

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Third Harvest: 6/21/11 & 6/24/11



What's in the box?

Lettuce, *Red Cross*
Salad Mix
Arugula, *Astro*
Chard, *Red or Rainbow*
Kohlrabi, *Kolibri*
Beets, *Red Ace*
Onions, *Purplette*
Dill, *Hercules*
Strawberries, *Albion*
Blueberries, *mixed varieties*
Avocado, *Bacon type*

Upcoming Event

A Garden of Poetry and Music
Saturday, June 25, 12 noon - 2pm
Alan Chadwick Garden, UCSC

Set aside time for an afternoon in the Garden as we listen to the poems and tunes of the region's artists at this free event. Questions? Call 831.459-3240 or email casfs@ucsc.edu



Notes from the Field by Lia Bettinelli-Goldberg, *First-Year Apprentice*

Welcome to week three of our CSA. Having been a member of a CSA for the past two years in my hometown of Napa, I am excited to be on the providing end of a very positive foodway system. One of my main learning objectives in attending the CASFS program is my interest in CSA production. I'm glad to have begun my interest in CSAs as a member. My enjoyment of my weekly CSA box often corresponded directly with how little thought I had to put into using the wonderful fresh produce in the box. I wanted my CSA not only to provide me with great produce, but to also do a bit of my meal planning for me! I do love cooking. I do not love meal planning. This is one of the reasons that I love CSA programs. As someone who tends to complicate things well enough on my own, I am always appreciative of a solution that simplifies. I am on board with Barbara Kingsolver, who in her best-seller *Animal, Vegetable, Miracle*, suggests making one night a week a pizza night. We are not talking take-out, but homemade pizza with fresh, seasonal ingredients. AKA, your CSA box! Once you have a few homemade pizzas under your belt, there is no going back to a frozen boxed pie. Along with another apprentice, it is my community 'chore' this month to bake bread biweekly for all of the apprentices. I have always enjoyed the magic of rising yeast and the nothing-like-it smell of bread fresh out of the oven. My interest in bread baking blossomed at 15, but I have since wanted to make more time in my life for this age-old art.

For these reasons, and because you will find it delicious, this week I suggest not pizza, but its kissing cousin, the underrated piadina. The base is the same, but the star of the piadina is salad. Greens are abundant on our farm and at your table at this time in the season! The basic concept is that you bake flat bread, pile it high with salad, fold it like a taco and enjoy! (No utensils needed!) The fantastic dough recipe we provide this week was printed in *Vogue* magazine several years ago and has become a personal favorite. The white wine and olive oil help to make the dough super pliable, enabling you to achieve that extra thin crust. Use it for Greek, Cesar, spinach, tomato, arugula salads ... any salads! Save this recipe for many delicious adaptations...



Arugula Pesto

- 4 C packed fresh arugula
- 1 T minced garlic
- Salt and freshly ground pepper
- 1 C pure olive oil
- 2 T pine nuts, toasted, plus 1 T*
- 1/8 tsp. lemon juice
- 1/2 C freshly grated Parmesan

*May substitute other nuts; walnuts, almonds, or cashews

Prepare an ice water bath in a large bowl, and bring a large pot of water to a boil. Put arugula in a large sieve and plunge it into the boiling water. Immediately immerse all the arugula and stir so that it blanches evenly. Blanch for about

15 seconds. Remove, shake off the excess water, then plunge arugula into ice water bath and stir again so it cools as fast as possible. Drain well.

Squeeze water out of arugula with your hands until very dry. Roughly chop the arugula and put in a blender. Add the garlic, salt and pepper to taste, olive oil, 2 tablespoons of the pine nuts, and lemon juice. Blend for at least 30 seconds. In this way, the green of the arugula will thoroughly color oil. Add cheese and pulse to combine. The pesto will keep several days in a tightly sealed container in refrigerator. Bring to room temperature before serving, and add the remaining 1 tablespoon toasted pinenuts.

Recipe source: Michael Chirello, Food Network

Pizza / Piadina (serves 4)

- 1/4 C white wine
- 3/4 C warm water
- 1 package active dry yeast (make sure it is fresh)
- 1 T honey
- 1 tsp. kosher salt
- 1 T extra virgin olive oil plus 1 T for brushing
- 3 C all-purpose flour
- *To taste: sea salt, extra virgin olive oil

Combine wine, water, and yeast in a large bowl. Stir until dissolved. Add honey, salt, and olive oil. Mix thoroughly. Add 1 cup flour and make a wet paste. Add remaining flour 1/2 cup at a time.

Knead dough on a lightly floured board for 2-3 mins.

Place dough in a lightly oiled bowl and cover with a towel. Let rise for 45 mins.

Form dough into four 1/4-inch-thick discs, 11" in diameter. Use a rolling pin for an even crust.

Brush with olive oil. Bake at 450° on a pizza stone for 10-15 mins. until dough is lightly browned.

Sprinkle with sea salt, and olive oil to taste.

Top with your favorite salad, fold like a taco, and enjoy!

Recipe source: Zach Allen, Otto Restaurant,
Vogue Magazine 2005

C = Cup T = Tablespoon tsp. = teaspoon

Kohlrabi Purée (serves up to 6)

- 1/2 lb kohlrabi bulbs with leaves
- 2 T extra-virgin olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 4 ounces cultivated mushrooms quartered*
- 3 T cream (or milk, chicken stock, olive oil, or water)
- Salt and pepper to taste
- *Mushrooms add nice flavor, but can be omitted

Trim and peel the kohlrabi bulbs. Rinse leaves, pat dry, and coarsely chop. Set aside. Cut the bulbs into 1-inch chunks.

Bring a saucepan of lightly salted water to boil, and add kohlrabi chunks. Reduce heat and simmer until tender, about 15 mins.

Meanwhile, heat olive oil in a skillet. Add onion and sauté over medium-low heat until softened, about 5 mins. Add garlic and cook, stirring another 1-2 mins. Don't let the garlic brown.

Add mushrooms and reserved kohlrabi leaves to skillet. Cover, and cook 5 mins. Then uncover and cook, stirring, until all liquid has evaporated, 3 mins. Set skillet aside.

Drain kohlrabi chunks and place them in the bowl of a food processor. Add mushroom mixture and cream (or whatever substitute you're using). Purée until smooth. Salt and pepper to taste.

Transfer purée to a saucepan and reheat over low heat, stirring, 2 mins. Serve warm.

Recipe source: FarmgirlFare.com