

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Nineteenth Harvest: 10/8/13 & 10/11/13

What's in the box?

Spinach, *Tyee*

Kale, *Lacinatos*

Beets, *Cylindra*
or *Golden*

Green Beans,
Bronco

Tomatoes, *mix*

Sweet Peppers, *mix*

Broccoli, *Imperial*

Apples, *mix*

Potatoes, *Yellow Finn*

Onions, *Newberg*

Cauliflower, *Apex*

Upcoming Events

Food Systems Learning Journeys

Free Seed Saving Workshop

Saturday, October 12, 10am – 1pm

Seeds are the foundational elements that make up a diverse array of food that we are blessed to have access to. Come learn the importance of seed saving and how to harvest them. You leave with a handful of gorgeous seeds and will know what to do with them!

From Farmers Market to Farm Fresh Cooking – India Joze Style!

Wednesday, October 16, 4:30 – 8:30pm

Begin with a visit to downtown Santa Cruz Farmers Market to gather ingredients in teams to bring to India Joze. Learn how Joe's inspiration, history, and the magic of the wok come together with flavorful fusions while exploring the role of sustainability and food choices in a farmer's market meal! Cost: \$10.

Register for these classes online at:

<http://www.ucsc recreation.com/foodSystems-LearningJourneys.html>

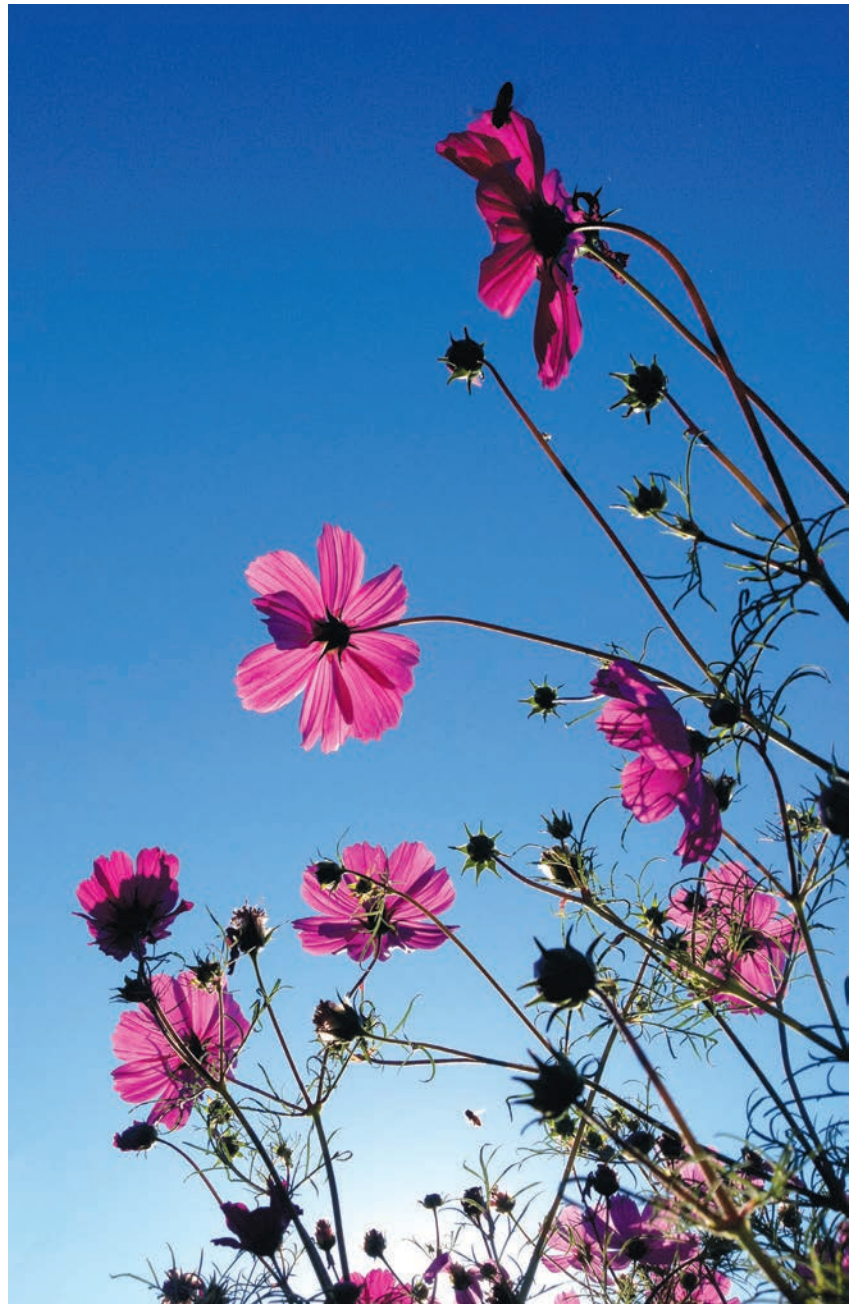
For *Seed Saving Workshop*, depart from East Field House Recreation Office Porch on the UCSC campus. Directions:

http://maps.ucsc.edu/content/7297/map_detail

For *Farmers Market workshop*, optional to meet group at downtown SC Farmers Market

