

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fourteenth Harvest: 9/4/12 & 9/7/12

What's in the box?

Arugula, <i>Astro</i>	Corn, <i>XTender270A</i>
Kale, <i>Red Russian</i>	Snap Beans, <i>Bronco & Gold Rush</i>
Carrots, <i>Nelson</i>	Zucchini, <i>mix</i>
Beets, <i>Touchstone Gold</i>	Strawberries, <i>Albion</i>
Basil, <i>Thai</i>	Apples, <i>Arlet, Ginger Gold & mix</i>
Cilantro, <i>Santo</i>	
Tomatoes, <i>dry farm & heirloom mix</i>	

Harvest Forecast* for September 11 and 14

Apples	Carrots	Onions, Yellow
Baby Leeks	Chard, Rainbow	Potatoes,
Beans	Chiles, Poblano	Yukon Gold
Beets, Red	& Anaheim	Tomatoes
Broccoli	Lettuce, Oakleaf	Zukes

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

Upcoming Event

Follow the Fruit Trees Workshop
Sunday, September 16 | 10am-4pm
UCSC Farm

Led by Orin Martin, manager of the Chadwick Garden, and Matthew Sutton, owner of Orchard Keepers, this all day workshop covers fall cover cropping, continued summer pruning, apple tasting, using and processing fruit, and preparation for winter planting. 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



Notes from the Field by Eric David Nelson, First-Year Apprentice

Greetings from the farm! I am feeling both grateful to be here and inspired for my future after the program. While working in the Farm Garden, I have been reminded of the all-balancing principle of “give and take” in life. More than ever, I feel compelled to share this inspirational experience from the farm. As I look forward to working in the farm garden each morning, I am reminded of the give and take experiences that have shaped and influenced my current path in life.

I first got started in gardening when my parents built raised beds and landscaped the rest of our front and backyard with beautiful natives and perennials. I was just learning to walk at that point and my older sister Julia was none but a true Nelson whipper-snapper. I remember my dad mowing the lawn and Julia and I helping cart off the grass clippings to our compost pile. At that age I knew nothing about carbon to nitrogen ratios of a compost pile, I just dumped that load right on top! I remember my mom teaching me the finer points to growing vegetables and flowers, at least what my three-second attention span could handle. And then there was that day every spring when a dump truck would offload a new addition to the Cascade mountain range in the form of manure right in our driveway. I remember wheel-barrowing load after load of manure into the front and back yard, spilling as I bumped along. At that point I did not understand the love and attention that my mom and dad put into our garden, yet the seed was planted within me for later exploration.

In addition to shoveling manure, I spent many summers as a camp kid at YMCA Camp Orkila in the San Juan Island chain. Two summers in particular at Orkila dramatically changed my life, those of which I am forever grateful for. These camp experiences moved me so much, that I felt the responsibility to facilitate a positive and nurturing camp environment for kids several summers after.

My experience growing up in our family garden and important summers spent at Camp Orkila have motivated me to continue giving back and sharing my experience with others. I look forward to returning to Washington to teach and inspire my community in discovering the gratification that that comes with working the land and living with the seasons. Just like we take from the soil to grow our plants, we also nourish and give back to the land in order to sustain it for the future. As a holder of knowledge, it is my responsibility to share what I have learned in order to sustain environmentally sound agriculture.



Pesto Potato Salad w-Green or Wax Beans

- 4 pounds small Yukon gold or red-skinned potatoes, quartered
- 1 pound green or wax beans, cut into one-inch segments
- 1 to 2 small garlic cloves, peeled
- 2 bunches of Thai basil (about one ounce each)
- 1/4 to 1/2 cup olive oil
- 6 tablespoons (or more to taste) mild vinegar, such as champagne, white wine or a white balsamic
- 1/4 cup chopped green onions (scallions)
- 1/2 cup pine nuts, toasted
- Parmesan cheese to taste
- Salt and freshly ground black pepper

Cook potatoes in large pot of boiling salted water until just tender, about 10 minutes. Add beans; cook four minutes longer. Drain well and let cool, then transfer potatoes and beans to a large bowl.

Meanwhile, discard the stems from the basil and wash and dry the leaves. Puree them in a food processor with garlic, drizzling in enough olive oil that it gets saucy. Season the pesto with salt and pepper.

Toss the beans and potatoes with pesto. Stir in vinegar, green onions, pine nuts and season with salt, pepper and/or additional vinegar to taste. Finally, shave some wide flecks of parmesan over the salad with a vegetable peeler.

Serve immediately, or make this up to two hours in advance. It can be stored at room temperature. *Serves 10*

Note: *Although one can use "store-bought" pesto, making your own, as suggested, is highly recommended!*

www.smittenkitchen.com

Crop Update

This season our field, like many others in this area, is seeing a downy mildew on our Italian Basil. Luckily, we also planted another type of basil called Thai Basil or *horapha in Thai*, which has not seen much damage. Thai basil, an important part of Asian culture, has been cultivated for about 5,000 years. It can be found in Thai curries and noodle dishes as well as in Vietnamese and Laotian cuisine. A good source of Vitamins K, A and C it also has lots of iron and calcium. Try it this week in a spicy green bean dish or a coconut curry with beets and carrots.

Tipsy Apple Betty

- 4 cups sliced apples (thinly)
- 1/4 cup orange juice
- 3 tablespoons amaretto liqueur (optional)
- 3/4 cup all-purpose flour
- 1 cup white sugar
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 pinch salt
- 1/2 cup butter

Preheat oven to 375°. Lightly grease a 9-inch pie plate. Mound sliced apples in the pie plate. Sprinkle with orange juice and Amaretto (if using).

In a medium bowl, mix the flour, sugar, cinnamon, nutmeg, and salt. Cut in butter until the mixture resembles coarse crumbs. Scatter over the apples.

Bake in oven for 45 minutes until apples are tender and topping is crisp. Serve warm with ice cream.

www.yummly.com

Sweet Corn with Miso Butter and Bacon

- 2 large yellow or red onions
- 2 tablespoons olive oil
- 2 tablespoons white miso, room temperature
- 2 tablespoons unsalted butter, room temperature
- 3 slices bacon
- 4 cups fresh corn kernels
- 1 red bell pepper, diced (optional)
- 1/2 cup chicken or vegetable broth
- 10 green onions, thinly sliced

Peel onions. Quarter lengthwise, then slice widthwise. In a large saute pan, heat oil and add the onions. Stir occasionally over medium-low heat, adding a little salt, until the onion is richly caramelized, 20-25 minutes.

Whisk together miso and butter until a smooth paste forms. Slice the bacon crosswise into 1/8"-wide pieces. Saute bacon in a deep pan until crisp. Remove bacon with a slotted spoon and set aside. In the bacon fat, saute corn and bell pepper until corn begins to soften, but retains a snap, about 4 minutes. Add bacon, caramelized onions, miso butter and stock. Season with salt and pepper. Stir together until butter has melted and the ingredients are heated through, another minute or so. Stir in half the green onions. Serve warm, topped with remaining green onions.

www.currylime.com