

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Seventh Harvest: 7/17/12 & 7/20/12

## What's in the box?

Lettuce, <i>Vulcan</i>	Basil, <i>Aroma2</i>
Arugula, <i>Astro</i>	Cilantro, <i>Santo</i>
Kale, <i>Red Ursa</i>	Zucchini, <i>mixed</i>
Beets, <i>Chioggia or topped Red Ace</i>	Fennel, <i>Zefa Fino</i>
Carrots, <i>Nelson</i>	Strawberries, <i>Albion</i>
Onions, <i>Purplette</i>	Plums, <i>Santa Rosa</i>

## Harvest Forecast\* for July 24 and 27

Red Butter	Baby Carrots	Strawberries
Bunching onions	Broccoli	Green Cabbage
Italian basil	Baby Leeks	

\*Harvest may vary for 1 or 2 crops, determined on day of harvest

## Upcoming Event

**Follow the Fruit Trees Workshop**  
**Saturday, August 18 | 10am-4pm**  
**Alan Chadwick Garden**

Led by Orin Martin, manager of the Chadwick Garden, and Matthew Sutton, owner of Orchard Keepers, this all day workshop covers seasonal care, summer pruning/training (stone and pome fruits), early apple tasting. Cost \$100 general; \$90 FF&G members and \$75 UCSC students.

To register or for more info call 831.459-3240 or email [casfs@ucsc.edu](mailto:casfs@ucsc.edu)

people with toppings that they harvested directly from our garden! Before sharing all of this wonderful food—accompanied by delicious homemade pies provided by the youth from Pie Ranch—everyone gathered to listen to the moving experiences of our guest speakers: migrant farmworkers employed at different farms in the Central Valley. Our guests gave us all a unique insight into the challenging conditions under which many agricultural workers are currently forced to make their living, whether they are working on organic or conventional farms. When asked how we could stand in solidarity with land-workers in California, our guest speakers encouraged the youth to continue to educate themselves around issues of food justice in order to become the leaders who will influence the policies affecting the people who grow our food. Additionally, we were all encouraged to commit to taking small actions in our every day lives to help encourage a sustainable lifestyle and environment. Examples include making dinner over going to the fast food drive-thru; walk/bike instead of driving your car; choose fruit over candy; etc.

I definitely walked away from Youth Day feeling incredibly inspired and hopeful about the direction that the food justice movement is going. Thank you to all the youth who participated in Youth Day, and to the adults who made the time to share their skills and knowledge with the generations who are currently coming up.

**Notes from the Field** by Victoria Gutierrez, First-Year Apprentice  
My desire to learn about food systems, and the way that humans interact with these systems, is what led me to become an apprentice at CASFS. It was only a few years ago that I began exploring my relationship to food and the land upon which it is grown. Indeed, at 16 I had no idea that there are hundreds of varieties of tomatoes out there in the world, much less that they are part of the solanaceae family. And the notion that I, a young person from a working class Los Angeles barrio could actually grow my own tomatoes—well this thought never even came close to crossing my mind. It might be safe to assume that the majority of young people in this country find themselves in a similar situation, having little to no point of reference for where their food comes from, much less how to grow it themselves.

Thankfully, there are various organizations all over the country that are working with youth of all backgrounds to encourage an active participation within the growing food justice movement—a movement that begs the question “how do we create dignified/sustainable food systems that are readily accessible to all communities?” One such organization is **Food What!**, a youth empowerment program run out of the UCSC farm & garden who work with young people from traditionally marginalized communities. This past Saturday, the CASFS apprentices joined forces with the Food What! crew to host Youth Day, an annual gathering which brings together young food activists from different parts of California to come explore the farm and learn about various aspects of sustainability & social justice. Workshop sessions included bee & goat keeping, terrarium & bouquet making, and using theatre & poetry as tools for creating change.

