

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Eighteenth Harvest: 10/1/13 & 10/4/13

What's in the box?

Salad Mix	Sweet Peppers, <i>mix</i>
Chard, <i>Bright Lights</i>	Apples, <i>Mutsu</i>
Kale, <i>Red Russian</i>	Onions, <i>Newberg</i>
Green Beans, <i>Bronco</i>	Winter Squash, <i>Red Kabocha</i>
Tomatoes, <i>mix</i>	Celeriac

Harvest Forecast* for October 8 & 11

Apples	Butternut Squash	Salad Mix
Arugula	Cauliflower	Tomatoes
Beets	Dino Kale	

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

Notes from the Field *by Eli Brown, First Year Apprentice*

It is important for us as consumers of food to discuss the history of immigrant labor that shapes the food system in which we participate. Recently, I learned how an icon of patriotism, Victory Gardens, was created not solely out of resourcefulness and national pride as I had been taught, but out of shortage of fresh food caused by a racist and ethnically-targeted national policy: FDR's Executive Order 9066. The Order forced the relocation and imprisonment of 120,000 Japanese American farm managers and workers, following the attack on Pearl Harbor, in 1942.

This history is important for us as residents of Santa Cruz County to think about, as Salinas was the site of one of the temporary detention camps used before transferring Japanese detainees to more permanent prison-type facilities, and farmers from all over the Salinas and Central Valleys were denied due process, uprooted from their homes, and forcibly detained at gunpoint. Their land was confiscated, sold for as little as \$10, or given to non-Japanese farmers from the mid-West who were unprepared for and unable to meet the demands of California agriculture. What would the chain of farmland ownership look like, racially, if one could trace that history from 1942 to today? Who did and who still does benefit from that cheap land?

Japanese farmers had been supplying 40% of the country's fruits and vegetables, a \$40 million industry. Because the farmers were no longer able to work, severe food and labor shortages ensued. This prompted what we know as "Victory Gardens," a government-incentivized campaign urging white America to grow and preserve their own food (the roots of the modern "homesteading" movement in our country). Victory Gardens are applauded as being sustainable, family-oriented, even feminist, when their purpose was to fill the void of imprisoned Japanese farmers.

One action we can take as consumers is to create more sustainable alternatives to our capitalist food system, like CSAs, which prioritize direct relationships between grower and eater. A next act of resistance must be to cultivate a more nuanced understanding of who it is that is truly made vulnerable and sick by our food system. Economic and racial justice require that we first acknowledge the need for a shift in how access to healthy food gets granted, and then to have more honest conversations about race, gender, and class politics and their role in our food system. The way that access to healthy food breaks down in our cities and towns is one of the most intimate, racial segregating tools that exists. We need to acknowledge that the whole story of our food system is not being told, and that the decisions we make about how we grow and consume food are inextricably linked to the history of racial injustice.



On Sunday, September 29, the UCSC Farm & Garden Fall Harvest Festival was attended by about 1,400 community members and students. This is a photo of apprentice Drew Gabel making fresh apple juice using an apple press.



Spice-kissed Pumpkin Pie

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| 1 pie crust (graham cracker crust* works just as well) | 1 T arrowroot (or cornstarch) |
| 2 C hazelnuts, toasted | 1-1/2 C pumpkin puree* |
| 1/2 C brown sugar | 1 teasp. vanilla extract |
| 1 T pumpkin pie spice blend* | 3 extra large eggs plus one for glaze, lightly beaten |
| 1 teasp. salt | 1 C coconut milk |

Preheat oven to 350°, racks in the middle. Puree 1-1/2 cups of the toasted hazelnuts in a food processor until they turn into a hazelnut paste, past the 'crumble' stage. Set aside. Chop remaining 1/2 cup of hazelnuts and set aside separately (to be sprinkled on top after baking).

