What’s in the box?

| Lettuce, Vulcan         | Green Beans, Bronco |
| Beets, Red Ace          | Zucchini / Summer   |
| Onions, Cipollini       | Squash, mixed      |
| Bianca di Maggio - or - Purplettes | Broccoli, Gypsy |
| Leeks, Tadorna          | Strawberries, Albion|
| Basil, Aroma2           | Fennel, Zefa Fino   |
| Plums, Saisuma          |                     |

Harvest Forecast* for August 14 and 17

Beets
Broccoli
Green Beans
Onions
Plums
Spinach
Strawberries
Squash, mixed

Notes from the Field by Hedda Brorstrom, First-Year Apprentice

Hedda Brorstrom worked as a garden coordinator teaching nutrition and gardening in the San Francisco School District.

Some things just go better together. In gardening we often companion plant with species that help each other. The three sisters garden is a famous example in which you plant corn, beans and squash. The beans fix nitrogen, the corn acts as a trellis and the squash provides thorny protection. As food science evolves we are learning more and more about companion eating as well. Below are some healthful food duos:

**Turmeric and black pepper** – The tumor-fighting agent in turmeric, called cucumin, is increased 1,000 times when combined with black pepper. This combination used in curries helps fight cancer and inflammation.

**Peanuts and whole grains** do well together as the specific amino acids absent in wheat are in peanuts; so a peanut butter sandwich can help repair muscles. Remember to buy natural peanut butter and not to eat it more than once a day.

**Grilled meats and rosemary** – It is thought that the herb’s antioxidants literally soak up the meat’s dangerous free radicals when charred on the grill.

**Greens and citrus** – The vitamin C helps make plant-based iron more absorbable so enjoy your lemon kale.

**Tomatoes and avocados** – Lycopene in tomatoes is made available when you eat it with healthy fats, like nuts, avocados, or olive oil. Crushed tomatoes release the most antioxidants so foods like guacamole and tomato sauce are great.

**Fruit salad** is proven to have greater synergistic antioxidant effects than eating fruits alone.

**Yogurt and Almonds** are a good example of eating healthy fats with vitamins. Vitamins that are considered fat-soluble include A, D, and E. Carrots, broccoli, and peas are all loaded with vitamin A and should be paired with a healthy fat such as the kind found in olive oil. Vitamin D—rich products include fish, milk, yogurt, and orange juice.

**Garlic and Fish** – Cooking your fish with garlic lowers your total cholesterol more than eating fillets or cloves alone.

Other duos include apples and chocolate, broccoli and tomatoes and eggs and cantaloupe. Here’s to healthy pairs in the garden and on the plate!

Upcoming Event

Follow the Fruit Trees Workshop
Saturday, August 18 | 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 seasonal care updates, late season fertility, summer pruning/training, and include a tasting of early apples and pears, and late-season prune-plums and peaches. 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
Plum Kuchen

2-1/4 teaspoons or 1 (1/4-ounce) package active dry yeast
1/4 cup warm water (105–110°F)
2 cups (267 grams) plus 2 tablespoons (18 grams)
all-purpose flour, divided
1 cup sugar (220 grams), divided
1/2 teaspoon salt
1/2 cup plain whole-milk yogurt (124 grams) preferably
Greek-style, but regular yogurt works at room temperature
1 large egg, warmed in shell in warm water five minutes
1-1/2 teaspoons grated lemon zest
1 teaspoon pure vanilla extract
1-1/4 sticks (5 ounces or 142 grams) unsalted butter, cut
into tablespoons and softened, divided
3/4 pound firm-ripe plums (about 4 small), halved and pitted

Stir together yeast and warm water in mixer bowl and
let stand until foamy, about five minutes. (If mixture
doesn’t foam, start over with new yeast.)
Add two cups flour, 2/3 cup sugar, salt, yogurt, egg,
zest, and vanilla to yeast mixture and mix at medium-
low speed 1 minute. Beat in one stick of the butter, one
tablespoon at a time, until incorporated. Beat at medium
speed until dough is smooth and shiny, about five
minutes. (Dough will be very sticky.) Scrape down side of
bowl and sprinkle dough with remaining two tablespoons
flour. Cover bowl loosely with a kitchen towel or plastic
wrap and let dough rise in a draft-free place at warm
room temperature until doubled, 1–1/2 to 2 hours.
Spread remaining two tablespoons butter in bottom
of an 8- or 9-inch square baking pan and sprinkle with
remaining 1/3 cup sugar. Cut each plum half into five or
six slices and arrange in one layer in pan.
Stir dough until flour is incorporated, then spread
evenly over plums. Loosely cover with buttered plastic
wrap, then kitchen towel. Let rise in a draft-free place
at warm room temperature until almost doubled, about
1–1/2 hours.
Preheat oven to 375°F with rack in middle. Bake until
kuchen is golden-brown and a wooden pick inserted
into center comes out clean, 30–35 minutes. Cool in pan
five minutes, then invert and unmold onto a rack to cool
completely.
Serve with additional yogurt, lightly sweetened, or
sweetened crème fraîche.

Fennel, Prosciutto and Pomegranate Salad

2 cups very thinly sliced fennel bulb
3 tablespoons extra-virgin olive oil, divided
1/4 teaspoon coarse kosher salt
6 cups arugula (about 4 ounces)
1 cup thinly sliced green onions
1/4 cup thinly sliced mint leaves
1-1/2 tablespoons balsamic vinegar
6 ounces thinly sliced prosciutto, torn into strips
1/2 cup pomegranate seeds

Toss fennel and 1 T olive oil in medium bowl. Sprinkle
with 1/4 teaspoon salt (can do one day ahead).
Combine arugula, green onions, mint, vinegar, and 2 T
olive oil in large bowl; toss. Season with salt and pepper.
Divide greens among plates. Top with fennel, then drape
with prosciutto. Sprinkle pomegranate seeds over.
Serves 4-6

Broccoli Slaw with Buttermilk Dressing

2 heads of broccoli
1/2 cup thinly sliced almonds, toasted
1/3 cup dried cranberries
1/2 small red onion, finely chopped

Trim broccoli and cut it into large chunks. Then, either
feed it through your food processor’s slicing blade, use a
mandoline to cut it into thin slices, or simply hand chop it
into smaller pieces (I used the stem and the flowerets).
Toss the sliced broccoli with the almonds, cranberries
and red onion in a large bowl. Meanwhile, whisk the
dressing ingredients in a smaller one, with a good pinch of
salt and black pepper. Pour the dressing over the broccoli
and toss it well. Season well with salt and pepper to taste.

Variation: This slaw would be equally good with
cauliflower. I might use dried currants and walnuts instead
of cranberries and almonds and maybe some celery slices.
Have fun with it. Should keep up to a week in the fridge.

Buttermilk Dressing

1/2 cup buttermilk, well-shaken
1/3 cup mayonnaise
2 tablespoons cider vinegar
1 tablespoon sugar
3 tablespoons finely chopped shallot

Plum Kuchen Adapted from Gourmet
Fennel, Prosciutto and Pomegranate Salad Adapted from Bon Appetit, November 2008
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Buttermilk Dressing

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