



What's in the box?

Lettuce, *mix*

Baby Beet

[[OR Greens

Spinach

Beets, *Red Ace*

Cilantro, *Santo*

Zucchini, *Raven*

Tomatoes, *mix*

Broccoli, *Gypsy*

Sweet Peppers, *mix*

Apples, *Jonagold*

Decoster

Fennel, *Zefa Fino*

Harvest Forecast* for September 17 & 20

Apples

Carrots

Celeriac

Chard

Lettuce

Potatoes

Tomatoes

Yellow Onions

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

Newsletter Archives

Newsletters from this season are accessible online as PDF files. Go to:

<http://casfs.ucsc.edu/community-outreach/produce-sales/csa-newsletters-2013>

Upcoming Event

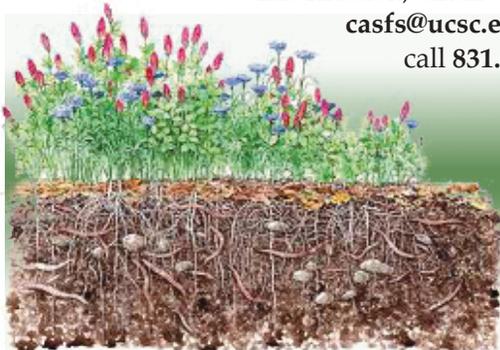
Choosing & Using Cover Crops in the Home Garden & Orchard

Saturday, October 12 from 10am – 1pm

Planting cover crops is an effective way to improve and protect your garden and orchard's soil. Learn how to select, plant, and harvest/incorporate cover crops in the home garden and orchard at this lecture/demonstration workshop led by Chadwick Garden manager Orin Martin. For more information, email

casfs@ucsc.edu or

call 831.459-3240.



Notes from the Field by Katherine Collins, First Year Apprentice

If you take walk through the field's northern block, you might be surprised by what you find. Sandwiched between the apple trees and the tomatoes, you will see giant, baseball bat-sized squash and spindled towers of lettuce. "What caused these crop deformities?" you might ask. This year, we are saving seed from Odessa summer squash and Black Turtle Beans in collaboration with the Demeter Seed Exchange. Because we are hoping to harvest the seed of these crops, we allow them to grow far past the point of edible produce to complete the full life cycle of the plant. Other seed saving projects this year include two varieties of lettuce, Red Salad Bowl and Vulcan; a Hopi purple dry bean, the Gold Rush yellow wax beans, and a number of tomato varieties.

I have particularly enjoyed observing the lettuce plants develop over the past few months. These lettuce plants have bolted up to nearly 4-foot plant resembling a bizarre mini-tree!

Lettuce is a member of the *Asteraceae* family and was first cultivated by the ancient Egyptians. This is the same grouping to which sunflowers, milk thistle and daisies belong. Seeing the flowering lettuce highlights its similarities with others in its family. Their bright yellow flowers and milky sap remind me most of the dandelion, another (somewhat infamous but no less nutritional!) asteraceae member.

Throughout the past few weeks we have been observing the development of the plants' seed. Lettuce is primarily self-pollinated and doesn't cross readily with other varieties. To ensure varietal integrity, we only needed to allow 50' between the 2 varieties going to seed. Now, the fully-ripened seeds are ready to be harvested. We gather them by shaking their puff-ball heads into paper bags. Later this week, we will pull the whole plants out of the ground, dry them on a tarp and store the last bit of seed.

The process of seed saving makes me appreciate the seeds we sow in the greenhouse or in our fields every week. As we pack these precious seeds away for the winter, I feel like I've contributed in some way to next year's lettuce yields. However, I think that seed saving is most exciting because it allows for an even greater level of self-sufficiency and sustainability at the CASFS farm. It has been wonderful to learn these skills through this process of producing our own seed and I hope to explore this more wherever I find myself growing in the future.





The different stages of growth and decay of the lettuce plants during the seed saving process.



Easy Tomato Sauce with chunks & skins

- 2-3 lbs. fresh flavorful tomatoes, quartered
- 1/2 to 1 fresh onion, diced
- 2 T butter or olive oil
- 6 Italian basil leaves, cut in ribbons
- red wine (optional)

In a heavy bottomed sauce pan, saute onion in butter or olive oil. After the onions are translucent, salt to taste. Add tomatoes and basil, 1/3 cup red wine (optional), and simmer without a lid for 20 to 25 minutes, stirring regularly.

For a more refined sauce, skip the onions, and pass through a food mill to remove skins and seeds.

Deborah Madison's Vegetarian Cooking for Everyone

Fresh Tomato Sauce

- 3 lbs. ripe tomatoes, quartered
- 3 T chopped basil
- salt and freshly milled pepper
- 2 T extra virgin olive oil or butter

Put the tomatoes in a heavy pan with the basil. Cover and cook over medium-high heat. The tomatoes should yield their juices right away, but keep an eye on the pot to prevent scorching. When the tomatoes have broken down after about 10 minutes, pass through a food mill. Return the sauce to the pot and cook over low heat, stirring frequently to thicken. Season with salt and pepper, and stir in the oil.

Sauteed Garlic & Tomato Lentil Salad

- 1 cup dry green (brown) lentils
- 1/2 cup dry light bulgur (light refers to the coarseness of the grain)
- 3-4 cups fresh tomatoes, chopped
- 6-8 cloves garlic, minced
- 2 tablespoons olive oil
- 1/2 cup parsley, very finely chopped
- 1/4 cup citrus/vinaigrette dressing (ex. lemon tarragon dressing)
- salt and pepper to taste
- fresh lemon juice to taste

Cook the lentils and the bulgur according to directions, using vegetable broth instead of water. When cooked, combine and set aside.

Saute the tomatoes, garlic, and olive oil over low heat for 15 minutes or until the tomatoes and garlic are soft and fragrant. Remove from heat. Add the lentils, bulgur, and parsley to the pan and stir to combine.

Season with dressing, salt and pepper, and lemon juice. Serve hot or cold.

Note: Oil or vinegar-based sauce also works as a dressing.

Source: pinchofyum.com

Submitted by CSA Member Judith Scott