

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Tenth Harvest: 8/6/13 & 8/9/13



## What's in the box?

Lettuce, <i>Anuenue</i> *	Cucumbers,
Chives	<i>Marketmore</i>
Corn, <i>Xtender 270A</i>	Strawberries,
Carrots, <i>Nelson</i>	<i>Albion</i>
Cabbage, <i>Farao</i>	Potatoes,
Broccoli, <i>Gypsy</i>	<i>Yellow Finn</i>
Cippolini Onions	Poblano Peppers,
Zucchini, <i>mix</i>	<i>Tiburon</i>

*\*Anuenue lettuce is delicious, but the stem is bitter*

### Harvest Forecast\* for August 13 and 16

Arugula	Corn	Onions
Beets	Head Lettuce	Spinach
Broccoli	Leeks	Strawberries
Carrots		

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

## 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](mailto:casfs@ucsc.edu) or call 831.459-3240.



## Notes from the Field *by Heide Bruckner, First Year Apprentice*

This week brings a breath of fresh air, rejuvenation, and rest. While the harvest abounds, about two-thirds of the apprentice class is away from the farm to enjoy their annual break week of our summer program. For the rest of us on-site, the farm work continues as usual, steady and fulfilling. Yet the normal hustle and bustle of daily communal life has been put on hold-- and the quieter, intentional moments of conversation with the remaining crew seem all the more meaningful.

The change in atmosphere is palpable, and nowhere more so than in the kitchen. Leisurely meal preparation is the modus operandi, with deliberate attention to selecting, slicing, roasting, broiling, or searing the widest variety of our hand-picked ingredients. The result: scrumptious dishes, shared joyfully around the large wooden table. The meal becomes the center, an opportunity for conversation and togetherness. It feels like a gathering, a dinner hosted and generously shared in a dear friend's living room.

It actually reminds me of a potluck series I was involved with last summer in my previous residence of Tucson, Arizona. The "summer soup series" we called it, a string of weekly chilled-soup-themed potlucks at rotating abodes. Escaping the desert heat, friends new and old would emerge to partake in local prickly pear lemonade and cucumber gazpacho, mesquite biscuits and creme caramel. Those nights I learned to love the desert, to feel grounded by its bright skies and the surprising bounty of its edible plants. It's where the magical simplicity of just being and eating was at the forefront.

Today I made my first summer soup in Santa Cruz. This time, the soup series began with a warm soup more appropriate for the cold foggy "summer" days of recent (no one told me that summers in Santa Cruz require beanie caps and scarves!). The soup was a Tiburon poblano-potato-corn chowder, a creamy dish normally reserved for winter nights. Preparing the dish now, with the ingredients at their peak flavor, far surpasses any iteration I have previously experimented with (why I thought corn and potatoes were a "winter soup" befuddles me ... they are harvested and especially delicious now!).

With the chowder ladled into friends' bowls, chatter and laughter quickly filled our farm center. The summer soup series has re-emerged, and I eagerly await more episodes. For some favorite soup recipes, check out this week's recipes.



## Barley, Broccoli, and Cannellini Bean Soup

- 1/3 cup pearl barley
- salt
- 1 pound broccoli
- 1/3 cup extra virgin oil, plus some for finish
- 1-1/2 tablespoons chopped garlic
- 1 cup canned cannellini white beans, drained
- 1 beef bouillon cube
- black pepper ground fresh

Put the barley in a soup pot; add enough water to cover by 3 inches and a large pinch of salt. Cover the pot, bring water to a slow but steady simmer, and cook for about 45 minutes until the barley is fully tender. Drain, collecting the water in a bowl for possible use later.

While barley is cooking, detach the florets and any small leaves from the broccoli and put them in a bowl of cold water.

Pare away the hard, green rind of the broccoli stem (and any other tough, stringy part). Wash the stems and florets under cold running water in several changes of cold water.

Bring a pot of water to a boil, add 2 tablespoons salt and the thick, main broccoli stems. The salt is to keep the stems green. Cook for 7 or 8 minutes, then add the florets. When the water returns to a boil, cook for another 10 minutes or so, then drain. Chop the broccoli rather fine and set aside.

Put olive oil and garlic in a soup pot, turn to medium heat, and cook the garlic, stirring frequently, just until the color is a deep ivory.

Add broccoli and cook for 2 or 3 minutes, turning to coat well.

Drain the cannellini and add beans and barley to soup pot, stirring once or twice.

Add enough of the barley's water (add more water if insufficient), to cover by at least 2 inches. Add bouillon cube and several grinds of fresh pepper, and stir for 15 or 20 seconds. Cook at a steady but gentle simmer for about 5 minutes. Serve with a trickle of olive oil in each bowl.

Marcella Hazan's  
"Cucina"



## Roasted Poblano, Potato and Corn Soup

- 2 T oil of your choice
- 1 large onion, diced
- 1-1/2 teaspoon chili powder
- 1 teaspoon ground cumin
- 1-1/2 teaspoon dried oregano
- 3/4 teaspoon salt
- 1/2 teaspoon red pepper flakes
- 1 pound potatoes, peeled and sliced
- 4 to 5 cups vegetable stock
- 1-1/2 cups corn kernels (approximately 2 ears fresh corn)
- 2 poblano chiles, roasted, peeled seeded and diced
- 1/2 cup chopped fresh cilantro leaves
- 1/2 cup sour cream for garnish (optional)
- fresh ground pepper to taste

Heat 1 tablespoon of oil over medium heat. Add onion and cook until translucent but not brown, approx. 4 mins.

Stir in the chili powder, cumin, red pepper flakes, oregano, salt and pepper. Add the potatoes and stock and bring to a boil. Reduce the heat to low and simmer until the potatoes are tender, approx. 15-20 mins.

Heat 1 tablespoon of oil over medium-high heat until hot. Add the corn and cook, stirring occasionally, until lightly browned, approx. 3 mins. Transfer potato mixture to a blender and process until smooth, working in batches.

Return soup to the saucepan. Stir in the chiles and corn. Bring back to simmer and remove from heat.

Whisk in chopped cilantro. Put a dollop of sour cream on top for garnish.

[www.ordinaryvegan.net](http://www.ordinaryvegan.net)

## Chilled Cucumber Soup

- 2 cups yogurt
- 1 cup vegetable broth
- 2 cucumbers, peeled, diced, and divided
- 4 green onions, sliced, divided
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh parsley, chopped
- 4 teaspoons fresh lemon juice (a little over 1/3 lemon)
- 2 teaspoons salt

In a large bowl, combine yogurt and vegetable broth; set aside. In a food processor, purée 1 peeled, diced cucumber, 2 sliced green onions, chopped fresh dill, and chopped fresh parsley. Add the cucumber mixture, fresh lemon juice, and salt to the yogurt mixture; whisk to combine. Stir in 1 more peeled, diced cucumber and 2 more sliced green onions; refrigerate for one hour.

Garnish each serving with chopped dill and croutons.

Source: Country Living