

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Twenty-first Harvest: 10/22/13 & 10/25/13

What's in the box?

Romaine Lettuce, *Plato II*
Spinach, *Tyee*
Kale, *Dino*
Turnips, *Hakurei*
Carrots, *Nelson*
Beets, *Cylindra*
Cilantro, *Santo*
Cabbage, *Farao*
Potatoes, *Yellow Finn*
Onions, *Candy*
Winter Squash, *Delicata*

Harvest Forecast* for Oct. 29 & Nov. 1

Beets	Lettuce	Persimmons
Butternut	Onions	Spinach
Chard	Pac Choi	Turnips
Kale		

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

Upcoming Events

Food Week at UC Santa Cruz

FoCAN Seminar: Cultivating a Daily Revolution – Food Sovereignty, Interculturality and Social Justice

Tuesday, Oct. 22, 6–8pm @ A3 in the Village (PICA)

SEC Blueprint Breakout on Food Systems

Wednesday, Oct. 23, 5:30–7:30pm @ Oakes Learning Ctr.

PICA Workshop: Cooking for a Crowd with Seasonal and Local Foods*

Sunday, Oct. 27, 11am–2pm @ PICA Garden

*Must RSVP at srcardon@ucsc.edu

Behind the Kitchen Door in Santa Cruz & Across America: Book talk by Saru Jayaraman

Monday, Oct. 28, 6:30–8:30pm @ Oakes Learning Ctr.

See full list and details online at:
<http://casfs.ucsc.edu>



Food Systems

Notes from the Field by Liz Milazzo, Field Production Manager

We celebrated the close of the 6 month apprentice program Friday night, and our gratitude goes out to the 39 apprentices that poured themselves into taking care of the fields and gardens: Ana, Anthony, Becca, Becky, Ben, Chris, Clara, Colin, Cris, Dan, Drew, Eli, Farrin, Gia, Heide, Ileana, James N., James Diego, Janaki, Joey, Johan, Jon, Jonathan, Katherine, Lan, Laura, Lindsay, Lindsay Thomaso, Linnea, Lorrie, Luke, Manny, Maya, Olivia, Pritha, Rachel, Robert, Roman, Steve. We wish them much joy in the coming year, and continued opportunity to work with the earth. The last 2 weeks of boxes are being harvested by the 2nd-year apprentices with help from undergraduate interns.

Out in the packing shed we're enjoying the long afternoon shadows, the intricate blanket of the ground spiders' strands backlit by a warm golden light. Yesterday we gleaned the last pepper fruits and this afternoon we'll mow the tomatoes. Cover crop seed is on order, and we're hoping for rain.

The low rainfall of the last two years is worrisome, but the dry year made for success with a lot of crops. The onion yield was more than double that of usual. With a dry year, the bulbs escaped downy mildew—which usually comes on in August and restricts size/yield. The tomatoes peaked at 1400# a week! We were grateful for an early crop of cucumbers this year!

The dry warm weather did exacerbate powdery mildew on zucchini and winter squash, and surprisingly, on field bindweed! When the weeds get affected, you know something's really a problem. The bindweed this year was brilliant white with mildew spores—really got me curious about conditions.

We're very happy to have grown seed crops this year of lettuce, zucchini, tomatoes, and dry beans, and excited to continue next year. Maybe some of you saw the signs in the apple strips marking the rows planted for seed on May 14th. The lettuce seed we tapped off of the plants into paper bags over a 3-week interval. Bean pods were field-threshed by pulling whole plants and beating them against a tarp, then mechanically threshed, with a final cleaning through the recently renovated M2B mechanical seed cleaner. Buckets of fermenting tomato pulp lined the counters in the agroecology lab before fall classes began, growing an inch of frothy mold in a couple of days. The fermentation process breaks down the gelatinous sac on the tomato seed, allowing for separation of dry seeds and easier handling at seeding time. Cole Thomas of the Demeter Seed Exchange hand-pollinated the zucchini.

One more week left in the season! Thanks for being part of the CSA!



