok choy. Toss until bok choy wilts, 1-2 minutes. Add mizuna in 2 batches, tossing to wilt before adding more, 1-2 minutes per batch. Season greens with salt and pepper. Add tofu to skillet. Toss gently to blend. Transfer to platter.

*\*This is a great stir-fry recipe foundation, and can be easily modified for a smaller amount of greens, or without tofu. Enjoy!*

## Green Smoothies *submitted by Liz Milazzo*

- 1 ripe banana
- 1 to 2 cups of greens (beet greens and chard / spinach)
- 1/2 cup water or juice
- Juice from 1/2 Meyer lemon
- Zest from 1/2 Meyer lemon
- 1/4 cup plain yogurt (optional)

Blend together and enjoy! Makes about 12 ounces.

I have become a fan of blending fresh greens into smoothies after reading ***Green for Life*** by Victoria Boutenko. Victoria documents the extraordinarily high levels of minerals (calcium, magnesium, phosphorous, and potassium) in dark green leafy vegetables, as well as a significant level of protein in the form of 9 essential amino acids, and great amounts of insoluble fiber that helps with elimination.

If you haven't found a use for the Swiss Chard from last week, or need an idea for the baby beet greens, you could try adding them to a ***breakfast smoothie*** for a bright green wake-up drink.

## What is Mizuna?

Mizuna is a mustard green of Japanese origin that early on become a staple of salad mixes due to its mild flavor, beautiful leaf shape (fine cut, feathery), and reliable, fast growth. Due to its virtues as a tasty, reliable-to-grow green, we're offering it bunched as a cooking green.

Renee Shepherd of **Renee's Garden** in Felton, quick tip for preparing Asian Greens appears in the "Sunset Western Garden" Book:

*Heat up peanut oil, then throw in some scallions, garlic, and ginger. After a few minutes, add the greens and cook them quickly.*

Thanks to **Blue Lotus** for the produce bags! These produce bags are 100% organic cotton, machine washable, and naturally compostable. Keep veggies crisp and reduce plastic bag waste!

These produce bags can be found around town at GreenSpace, New Leaf, Staff of Life, and Whole Foods. For more information, visit:

[www.bluelotusgoods.com](http://www.bluelotusgoods.com)