

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Eighth Harvest: 7/24/12 & 7/27/12

## What's in the box?

Lettuce, <i>Red Cross</i>	Basil, <i>Aroma 2</i>
Spinach, <i>Tyee</i>	Cilantro, <i>Santo</i>
Chard, <i>Bright Lights</i>	Zucchini, <i>mixed</i>
Carrots, <i>Nelson</i>	Broccoli, <i>Gypsy</i>
Onions,	Kohlrabi, <i>Winner</i>
<i>Bianca di Maggio</i>	Strawberries, <i>Albion</i>
Leeks, <i>Lincoln</i>	

## Harvest Forecast\* July 31 and Aug. 3

Bunching onions	Green Cabbage	Spinach
Green Beans/	Red kale	Strawberries
Yellow Wax Beans	Lettuce	Carrots

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

## Upcoming Event

**Fall Gardening Workshop:  
Planting the Thanksgiving Feast  
Sunday, August 26 | 10 am - 1 pm  
UCSC Farm / Louise Cain Gatehouse**

Gardening instructor Trish Hildinger will teach you how to plan ahead and extend your gardening season with timely tips on what to plant and how to plant it for harvest in November and through the winter. This workshop is designed for beginning and intermediate gardeners.

**Cost: \$30 general;  
\$20 FF&G members;  
\$5 UCSC students.  
No pre-registration  
required.**

*To register or for  
more info call  
831.459-3240  
or email  
casfs@ucsc.edu*



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## Notes from the Field by Elaine Walker, First-Year Apprentice

In the past few years I've been able to live in many places, from a tiny farm on the northwestern tip of Spain to an educational garden on a slope in San Francisco. Traveling has always brought invaluable perspectives that have encouraged me to seek new experiences as well as evaluate my connection to places I've been or might go. All of the places I've been have led me here to CASFS.

Living here has been amazing. I explain to friends and family how my windows open to rows of shining vegetables with names like Gypsy Broccoli and Sungold Tomatoes. That there are row after row of strawberries, chartreuse-colored cover crops, and winter squash that slope toward the Monterey Bay which, depending on the day, can be spattered with white caps or so smooth you want to walk across it straight to the Santa Lucia Mountains. On the best mornings you wake up to a fog that creates sparkling drops on your eyebrows. Getting to work means walking past rows of trees drooping with apples and citrus and past one of my favorite parts of the farm: a field of white onions.

A few months ago we planted the onions in one of our first large plantings in the field. We worked as a team, some cutting transplants out of redwood flats and separating each plant carefully, while others dropped them into place and a few dug holes to plant them. We leap frogged down the rows, moving quickly and seamlessly to plant almost 12,000 onions. At the end of the day I was proud and felt righteously tired. At least once a day since then I walk past the field and have watched the onions grow from tiny transplants to tall, bulbous white onions awaiting harvest. The onions help remind me of why I came here, not only to learn about a new place while deepening my understanding of growing food but to connect with the people who share this dream.

The people I live and work with come from all over. They are pilots, philosophers, therapists, wrestlers, musicians, boxers, teachers, lawyers, architects, scientists, parents and students. We view the world through many different lenses but share the desire to learn from this place as well as create a new home and leave a mark on it. We have helped to cultivate rows of crops but have also created medicinal herb or wine and cheese clubs and spontaneous dance parties. We have laid in the furrows to feel what it would be like to be a newly transplanted plant or sat in the orchard under dappled sunlight to watching the bees zoom by. We have watered carefully and listened as seeds break through the soil surface. And although the farm and garden will change every season depending on what is growing or who is helping to grow it, we are helping to make this place unique.



