

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fourth Harvest: 6/28/11 & 7/1/11

What's in the box?

Lettuce, *Vulcan Red Leaf*

Kale, *Red Ursa*

Beets, *Red Ace*

Cilantro, *Santo*

Kohlrabi, *Kolibri and Winner*

Strawberries, *Albion*

Blueberries, *mixed varieties (2 baskets!)*

Avocado, *Bacon type*

Lemons, *Meyer*

Upcoming Event

Summer Fruit Tree Pruning Workshop

Saturday, July 30, 10 am-1 pm
Louise Cain Gatehouse, 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 Orin Martin and Matthew Sutton lecture/demonstration workshop. Questions? Call 831.459-3240 or email: casfs@ucsc.edu

Notes from the Field by Israel Dawson, First-Year Apprentice

Hello CSA members! It's my birthday week here at CASFS. I thought I'd take this time to share with you some of my adventures here on the farm. Started off the weekend with music flowing through the apple trees from bagpipes in the Chadwick Garden followed by poems from renowned poets, some of whom are CASFS Alumni. The ukulele encore to the bagpipes made it a truly enchanting music and poetic experience in the 'UP' Garden, as some of us like to call it. The gathering of community members ate cheese, bread, and fresh strawberries harvested from the field, the very same 'Albion' strawberries that are in your box.

During the program the apprentice's cook meals for each other and Monday was my turn to cook breakfast, lunch, and dinner for fifty people. My birthday being Sunday, I decided to utilize the evening to have a fun-filled cookathon to prepare for Monday. I began the day by picking flowers and making bouquets with my family and fiancé to decorate the dining tables in the Farm Center, the place where we cook and eat all our meals. We picked some strawberries and used some slightly under-ripened blueberries to make all-natural organic jam.

Monday afternoon is an exciting time on the farm as we do a Harvest Walk to prepare for the CSA and Cart, our Farm Stand at the base of campus. During our walk we evaluate what is ready for harvest, including what is ready for your CSA boxes. We have an idea what should be available based on our crop plan, but need to make sure that the plants have progressed as projected, and that no pest or problems have compromised our crops. We have many methods to evaluate how much is actually harvestable, and we prepare a harvest list for the next morning based on this approximation.

Tuesday morning we start early, harvesting the delicate things like lettuce, salad mix, and cilantro. Strawberries are harvested throughout the morning, progressing into more hearty crops like kale, beets, and kohlrabi, and we finish in the blueberry field. Concurrently, we wash and pack the CSA boxes and get them ready for you to pick-up from the CSA barn.

I enjoy making fresh bouquets from the Farm and Garden, and you can too! Don't forget to pick flowers in the CSA garden next to the CSA Barn, where cutters and rubber bands are available for you to gather an armful of color.





Meyer Lemons

Meyer Lemons are actually a cross between a lemon and an orange. Brought to the United States from China in 1908 by agricultural explorer Frank Nicholas Meyer, they have gained popularity in the 1980s and are now a mainstay ingredient in 'California Cuisine.' Beloved for their sweeter juice, thinner peel, light acid and floral scent, Meyer Lemons are versatile in their uses.

Some ideas....

Use on fish tacos

Drop slices in tea

Candy the peel and use to decorate desserts

Add zest to crumble top for cobbler

Homemade Plain Yogurt

1 qt whole milk

1 T cultured yogurt

Supplies: 3 1-qt Mason jars and lids and small insulated cooler

Using a heavy-bottomed pan, heat milk to 180°. Take off burner and allow to cool to 110°. Stir in cultured yogurt (do not be tempted to add more than 1 T—this will make yogurt runny!) and pour mixture into a warm Mason jar. Put on the lid and fill the other two jars with very warm water (as warm as you can comfortably hold).

Place the three jars (yogurt in middle) in cooler. Cover with a towel to insulate and keep warm. Let sit undisturbed for 12 hours, after which yogurt should be firm and ready to refrigerate and enjoy.

Source: Wild Fermentation by Sandor Katz

Creamy Meyer Lemon Vinaigrette

2 T Meyer lemon juice from 1 large meyer lemon

2 T olive oil

1/4 tsp. salt, or to personal taste

1 tsp. balsamic vinegar

1 tsp. mayo

1/2 tsp. sugar

1 clove garlic, crushed

Combine all ingredients in medium bowl. Whisk together until blended, leaving no lumps. Toss over fresh lettuce. Yields about 1/4 cup of vinaigrette.

www.thewiteonricecouple.com

Lemon Blueberry Pound Cake

1/2 butter, softened

1 C sugar

2 eggs, well beaten

1 T lemon juice

2 T lemon peel

1-1/2 C sifted flour

1/2 tsp. salt

1 T baking powder

1-1/2 C milk

1 C blueberries

Cream butter with 1 cup sugar. Add eggs and 1 T of lemon juice. Mix well. Sift flour, salt and baking powder. Add alternately with milk to creamed mixture. Stir in lemon peel and blueberries. Bake in well-greased loaf pan at 325° for one hour or until golden brown.

Glaze: 1/3 C lemon juice and 1/4 C sugar. Mix lemon juice and sugar. Drizzle lemon glaze over warm cake.

www.cooks.com

Roasted Beets and Sautéed Beet Greens

1 bunch beets with greens

1/4 C olive oil, divided

2 cloves garlic, minced

2 T chopped onion (optional)

salt and pepper to taste

1 T red wine vinegar or lemon juice

Preheat oven to 350°. Wash beets thoroughly, leaving the skins on. Remove and rinse greens and set aside. Compost any large stems. Place beets in small baking dish and toss with 2 T of olive oil. (If you would like to peel beets it is easier to do so once they have been roasted.)

Cover and bake for 45-60 minutes, until a knife can slide easily through largest beets. When roasted beets are almost done, heat the remaining 2 T olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2- to 3-in. pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or lemon juice, salt and pepper.

Allrecipies.com