

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Sixteenth Harvest: 9/18/12 & 9/21/12

## What's in the box?

Lettuce, <i>Red Cross</i>	Corn, <i>XTender270A</i>
Spinach, <i>Tyee</i>	Zucchini, <i>Raven &amp; Lebanese</i>
Carrots, <i>Nelson</i>	Broccoli, <i>Gypsy</i>
Beets, <i>Kestrel</i>	Strawberries, <i>Albion</i>
Cilantro, <i>Santo</i>	Apples, <i>Gala &amp; Jonagold Decoster</i>
Tomatoes, <i>dry farm &amp; Defiant mix</i>	Onions, <i>Candy</i>
Sweet Red Peppers, <i>Carmen</i>	

## Harvest Forecast\* for September 25 and 28

Apples	Lettuce	Pumpkin!
Baby Leeks	Parsnips	Squash, Acorn
Celeriac	Potatoes,	Strawberries
Chard	Yellow Finn	Tomatoes

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

## Upcoming Event

**Harvest Festival @ UCSC Farm**  
**Sunday, September 30 from 11am – 5pm**

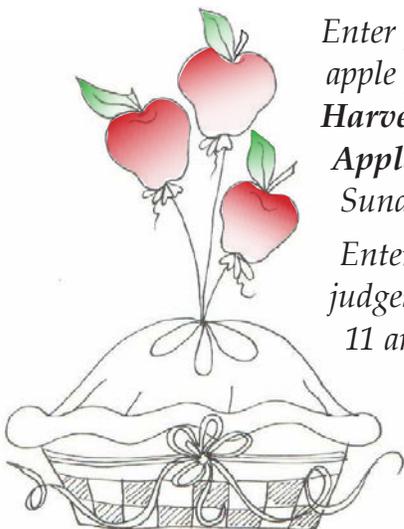
Come to the Farm for live music, great food, gardening talks, cooking demonstrations, Farm tours, hay rides, kids crafts, and more! **Cost: \$5/person; FREE: children under 12; UCSC students (w/ID); and FF&G members.** To volunteer or for more info: 831.459-3240; email: [casfs@ucsc.edu](mailto:casfs@ucsc.edu).

## Eleventh Annual Apple Pie Contest

Enter your favorite apple pie in this year's **Harvest Festival**

**Apple Pie Contest** on Sunday, September 30.

Enter your pie to the judges between 11 am-12:30 pm.



## Notes from the Field by Chris McGuire, First-Year Apprentice

I am continually humbled and intimidated by how complex the process of growing plants is. Each plant has its unique set of conditions in order to thrive – soil fertility, temperature, sunlight, and water, to name some of the most important. But these are just the preconditions to success. These same conditions also favor the growth of other, less desirable plants that we call weeds. And of course, when you create food, there will always be others who are interested. Deer, gophers, ground squirrels, and birds. Boll weevils, cucumber beetles, leaf miners, and codling moths. Downy mildew, verticillium wilt, and mosaic viruses. Each bite we take tells the story of a carefully waged battle – of weeds that were pulled, blight that was pruned, and gophers that were trapped. Every day requires careful observation, care, and maintenance, lest the chaotic forces of nature take control and return your garden patch to disorder.

I try to take a step back and visualize the ecology of this system we've created, an engine where energy, material, information, and water flow through and sustain us in the process. Carbon enters into it through photosynthesis, as plants convert carbon dioxide from the air into simple sugars, then turn them into increasingly complex organic molecules. Nitrogen is fixed by bacteria in the root nodules of legumes, turned into proteins and held, however briefly, in an organic form. Water, piped in from afar, gets sucked up by plant roots and transpired back into the atmosphere. Plants express their genes, flower, get fertilized, reproduce, and die. And all of this is driven by the sun. We carefully cast a wide net of plants to trap its energy into a form we can use, funneling it into our hungry mammalian mouths. We take these assemblages of Carbon, Nitrogen, Oxygen, Phosphorus, and other elements, break them down into smaller pieces, and reconfigure them to create more of ourselves.

But this only describes part of the ecology. Farming, gardening, and tending the soil cannot be fully explained by fluxes of energy and matter. They are a flux from the realm of human thought into the environment, an expression of love for the land and our intentions to live sustainably. Thus, the food we grow is a product of far more than sunlight, nutrients, and water. It is a product of emotion, respect, joy, and love. And food that is grown with love should be prepared, cooked, and eaten the same way. I hope you enjoy this food half as much as we enjoyed growing it!

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## Farmer Freed's Everyday Herb Salt

The Farmer Freed's Everyday Herb Salt sample you will receive as part of today's CSA share is the classic concoction that started it all and can be used in everyday cooking. This scrumptious blend is excellent on meat, poultry, seafood, vegetables, stuffing, potatoes, eggs, popcorn, bread & butter, homemade croutons, and so much more.

*Ingredients:* Kosher salt, parsley, sage, rosemary, and thyme. Herbs are certified organic.

Some ideas:

- sprinkled on top of a poached farm-fresh egg
- incorporated as a spice-rub for roasted chicken
- seasoning pan-roasted padron peppers

Farmer Freed's culinary salt blends are available at:

Companion Bakeshop, 2342 Mission Avenue,  
Santa Cruz, CA 95060

Fresh Prep Kitchens 1601 41st Avenue,  
Capitola, CA 95010

Website: [www.farmerfreed.com](http://www.farmerfreed.com)

Email: [emily@farmerfreed.com](mailto:emily@farmerfreed.com)



## Strawberry-Thyme Cocktail

- 3 ounces strawberry-thyme syrup (recipe follows)
- 1 1/2 ounces lemon vodka
- squeeze of lemon

Put all ingredients in a cocktail shaker with ice. Shake until cold. Strain into a martini glass or into your favorite glass over ice. *Makes one serving*

### Strawberry-Thyme Syrup

- 1/2 cup chopped strawberries
- 3 sprigs fresh thyme
- 1/4 cup sugar\*\*
- 1/2 cup water

Put all ingredients in a small saucepan over high heat. Stir to combine. Bring to a boil, then reduce to a simmer for about 5 minutes, until the strawberries are softened. Remove thyme sprigs, then puree mixture in a blender and strain. *Makes enough syrup for 2 cocktails.*

<http://alldayidreamaboutfood.com>

## Coconut Corn Salad

- 3 tablespoons unsalted butter
- 5 ears of corn, shucked
- fine grain sea salt
- 3 tablespoons fresh thyme leaves
- 1 cup big coconut flakes, well toasted
- 1 cup sliced almonds, well toasted
- 3 tablespoons chopped red onions
- big squeeze of fresh lemon or lime juice

Melt the butter in a large skillet over medium heat. Add corn, sprinkle with a couple pinches of salt and stir well. Cook for just a minute, until the corn loses its raw edge, stir in half the thyme, and then transfer the corn to a large serving bowl. Just before you're ready to serve, add most of the coconut flakes, most of the almonds, the rest of the thyme, red onions, and citrus juice. Stir well. Taste, season with more salt, to taste, and serve topped with the remaining coconut and almonds (and another jolt of juice if needed!). *Serves 4*

[www.101cookbooks.com](http://www.101cookbooks.com)