

FIELD *notes*

UCSC Farm
Community Supported Agriculture
First Harvest: 6/7/11 & 6/10/11



What's in the box?

Lettuce, *Pirat red butter*

Salad Mix

Baby Bok Choi, *Black Summer*

Mustard, *Mizuna*

Chard, *Rainbow*

Turnips, *Hakurei*

Strawberries, *Albion*

Blueberries, *mixed varieties*

Avocado, *Bacon type*

Lemons, *Meyer*

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



Words from the Field

Welcome to the first week of CSA! We are very happy to be harvesting again from our fields, and with the late rains, the spring greens are practically singing in the boxes. As usual, we are able to offer mostly greens and berries to start off. Next in the symphony are beets, carrots, broccoli, and fresh onions, and then green beans, zucchini, and new potatoes. Sweet corn is growing slowly with the cool weather, probably not ready till late August this year. Last summer was remarkably cool and foggy, with the latest imaginable tomato and pepper ripening – could be similar this year. One thing for certain is that the rains are throwing a wrench into our cultivation efforts and inviting us to weed again ... and then again!

The strawberries this year are all Albion variety, the larger, firmer berry – no Seascape (our “traditional” variety) due to the unavailability of plants last November. The Albion have amazing “true” strawberry flavor, concentrated right at the bottom tip.

Some of the highlights this spring have been spading in cover crop under light snow showers (April 8th), and replacing the blueberry netting after it blew away in a late March storm – quite an endeavor to stitch together 17 foot-wide panels of 3/4-inch netting strung on 8' T-posts.

Second Year apprentices Anna Lee and Danielle Garcia will be coordinating the packing of the boxes this year, and the field work that brings you the crops. Ned Conwell joined the farm staff 3 days a week in April, doing most of the tractor work. Ned is taking a summer off from full-time farming to do some research and policy development on land access for organic farms operating on open space land trust holdings. Our dear Ryan Dorsey returned to Texas in March to start a construction and woodworking business and be closer to family. Many of you have met Amy Bolton, our CASFS Administrative Assistant who is coordinating the CSA admin this year, the smiling face keeping all the details together. Miranda Roberts is now farming full-time in Pescadero. Next week you'll hear from the apprenticing farmers – a fantastic group as always!

With gratitude for your support,

Liz Milazzo, Field Production Manager



Turnip Greens Meal

- 3 T olive oil
- 3 garlic cloves, minced
- 1 C shitake mushrooms, sliced
- 1 T red raspberry or cider vinegar
- 1 large red onion, sliced
- 1 can black beans
- 2 T soy sauce
- 1 large potato, cubed (substitute with some turnips)
- cleaned greens from one bunch of turnips

Put all ingredients in a large pot, in the order listed. Bring mixture to boiling point, stir, lower heat to simmer, cover and cook for 15-20 minutes, or until potato is tender. Serve with a chilled fruit and yogurt accompaniment.

C = Cup T = Tablespoon teasp. = teaspoon

How to cook turnips:

Turnips can be steamed or boiled (cook till tender - 15 to 20 mins.; when easily pierced with a fork, they are done.)

Roast turnips at 400 degrees (high, dry heat) till golden brown (brings out the natural sugars in turnips that have carmelized). When roasting turnips alone, start at lower temperature and slowly increase heat. To cook evenly, cut into same size. Baby turnips can be steamed or roasted whole.

Turnip Flavor Matches

Create your very own turnip recipe with some of your favorite ingredients from this list of foods that match perfectly with turnips:

Apples	Garlic	Parsley
Bacon	Ginger	Pepper, white
Butter	Lemon	Potatoes
Carrots	Maple syrup	Sweet potatoes
Cheese (mild)	Mushrooms	Thyme
Chives	Mustard	Vinaigrette (cider or raspberry)
Cinnamon or nutmeg	Onions	

Lemon Curd

- 3 eggs
- 1 C sugar
- 1/2 C fresh lemon juice
- 1/4 C butter, melted
- 1 T grated lemon rind

In top of double boiler, beat eggs and sugar. Stir in lemon juice, butter and lemon peel. Cook over simmering water for 15 minutes or until thickened.

Lemon Pie Bars

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| 2-1/4 C flour | 1-1/2 C white sugar |
| 1/2 C confectioners' sugar | 1/2 C lemon juice |
| 1 C butter, softened | 1 T lemon zest |
| 4 eggs | <i>Preheat oven to 350 degrees</i> |

Mix 2 of the cups of flour and confectioner's sugar together. Cut in butter. Mix well till dough resembles pie dough. Press into a 9x13-in. baking pan. Bake 15-20 mins. or until golden brown.

Beat together eggs, sugar, remaining 1/4 C flour, lemon juice and zest for at least 1 min. Pour mixture over baked crust.

Bake bars another 20 mins., or until lemon topping has set. Sprinkle with confectioner's sugar when cooled.

Spaghetti with Mizuna Mustard, Toasted Garlic and Bread Crumbs

- 1/2 C extra virgin olive oil, more as needed
- 3-4 cloves of garlic, peeled and slivered
- 1 C bread crumbs
- 1/4 teasp. red pepper flakes, or to taste
- About 1 pound mizuna mustard, trimmed and washed
- 1 pound spaghetti, linguine or other long pasta
- Freshly ground black pepper
- Freshly grated Parmesan cheese

Bring large pot of salted water to a boil. Put 1/4 C olive oil in large skillet over medium-low heat. When oil is warm, cook garlic just until fragrant, 1-2 mins. Add bread crumbs and red pepper flakes and cook until bread crumbs are golden, 5 mins. Set aside.

Briefly cook mizuna mustard in boiling water till soft, about 1-2 mins. Remove with slotted spoon, drain well and chop coarsely. Cook pasta in same pot.

Meanwhile, add remaining oil to skillet over medium-low heat. Add mustard and toss well; sprinkle with salt and pepper. When it is warm, add garlic and bread crumbs and mix well.

When pasta is done, drain it, reserving a little cooking water. Toss pasta in skillet with mizuna mixture, moistening with a little reserved water if necessary. Adjust seasonings and serve with freshly grated Parmesan.