Along with help from the apprentices, the youth were also responsible for making enough pizzas to feed over one hundred



## Make Pesto like an Italian Grandmother

- 1 large bunch of basil, leaves only, washed and dried
- 3 medium cloves of garlic
- one small handful of raw pine nuts
- roughly 3/4 cup Parmesan, loosely packed and *freshly grated*
- A few tablespoons of extra-virgin olive oil

Start chopping the garlic along with about 1/3 of the basil leaves. Once this is loosely chopped add more basil, chop some more, add the rest of the basil, chop some more (scrape and chop, gather and chop). At this point the basil and garlic should be a very fine mince. Add about half the pine nuts, chop. Add the rest of the pine nuts, chop. Add half of the Parmesan, chop. Add the rest of the Parmesan, and chop. In the end you want a chop so fine that you can press all the ingredients into a basil "cake." Transfer the pesto "cake" to a small bowl (not much bigger than the cake). Cover with a bit of olive oil, it doesn't take much, just a few tablespoons.

You can set this aside or place it in the refrigerator until you are ready to use it. Just before serving give the pesto a quick stir to incorporate some of the oil into the basil. She occasionally thins the pesto with a splash of pasta water for more coverage. *Makes about 1 cup*

**Note from Heidi:** One key to perfect pesto is chopping all the ingredients by hand, preferably with a sharp mezzaluna or knife (... my large half-moon shaped pizza cutter ... works like a dream). This pesto will keep a bit in the refrigerator, but it really hits its peak when served soon after it is made.

The technique here is: chop a bit, add some ingredients, chop some more. ... [P]art of the reason it's done this way (instead of chopping everything all at once) is because ... it encourages a spectrum of cut sizes throughout the pesto contributing to the overall texture.

...This recipe doesn't have any added salt (just the saltiness from the cheese), make sure your pasta water is well salted if you are going to use this pesto on pasta or the overall flavor profile will fall flat. Also, be sure to adjust for seasoning before serving. With food this simple, you need to get the seasoning right.

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## Rosewater Plum Compote

- 1 tablespoon olive oil
- 2-1/2 pounds plums
- 2-1/2 tablespoons fresh lemon juice
- 1/2 pound sugar (I used fine-grain organic cane sugar)
- 1-1/2 tablespoons rose water

Have a big bowl ready. Pit and chop the plums into small 1/2-inch pieces. As you chop place the chopped plums in the bowl and toss with a drizzle of the lemon juice every once in a while. When all the plums have been chopped, gently toss with remaining lemon juice and the sugar. Stir in the rose water. Let the mixture sit for twenty minutes or so.

In your thickest-bottomed pot bring the plum mixture to a boil over medium heat. Stir regularly, scraping the bottom to make sure the fruit doesn't burn. Adjust the heat if needed and cook at a lazy boil for about 20-25 minutes, skimming off any foam that develops on top. Be mindful of the texture of the fruit, you don't want to overcook (or over stir) the fruit to the point that it breaks down and goes to mush.

Remove from heat and spoon the compote into half pint jars. Refrigerate until ready to use. It will keep for a week like this. *Makes about four 1/2-pint jars of compote.*

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## Roasted Spring Onion and Beet Salad

- 2 medium size spring onions, preferably red, sliced across the grain
- 3 tablespoons extra virgin olive oil
- 1 bunch beets (about 1 pound), roasted, peeled and sliced
- Salt and freshly ground pepper
- 1 tablespoon sherry vinegar or red wine vinegar
- 1/2 teaspoon balsamic vinegar
- 2 to 3 tablespoons finely chopped parsley or arugula
- 1 ounce toasted almonds, chopped (2 tablespoons chopped)

Preheat the oven to 425°. Toss the sliced onions with 1T of olive oil and salt to taste, and place on lightly oiled baking sheet. Roast 15 minutes, turning onions over halfway through, until nicely browned and just beginning to blacken around the edges (not charred). Remove from heat.

Arrange the sliced beets on a platter. Arrange the onions over the beets. Sprinkle with salt and pepper. Whisk together vinegars, salt and pepper to taste and the remaining olive oil. Drizzle over the onions and beets. Sprinkle on the parsley or arugula and the almonds, and serve. *Serves six*

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*Inspired by a recipe by the cookbook author Clifford A. Wright*