



## What's in the box?

Lettuce, *Little Gem* &  
*mini-head Leopard* or  
*Brown Golding Romaine*  
Spinach, *Tyee*  
Kale, *Red Ursa*  
Carrots, *Nelson*  
Broccoli, *Gypsy*

Basil, *Aroma2*  
Dill, *Bouquet*  
Zucchini, *Raven*  
Kohlrabi, *Winner*  
Strawberries, *Albion*  
Blueberries, *mixed*  
Avocado, *Bacon type*

### Harvest Forecast\* for July 2 and 5

Beets	Green beans	New potatoes
Carrots	Yellow wax beans	Yellow squash
Cilantro	Plums	Zucchini

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

## Recipes by Crop

Recipes are accessible online as PDF files on the CASFS website, indexed by crop. Go to:

<http://bit.ly/Recipesbycrop>

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

## Upcoming Event

**Summer Fruit Tree Pruning Workshop**  
**Saturday, July 27 – 10 am-2 pm**  
**UCSC Farm & Garden**

Join us to learn the basic skills of summer fruit tree pruning. This workshop will be taught by Matthew Sutton, owner of Orchard Keepers. \$30 general, \$20 Friends members, \$5 UCSC students. For more information email [casfs@ucsc.edu](mailto:casfs@ucsc.edu) or call 831.459-3240



## Notes from the Field by Benjamin Kutcher, First Year Apprentice

It's there with us every step of our lives, to support us, give us structure, feed us, nurture us, and do just about everything in between. Maybe "it" isn't the correct pronoun to use, some say *mother* or *madre*, others may say *rock*, or use more scientific terms such as *planet*, *ecosystem* and the list goes on... One thing is for certain however, the Earth is our home, our habitat, and we must treat it as such.

One of the most overlooked properties of the Earth is right under our feet. At this very instance, as you are reading this newsletter, take a moment to look down at the soil you are standing on. It may be paved over or covered in some fashion, but there is bound to be a spotting of it in the near distance. Go and check it out! See the wonders encompassed within!

Grace Gurshun breaks it all down very well in her book *Start With The Soil* by stating that the "...soil is alive. It's an ecosystem of its own, full of living critters, with physical qualities and chemical interactions that play an important role in its health." Just like the human body, plenty of water and oxygen are necessary for aeration of the soil. This along with broken down plant particles (called organic matter) and minerals allow for a good balance of solid and porous space in the soil. When all of this occurs, to put it simply, magic happens!

Infinite numbers of micro and macro organisms dedicate their lives to building up the soil. Beginning and ending their lives repeatedly underground in the loop that is the circle of life. With all this activity going on in the soil, it makes sense how plants can grow so extraordinarily in nature as well as in our gardens and fields.

Through the soil, we are able to connect and have profound impacts on this planet. Personally, prior to the apprenticeship, I had been unaware and lived my life taking the soil for granted. I had no idea how expansive and incredible it truly is! So please enjoy this weeks CSA box, all the produce was grown in soil that has been sustainably and organically cultivated for over 40 years! I will leave you with the beautiful words of Stevie Wonder from his song "A seed's a star":

*In myself I do contain  
The elements of sun and rain  
First a seed with roots that swell  
I gradually burst through my shell  
Pushing down into the ground  
The root of me is homeward bound  
A trunk, a leaf and there I am  
A miracle of least by far  
A seed's a star.*



## Beet Slaw Tostadas

### **Beet slaw:**

Beets, boiled and peeled  
Limes, freshly squeezed  
salt and pepper to taste

### **Additional ingredients:**

Red onions, thinly sliced  
Kohlrabi, peeled, grated  
Carrots, grated  
Cilantro  
Mayonnaise, to taste

### **Tostada toppings:**

Refried beans  
Jalapeños  
Hard boiled eggs, chopped  
Avocado  
Olives, chopped  
Feta or coyote cheese,  
crumbled  
Sour cream  
Salsa

Grate the beets. Toss with generous amount of lime juice. Mix in salt and pepper. Let sit for five minutes, then taste. Add more lime, salt, or pepper to taste. Add red onions, mayonnaise, grated kohlrabi or carrots, if desired.