## Chilled Three Beet Soup

*This is a good way to use up the beets that may still be in your fridge*

- 1 pound medium Chioggia beets, scrubbed and trimmed
- 1 pound golden beets, scrubbed and trimmed
- 1 pound medium red beets, well scrubbed and trimmed
- Orange Zest Threads (see recipe below)
- 1-1/2 tablespoons olive oil
- 1 large yellow onion, chopped, about 2 cups
- salt and pepper
- 1/2 tablespoon minced garlic
- 1-1/2 cups fresh orange juice
- 3 cups water
- Crème Fraîche
- 2 to 3 tablespoons chives, cut into 1/2-inch lengths (optional)

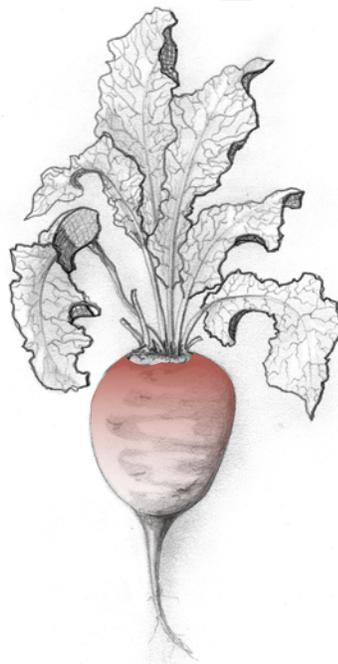
Preheat oven to 400°F. Place the beets, according to color, into three separate baking dishes. Pour a little water in the bottom of each dish. Cover and roast until tender, 35 to 40 minutes, depending on their size. Test for doneness with a paring knife or skewer. Set aside until they're cool enough to peel.

*Make the Orange Zest Threads now.*

Heat the oil in a small sauté pan and add the onions, 1/4 teaspoon salt, and a pinch of pepper. Sauté over medium heat until soft, about 5 minutes. Add the garlic and cook 1 minute more. Transfer to bowl.

Peel and cut the beets into large chunks (keep separate by color). Peel red beets last so they don't discolor the others. Starting with the lightest color, place first batch of beets in the blender, along with 1/3 of the onions, 1/2 cup orange juice, 1 cup water, 1/2 teaspoon salt and pinch of pepper. Puree until smooth, adding a little water if needed to thin puree. Transfer to a container and chill. Puree next color in same way with half the remaining ingredients – chill in separate container, leaving red beets for last. Refrigerate for at least 30 minutes and season to taste with salt and pepper.

To serve, ladle the thickest puree first into a shallow soup bowl along the left side. Ladle the other two purees carefully, one after the other, side by side. Garnish with a spoonful of crème



## Kohlrabi Fries

- 1 1/2 to 2 pounds of kohlrabi
- 1 tablespoon rice flour, chickpea flour or semolina (more as needed)
- Salt to taste
- 2 to 4 tablespoons canola oil or grapeseed oil, as needed

Peel the kohlrabi and cut into thick sticks, about 1/3 to 1/2 inch wide and about 2 inches long.

Heat the oil over medium-high heat in a heavy skillet (cast iron). Meanwhile, place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi sticks in the flour so that they are lightly coated.

When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded. Cook on one side until browned, about 2 to 3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2 to 3 minutes. The procedure should take only about 5 minutes. Drain on paper towels, then sprinkle right away with the seasoning of your choice. Serve hot. *Serves 4 to 6*

*Adapted from the New York Times*

## Herbal Lemonade

Boil 2 cups of water and pour over a 2" sprig of rosemary or 1 heaping tablespoon of lavender flowers.

Steep for 5-8 minutes and then remove herbs. Add 1/3 cup sugar or honey and stir to dissolve. Pour into a 1 quart jar and add 1/4 cup lemon juice. Fill the rest of the way with cold water. Chill and serve over ice.

fraîche and a sprinkling of Orange Zest Threads and chives.

### Orange Zest Threads:

- 1 large orange

Use a zester to remove the threads from the orange, keeping strips as long as possible. Bring a small pot of water to a boil and drop in the threads for 10 seconds. Drain and rinse.

*Everyday Greens by Annie Somerville*