FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/9/13 & 7/12/13

What's in the box?

Salad Mix
Chard, *Bright Lights*
Cilantro or **Basil**
Carrots, *Nelson*
Beets, *Chioggia or Golden*
Cipollini, *Bianca di Maggio*
Kohlrabi, *Kolibri*
Zucchini, *mix*
Cucumber, *Suyo Long or Sweet Slice*
Green and **Yellow Wax Beans**
Plums, *Santa Rosa*
Strawberries, *Albion*
Avocado, *Bacon*

Recipes by Crop

Recipes indexed by crop are accessible online as PDF files. Go to: ***http://bit.ly/Recipesbycrop***

We invite you, our CSA members, to submit your favorite recipes. Let the feast begin!

Upcoming Event

Fall Gardening Workshop
Sunday, August 25 – 10 am - 1 pm
UCSC Farm & Garden

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. (Workshop designed for beginning and intermediate gardeners.) $30 general, $20 FF&G members, $5 for UCSC students (cash or check only). Pay online at *http://fallgarden.bpt.me*. For more information, email **casfs@ucsc.edu** or call **831.459-3240**.

Notes from the Field *by Farrin Ochoa, First Year Apprentice*

"To everything turn, turn, turn. There is a season, turn, turn, turn…"
–The Byrds

Monday, July 8, 2013, was the first day of a new rotation of work here at the farm. The transition entails working alongside a crew of fellow apprentices in a different site. It also includes working with a different set of mentors and familiarizing myself with the operations of the Down Garden. Not only is the program experiencing a shift in rotation, the summer season is well on its way (even though we're experiencing some late June gloom weather), and there seems to be a resonance in the air that recites change.

I am facing this exciting new challenge with as much positivity and passion as my heart will allow. I am in the process of becoming acquainted with new and unfamiliar flowers, fruits, and vegetables. Earlier this week I harvested my first zucchini. The delicate task of using my Felco bypass pruners to slice into a thick succulent stem and then using my hand to twist the vegetable free of its mother plant was simply rewarding.

I remember when I planted squash seeds by hand during one of the hotter days of the season. I was seated on the back of the tractor in the Tipi Field. This was during one of the first few weeks of the program in the heat of the midday sun and the work was painstakingly slow. Now, seeing those plants grow to full size gives me great perspective and joy. I look forward to the upcoming "turns" in the weeks and months ahead.

Another challenge I am embracing is the ongoing riddance of oxalis, calendula, and wild amaranth, also known as pigweed. These few are among many of the unwanted or pernicious plants that invade the beds and rows of the gardens. They overshadow and steal nutrients away from crops that we work hard to cultivate. I recently spent an afternoon digging up oxalis bulbs, fascinated by their tenacity and beauty. These bulbs were described by fellow apprentice Eli Brown as "over-evolved."

I am excited in all there is to learn here at the farm. In simple words from the sixties, *"…A time to be born, a time to die, a time to plant, a time to reap, a time to kill, a time to heal, a time to laugh, a time to weep…"* I'm sure the only weeping that will happen will be from my sadness at leaving this magical place.

CENTER FOR AGROECOLOGY & SUSTAINABLE FOOD SYSTEMS
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Yellow Wax Beans and Scallions

Serves 4

3/4 pound yellow wax beans
2 tablespoons clarified butter
1/4 cup / 1 oz sliced almonds
1/4 cup / 1 oz pepitas
fine grain sea salt
a handful of micro scallions (or minced scallions)
generous sprinkling of za'atar (or fresh herbs)
1/2 ripe avocado, thinly sliced

Trim ends from the beans, and slice into 1-inch pieces.

Heat the clarified butter in a large skillet over medium-high heat. Stir in the almonds and pepitas along with a pinch of salt. Cook, stirring often, until golden. Add the beans, toss to coat, cover and cook for a couple of minutes, just long enough for the beans to get a bit tender. Transfer to a serving bowl, sprinkle with the micro scallions (or fresh herbs), a generous amount of za'atar, and arrange the avocado to the side.

101cookbooks.com

Zucchini Cake

Originally a carrot cake, a family friend shared this recipe with my mother in 1940. It was my birthday cake into my adulthood. Zucchini makes a moister cake.

1 cup oil
1 cup sugar
3 egg yolks
2-1/2 T very warm water
1 cup zucchini (or carrot), grated
1 cup chopped walnuts
1-1/2 cup flour
1-1/2 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
dash salt
3 stiffly beaten egg whites

Preheat oven to 350º. Beat oil, sugar and yolks until just blended. Add water all at once and beat on medium speed until thick and lemon colored (to keep oil from separating).

Fold in grated zucchini. Sift together dry ingredients and fold into egg/sugar mixture. Add nuts. Fold in stiffly beaten egg whites.

Pour into lightly greased 9-inch cake pan and bake until toothpick inserted in center comes out clean, 35-55 minutes. (Cooking time depends on baking dish and oven temperature. I increase recipe 1-1/2 times for a glass 13x9 baking dish and find it only takes 45 minutes.)

Frost with whipped cream/cream cheese frosting or leave unfrosted and eat like bread!

Submitted by Amy Bolton

Arugula and Fava-Bean Crostini

Serves 8

1 cup shelled fresh fava beans (1 1/4 pounds in pods) or shelled fresh or frozen edamame (soybeans; 3/4 pounds in pods)
1/4 cup plus 1 tablespoon extra-virgin olive oil, divided, plus additional for drizzling
1 1/2 cups packed baby arugula (1 1/2 ounces), divided
3 tablespoons grated Pecorino Toscano or Parmigiano-Reggiano
1/4 teaspoon grated lemon zest
1/2 teaspoon fresh lemon juice
1 baguette
1 garlic clove, halved crosswise
16 mint leaves

Preheat oven to 350º F with rack in middle.

Cook fava beans in boiling water, uncovered, until tender, 3 to 4 minutes, then drain and transfer to an ice bath to stop cooking. Gently peel off skins (if using edamame, don't peel).

Pulse fava beans in a food processor until very coarsely chopped, then transfer half of mixture to a large bowl. Add 1/4 cup oil, 1/2 cup arugula, cheese, lemon zest and juice, 1/2 teaspoon salt, and 1/8 teaspoon pepper to favas in processor and purée until smooth. Add to bowl. Coarsely chop remaining cup arugula and gently fold into fava-bean mixture.

Cut 16 diagonal slices (1/3 inch thick) from baguette and put in a 4-sided sheet pan. Drizzle with remaining tablespoon oil. Bake until pale golden and crisp, 8 to 10 minutes. Rub with cut side of garlic.

Spoon fava-bean mixture onto baguette toasts, then drizzle with oil and top with mint.

Gourmet | May 2009

Roasted Carrots

3 pounds small carrots, including greens (carrots about 5 inches long), tops trimmed to 1 inch and carrots peeled
2 tablespoons olive oil
pepper to taste

Preheat oven to 500°F with rack in lower third.

Toss carrots with oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper and spread out in a large 4-sided sheet pan. Roast 20 minutes. Reduce oven to 325°F and roast, stirring occasionally, until carrots are browned and tender, about 25 minutes more.

Note: Carrots can be peeled 1 day ahead and chilled in a sealable plastic bag lined with damp paper towels.

Gourmet | December 2008