Let the beets marinate while you prepare toppings. Create a tostada bar by arranging bowls of topping ingredients on table, along with the tostada shells.

Use pre-made tostada shells, or make your own by frying flour tortillas in a heavy bottomed pan with 1/2-inch of hot oil until tortillas are crisp and brown. Layer beet slaw on bottom and add desired ingredients and enjoy!

## Grilled Zucchini/Yellow Squash

Serves 6

6 medium green zucchini and/  
or yellow squash (3 pounds)  
3/4 tsp. salt  
1/2 tsp. black pepper  
1/4 cup extra-virgin olive oil  
2 T fresh lemon juice  
2 tsp. coarse-grain mustard  
1/4 tsp. sugar

Prepare grill for indirect-heat cooking over medium-hot charcoal (high heat for gas). Trim squash and halve lengthwise, toss with salt, pepper, and 2 T oil in large bowl.

Oil grill rack, then grill vegetables directly over hottest part of coals (cover only if using a gas grill) turning over once, until grill marks appear, about 6 minutes. Move vegetables to area on grill with no coals and grill, covered, until tender, about 4 minutes. Transfer to a platter.

While vegetables are grilling, whisk together lemon juice, mustard, sugar, and remaining 2 T oil in a small bowl. Pour dressing evenly over vegetables before serving.

*Gourmet | June 2007*

## Slow-Cooked Red Kale

Makes ~1-1/2 cups

3/4 tsp. kosher salt, divided, plus more  
1 pound kale (about 2 bunches), center ribs and stems removed  
1/4 cup plus 2 T extra-virgin olive oil  
1/2 sprig rosemary  
1 dried chile de árbol, broken into 4 pieces  
1 cup sliced yellow onion  
Freshly ground black pepper  
2 garlic cloves, thinly sliced

Bring a large pot of heavily salted water to a rapid boil over high heat. Working in 2 batches, blanch kale for 2 minutes. Drain, let cool, and squeeze out excess water with your hands. Coarsely chop; set aside.

Heat a large pot over medium heat for 2 minutes. Add 1/4 cup oil, rosemary sprig, and chile. Let sizzle, shaking pan often, for about 1 minute. Reduce heat to medium-low; add onion. Season with 1/2 tsp. salt and a pinch of pepper. Cook for 2 minutes, stirring often; stir in garlic. Cook, stirring often, until onion is soft and starting to brown, 5-7 minutes.

Add remaining 2 T oil and kale; stir to coat. Season with 1/4 tsp. salt, reduce heat to medium-low, and cook, stirring often, until kale turns almost black and is slightly crisp at edges, about 30 minutes. Let cool. Discard rosemary and chile.

*Gourmet | May 2009*

**Tablespoon = T; Teaspoon = tsp.**

## Five Herb Pesto

Makes about 2/3 cup

1-1/2 tsp. whole coriander seeds  
1/4 tsp. fine grain sea salt  
1 large clove garlic, peeled  
a handful sliced almonds, toasted  
(cooled)  
zest of one lemon  
50 medium basil leaves  
a handful of arugula leaves  
1/2 tsp. fresh oregano leaves  
1/4 cup minced chives  
3/4 cup grated Pecorino cheese  
about 1/4 cup / 60 ml extra virgin olive oil



Toast the coriander seeds in a dry skillet until fragrant, and grind finely using a mortar and pestle. Add the salt and garlic and crush into a paste. Add the almonds and lemon zest and smash into a nut butter. Start working the basil in, a few leaves at a time, then the arugula, and oregano. Blend until consistent. Stir in the chives and cheese with a fork, before using the pestle to gradually work in the olive oil. Taste and adjust to your liking.

*101cookbooks.com*