Make pumpkin pie filling: Whisk together the brown sugar, pumpkin pie spice blend, salt, and arrowroot. Stir in the pumpkin puree, and vanilla. Stir in the eggs and coconut milk until just combined. Set aside. ➔

Before filling the pie crust, crumble the hazelnut paste on top of the pie dough into the pie plate, quickly and gently press it into a thin layer across the bottom creating a layer of hazelnuts that will sit between the dough and the filling. Use the last egg to gently brush the decorative edges of the pie dough. Use a fork to prick the pie dough a few times to prevent air bubbles. Fill pie crust with the filling and bake for about 50 mins. – the center should just barely jiggle when you move the pie – edges should be set. Let pie cool.

Serve straight or with a dollop of bourbon-spiked, whipped cream or creme fraiche, and a sprinkling of chopped hazelnuts.

***Note:** See recipe notes on website for a simple pat-in-pan graham cracker pie crust and "Kathy's Pumpkin Pie Spice Blend," as well as instructions on roasting pumpkin:

www.101cookbooks.com/archives/spicekissed-pumpkin-pie-recipe.html

Roasted Winter Squash Salad

Serves 6

- 1 pound roasted kabocha squash, cut into 1-inch chunks, skin removed
- 4 celery stalks (with leaves if possible), diced
- 1/2 medium red onion, finely chopped
- 2 big handfuls toasted walnuts, chopped
- 1/4 C dried currants or dried figs
- 2/3 C beer (something along the lines of Anchor Steam)
- 2 teasp. Dijon-style mustard
- 2 T cider vinegar
- 3 T olive oil
- 1-1/2 teasp. honey or brown sugar
- 1/4 teasp. fine grain sea salt

Roast the squash.* Make the dressing: Whisk together beer, mustard, vinegar, olive oil, honey, and salt. Taste, adjust with more sugar or salt if needed, and set aside.

Toss the squash in a large bowl with about a third of the dressing. Let it sit for a minute or two, add more dressing, most of the celery, red onions, walnuts, and currants. Toss again. You'll likely have dressing left over, but this is a salad you should overdress in the beginning - the squash really drinks it up. Also, taste for seasoning at this point and add more salt if needed. Sprinkle with the remaining celery, red onions, walnuts, and currants, and enjoy. Let sit at least 5-10 minutes and serve.

Note: *Roast squash: Toss 1-1/2 inch thick slabs of (de-seeded) squash with a few gluts of olive oil, a sprinkling of salt, and 1 teaspoon chopped rosemary in the top third of a 425°F oven until completely tender, about 15-20 minutes. Remove and let cool. For this recipe, slice into 1-inch chunks, leaving the skin behind.

101cookbooks.com

Baked Apples with Spices & Nuts

Makes 4

- 4 T dried cranberries or golden raisins, chopped
- 4 T unsalted pistachios, chopped
- 4 T slivered almonds, chopped
- 1/2 teasp. cinnamon
- 1 C apple juice
- 1/2 teasp. vanilla extract or one vanilla bean
- zest of one lemon
- 4 apples such as pink lady, winesap, liberty
- 3 T coconut oil, melted
- 2 T turbinado sugar

Preheat oven to 350°. Combine dried fruit, pistachios and almonds in a small bowl. Stir in cinnamon and set aside.

In a saucepan, combine apple juice, vanilla extract or seeds of the vanilla bean and lemon zest. Bring to a simmer for 5 minutes for everything to infuse. Turn off the heat and let it cool.

Core the apples and cut about 1/4 of the top off, reserving the tops (use a melon baller to scoop out a pocket, opt.).

Put apples in an ovenproof dish. Divide the nut stuffing between the apples and cover them with their tops.

Pour the infused juice and oil over the apples and sprinkle with the sugar.

Bake for one hour or until the flesh is tender, regularly drizzling with the cooking juice. Remove from the oven and serve warm with the juices and plain yogurt, whipping cream or ice cream on the side.

www.sproutedkitchen.com

Adapted from *La Tartine Gourmande* by Beatrice Peltre