Roasted Cabbage with Mustard Serves 3-4

- 2 small savoy cabbages (or Farao cabbage)
- 1 tablespoon olive oil
- Sea salt

Preheat oven to 450°F. Using a large, sharp knife, quarter the cabbage (cut eighths if the cabbage is large). Leave the core intact to hold the wedges together while they roast. Arrange wedges on baking sheets and drizzle with olive oil. Rub oil into the wedges, coating all sides, and then sprinkle all sides with kosher salt. Roast for 30 minutes, turning the wedges halfway through so that they get browned and crisped on all sides.

Plate the cabbage while it is warm. Drizzle with thinned-out mustard or vinaigrette (see recipes below).

Mustard Vinaigrette

- 5 tablespoons olive oil
- 3 tablespoons sherry vinegar
- 1 teaspoon dijon mustard
- Kosher salt
- Fresh ground black pepper

Whisk together olive oil, sherry vinegar, and dijon. Taste and season with salt and pepper, as desired.

Kyle's Hot-Sweet Mustard

- 3/4 cup (packed) light brown sugar
- 3 to 4 ounces of Colman's mustard powder
- 1 cup good-quality apple cider vinegar
- 1/4 cup honey (preferably a nice grade B)
- 3 large eggs, beaten well to blend

Whisk the brown sugar and the mustard powder. Add the vinegar and the honey and mix well until very smooth. Strain through a fine-mesh sieve into a large metal bowl (I use the one from our stand mixer, which makes a nice pseudo double-boiler). Add the eggs and whisk until everything is smooth and well-blended.

Set the bowl over a large saucepan of barely simmering water. The bottom of the bowl should not touch the water, as that will scramble the eggs! Cook, whisking well the entire time, until the mustard is thickening and reaches 160°F (takes about five minutes). Mustard will continue to thicken and mellow as it ages. I, and it tastes best if you let it sit for a few days before eating it. It will keep, refrigerated, for up to 2 months.

www.inheritthespoon.com

*Inspired by Sarah at The Yellow House <http://casayellow.com>
Full excerpt: <http://inheritthespoon.com/2013/01/16/excerpts/>*

Submitted by CSA member Judith Scott

2013 CSA End-of-Season Survey

Help us improve your CSA experience at the CASFS Farm! Please take a few minutes and go to the online Survey Monkey link below to answer 10 questions regarding your experience as a CSA shareholder. We hope to compile your feedback by Friday, November 22.

<http://www.surveymonkey.com/s/2QLSYCX>

Curry Spiced Pommies Frites and Cucumber Dip

Serves 2

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| 1 large potato (about 10 oz.) | Dip: 1/3 cup seeded and finely diced cucumber |
| 1 tablespoon melted coconut oil or ghee | 1 tablespoon chopped mint |
| heaping 1/2 tsp. curry powder | 1 tablespoon chopped parsley |
| generous pinches of salt | 1/2 cup whole or lowfat Greek yogurt |
| | salt and pepper to taste |

Preheat the oven to 415°F. Using a mandoline or sharp knife, cut the potato into 1/8" slices, lengthwise. Pat them dry with a dishtowel or paper towel. Layer up like-size pieces, and cut them into small matchsticks, more narrow than a ballpoint pen.

Toss the matchsticks gently with the curry mix. Matchsticks should be coated, but not soggy. Line a rimmed baking sheet with parchment and lay as many as you can in a single layer, this will be done in shifts. Sprinkle with a few pinches of salt. Bake on the middle rack for 10-14 minutes, rotating the pan halfway through. Watch them closely – you want them to have some brown spots, but not turn to charcoal (especially if sliced very thin).

While the potatoes bake, mix the diced cucumber, both herbs, yogurt and a pinch of salt and pepper together and set aside.

Eat them hot from the oven with the yogurt dip. You can use the same parchment for the second round, or prepare a second baking tray and put it in as soon as the first batch is done. Repeat process of spreading them out in a single layer with a few pinches of salt on top.

www.sproutedkitchen.com

Inspired by Veggie Belly via Pinterest

Submitted by CSA Member Judith Scott