

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fifteenth Harvest: 9/13/11 & 9/16/11

What's in the box?

Green Butter Lettuce, *Two Star*
Spinach, *Tyee*
Kale, *Red Ursula*
Carrots, *Nelson*
Turnips, *Hakurei*
Leeks, *Tadorna*
Basil, *Aroma2*
Hot Peppers, *Tiburon*
Sweet Corn, *Xtra Tender 270A*
Green Beans, *Bronco*
Summer Squash, *mixed varieties*
Broccoli, *Gypsy*
Cabbage, *Farao OR Primax*
Pears, *Flemish Beauty*
Potatoes, *German Butterball*

Upcoming Event

Fall Harvest Festival

Sunday, Sept. 25, 11am-5pm

UCSC Farm

Join us on the Farm and celebrate the fall harvest! Enjoy live music, cooking demos, campus info booths, kids' activities, gardening workshops, apple tasting, and much more at this annual campus and community event. \$5 entry fee; free for Friends of the Farm & Garden members, UCSC students and kids 12 & under. To volunteer or to find out about tabling at this event, contact casfs@ucsc.edu or call 831.459-3240.



Notes from the Field *by Don Burgett, Friends Board member*

Farm to Fork to Future

What a night was had! Last Sunday, the 2011 Apprentices planted an important seed with the first annual Farm-to-Fork Dinner benefiting the CASFS Apprenticeship Scholarship Fund. If Sunday evening was any measure, this seed will grow, flower and fruit for many seasons to come.

This spring, when the apprentices learned that the Center and Apprenticeship Program faced unprecedented financial pressures, First Year Apprentice, Chef Matthew Raiford, suggested a field dinner to raise funds. The Friends of the UCSC Farm & Garden agreed to provide administrative and financial support, and planning began in earnest. The goal: raise at least \$10,000 to help keep the Apprenticeship program affordable and accessible into the future.

In a confluence of intent and inspiration, CSA member Chris Bolling also wanted to help host a benefit dinner at the Farm. Chris reached out to many friends and community members to encourage them to learn about the Center and support it by attending the dinner. The apprentices spread the word in farmers markets and businesses, and successfully solicited donations of food, wine and silent auction items. The Santa Cruz Sentinel ran an article about Matthew and the purpose behind the benefit. The invitation was out, and the community responded.

Seventy people arrived at the Farm mid-afternoon and were treated to elderberry spritzers and tomato-strawberry bruschetta. After the optional tour of the farm garden and fields, guests were led to the top of the main field overlooking the bay. There, they had a tough choice: bay or field view? Chef Raiford welcomed everyone and introduced each of five courses as a team of 25 apprentices attentively served. The sun broke through and highlighted the colors of the crops and borders. Several groups of apprentices provided music to make the experience even richer.

While enjoying apple tartin and sweet corn ice cream, Matthew announced that we had surpassed our \$10,000 goal. It was a remarkable evening, with many saying it was the best meal they had ever experienced. Perhaps the most inspiring moment was when Matthew noted that everyone there was raising money to help people they didn't know – future apprentices – based on their belief in the value of the program and its remaining accessible to all who want to experience this unique training.

This year's apprentices launched an annual event to raise funds to help the next. With deep appreciation for the program, Matthew committed to return for the next four years to help sustain and grow the event in partnership with each new group of apprentices. In the fifth year, he plans to just come and eat.

If you missed out this time, be sure to look for the announcement and respond early next season. We would like to serve 200 people next summer, and judging by the reviews from Sunday, even that many seats will fill up fast!



Green Beans & Strawberry Salad with Ricotta Cheese

- 1 pound green beans, blanched
- 1 pint strawberries, hulled and halved
- 1 small bunch bergamot mint leaves
- 1 pound ricotta cheese, crumbled

Dressing

- 1/2 cup extra virgin olive oil
- 1/4 cup raspberry vinegar
- 1 tablespoon Dijon Mustard
- 1 tablespoon honey
- sea salt & cracked pepper

Put all the salad ingredients except for the ricotta in a bowl and toss.

In a small bowl put all the dressing ingredients and whisk together, season with salt and pepper to taste, then pour of salad and toss.

Place salad on plates and sprinkle ricotta cheese on top.

Vegetable Slaw Salad

- 3 cups cabbage, finely shredded
- 2 cups zucchini, shredded
- 1 carrot, finely shredded
- 1 cup fresh corn kernels
- 2 tablespoons leeks, thinly sliced
- 1/4 cup toasted almonds, thinly sliced

Dressing

- 1/2 cup extra virgin olive oil
- 1/4 cup apple juice
- 1/4 cup lime juice
- 1 tablespoon honey
- 1 tablespoon cilantro
- sea salt and cracked pepper

Put all the salad ingredients in a bowl and toss.

In a small bowl put all the dressing ingredients and whisk together, then pour of salad.

Season with sea salt and pepper to taste.

CHEFARMER CORNER

MATTHEW RAIFORD

Hello everyone! The fields are yielding a bountiful harvest this time of year and we have recipes this week to help with two items that have been in your CSA box more than once and may still be in your refrigerator. The two items are green beans and cabbage, which will both hold well in your refrigerator for up to three weeks.

Nutritional values:

Both cabbage and green beans are a good source of protein, thiamin, calcium, phosphorus and copper, and a very good source of dietary fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, folate, and manganese.