Notes from the Field by *Lorrie Clevenger, First Year Apprentice*

Cosmos planted in the field as a barrier crop and to attract beneficial insects. Beautiful and practical. What I've enjoyed most about these six months of learning organic farm and garden practices is deepening my understanding and appreciation for the unseen, often uncredited communities of plants, insects and the living soil. It grounds me in the knowledge of just how connected we all are.





Simple Cauliflower Roast

2-3 heads of small cauliflower (or 1/2 head large)
2 tablespoons of olive oil
a couple pinches of sea salt
1 clove garlic, minced
1 small bunch of chives, chopped
zest of one lemon
freshly grated Parmesan
a bit of flaky sea salt

To prep the cauliflower, remove any leaves at the base and trim the stem. Now cut it into tiny trees – and by tiny, I mean most florets aren't much larger than a table grape. Make sure the pieces are relatively equal in size, so they cook in the same amount of time. Rinse under running water, and set aside. →

Heat the olive oil and fine grain salt in a large skillet over medium-high heat. When hot, add cauliflower and stir until the florets are coated. When it gets a bit brown on the bottom, toss the cauliflower with a spatula. Brown a bit more and continue to saute until the pieces are deeply golden – about six minutes. In the last 30 seconds stir in the garlic.

Remove from heat and stir in the chives, lemon zest, and dust with a bit of freshly grated Parmesan cheese and a pinch of flaky sea salt. Serve immediately.

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Apple Pie Bake-off 2013 Winner

Rebecca Bogdan won the apple pie contest over 17 other entries. Rebecca is also a docent for the UCSC Farm & Garden. Thank you for sharing!

Filling:

7-8 baking apples (try JonaGold and Honey Crisp) cored, peeled and sliced
3/4 to 1 cup sugar
1-2 teaspoons cinnamon
1-1/2 tablespoons flour
1/2 teaspoon salt
Juice of one lemon

Crust:

2-1/2 cups pastry flour
1 tablespoon sugar
1 teaspoon salt
1 stick butter (frozen)
Approx. 1/2 cup ice water

Crust: Preheat oven to 425°F. Grate the frozen butter into the mixed dry ingredients with a regular sized grater and mix together. Add the ice water a tablespoon at a time until the dough holds together without being too moist. Without handling it too much, form into two balls and refrigerate while preparing the apples.

Filling: Coat the apples well with the rest of the ingredients and let rest while rolling out pie crust and place into 9 inch pie pan

Fill with apples and put on top crust that has been vented to let steam escape. Crimp the edge to make a seal. Brush the top of the crust with a little milk and sprinkle with sugar.

Bake at 425° for 10-15 minutes and reduce heat to 350° and bake approximately 40-50 minutes until crust is browned and pie is bubbling. Cool and enjoy!

Raw Tuscan Kale Salad

1 bunch Tuscan kale (black or lacinato)
2 thin slices country bread, or two handfuls good, homemade coarse breadcrumbs
1/2 garlic clove
1/4 teaspoon kosher salt, plus a pinch
1/4 cup (or small handful) grated pecorino cheese, plus additional for garnish
3 tablespoons extra-virgin olive oil, plus additional for garnish
Freshly squeezed juice of one lemon (scant 1/4 cup)
1/8 teaspoon red pepper flakes
Freshly ground black pepper to taste

Trim the bottom few inches off the kale stems and discard. Slice the kale into 3/4-inch ribbons. You should have 4 to 5 cups. Place kale in a large bowl.

If using the bread, toast it until golden brown on both sides and dry throughout. Tear into small pieces and pulse in a food processor until the mixture forms coarse crumbs.

With a mortar and pestle or a knife, pound or mince the garlic and 1/4 teaspoon of salt into a paste. Transfer garlic to a small bowl. Add 1/4 cup cheese, 3 tablespoons oil, lemon juice, pinch of salt, pepper flakes, and black pepper and whisk to combine. Pour dressing over the kale and toss very well (dressing will be thick, needs lots of tossing to coat the leaves). Let salad sit for 5 minutes, then serve topped with the bread crumbs, additional cheese, and a drizzle of oil.

Adapted from the *Raw Tuscan Kale Salad with Chiles and Pecorino* recipe in Melissa Clark's "In the Kitchen with A Good Appetite."

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