

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Ninth Harvest: 7/29/14 & 8/1/14

What's in the box?

Spinach, <i>Tyee</i>	Baby Leeks, <i>King Richard</i>
Holy Basil, <i>Tulsi</i>	Corn, <i>XTender 278</i>
Broccoli, <i>Gypsy</i>	Summer Squash, <i>mix</i>
Onions, <i>Purplette</i>	Cucumber, <i>Suyo Long</i>
Beans, <i>Bronco (green) & Gold Rush (yellow wax)</i>	Potatoes, <i>Red Gold</i>
	Strawberries, <i>Albion</i>

Harvest Forecast* for August 5 and 8

Carrots	Potatoes	Sweet Corn
Cucumbers	Spinach	Thai Basil
Fresh Onions	Strawberries	Zucchini

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

Recipes by Crop

Recipe PDFs are online, indexed by crop, at:

<http://casfs.ucsc.edu/community/produce-sales/recipes.html>

Newsletter archives are also available online at:

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

Upcoming Event

Free Docent-Led Tour

Sunday, August 3 – 2 to 3:30 pm

UCSC Farm & Garden

Take a free, guided tour of one of Santa Cruz's most beautiful locations – the 30-acre organic farm at UCSC. Guided tours are offered the first Sunday of the month from 2 - 3:30 pm. Free public parking available. For more information or to schedule a guided group tour, email casfs@ucsc.edu or call 831.459-3240.

Directions: <http://casfs.ucsc.edu/about/directions.html>



Notes from the Field by Steven Eisenhut, First Year Apprentice

The hawk wheels above us as we work in the afternoon sun. Her piercing cry beckons us to turn our sweating faces to the sky and pay homage to our beloved aviatrix. The balletic circling as she weaves her huntress dance evokes for me the circle of connectivity here at CASFS. We apprentices work together to coax life in the form of these beautiful, nutritious and soulful fruits, vegetables and flowers. Not only do we work these gardens and fields – this place is also our home. Our unique tent cabins are near to the rows of strawberries so many of you enjoy each week. Some of us live close enough to the plum trees to almost reach out of bed and snag a lip-smacking snack. Three times a day in the farm center we enjoy magnificent meals that we produce for each other from the very plants we tend with such care and reverence.

My experience around this beautiful phenomenon is one of barely suspended disbelief. This model contradicts the one in which I was raised. I grew up on a farm in the central valley. My father grows one crop and he does it really well. I wouldn't hesitate to call him a world expert. But a great disconnect existed between me and the food I helped him raise. We never ate our commodity crop. It was never touched by human hands. This is the norm in conventional agriculture. I believe a terrible relationship of detachment exists between the producer, the consumer and the food – both producer and consumer are disconnected from food and both are unknown to each other. At the CASFS farm everything you eat is touched by a human! A human who cared enough to invest in 6 months of living and working at this farm. A human who is directly invested in providing genuine food to engaged people. That is my experience at CASFS – I feel that this is part of a powerful movement to bring humans back to the farming experience. The almonds I grew with my father went to unknown customers in remote corners of the globe – today I snack on our zucchini before I harvest broccoli to be gratefully eaten by both customers and ourselves. CASFS is laying a solid foundation of critical scientific understanding for my future farming endeavor but, equally crucial, it is guiding me towards a dawning comprehension of the sublime beauty of the human element in farming. If there is no one in the field to witness that noble raptor dance in the sky above the farm who will share its story? That is what we do – we work, we witness, we connect, we provide and we share.



Southwestern Corn & Black Bean Salad

Serves 4-6

- 3 large ears of corn, husked
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon salt
- Freshly ground pepper, to taste
- 2 15-ounce cans black beans, rinsed
- 2 cups shredded red or green cabbage
- 1 large tomato, diced
- 1/2 cup minced red onion

Bring 1" of water to a boil in a Dutch oven. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.

Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

Note: Cover and refrigerate for up to 1 day.

www.eatingwell.com

Tulsi Basil

Ocimum tenuiflorum, also known as *Ocimum sanctum*, **Holy basil**, or *tulasi*, is an aromatic plant in the family *Lamiaceae*, native to India and widespread as a cultivated plant throughout Southeast Asia. It is an erect, much branched subshrub, 12–24" tall with hairy stems and simple opposite green or purple leaves that are strongly scented. Throughout India Tulsi is acclaimed as "The Queen of Herbs," revered as a sacred plant infused with healing powers. Traditionally grown in an earthen pot in every family home or garden, Tulsi makes a delicious and nourishing herbal 'tea' abundant in a vast array of health benefits: reduces stress; supports the immune system; rich in antioxidants; builds stamina; powerful adaptogen; aids digestion; anti aging; balances metabolism; balances energy levels; and uplifts mood.



Make tea with fresh or dried leaves. To dry leaves, hang plant upside down.

Garlicky Spinach Impossible Pie

Serves 2-3

- 2 tablespoons oil, divided
- 2 tablespoons breadcrumbs
- 1 large onion
- 3-4 garlic cloves, smashed and minced
- 1 small bunch spinach, lightly steamed and squeezed to remove all the liquid
- pinch of nutmeg
- 1/2 cup all-purpose flour or whole wheat flour
- 3/4 tsp baking powder
- 1 tablespoons butter
- 2 eggs, well beaten
- 1 cup milk
- 1/2 teaspoon salt or to taste
- Fresh ground pepper
- 1/2 cup grated Cheddar cheese
- 1/4 cup crumbled paneer

Preheat oven to 350°F. Grease bottom and sides of a 6-7" pie or baking dish with a tablespoon of the oil and sprinkle the breadcrumbs all over. Set aside. ➔

Heat the olive oil in a frying pan and add the onion. Cook on low heat until soft. Add garlic and continue to cook for 2 minutes. Stir in spinach. Use a fork to fluff the spinach and separate the strands if they are clumped together. Season with salt, pepper and freshly grated nutmeg. Set aside to cool.

In a blender or food processor place flour, baking powder and butter. Run blender for a few seconds to mix the butter in. Add eggs, milk, salt and pepper, and blend until smooth.

Transfer cooled spinach mixture to the prepared pie dish and spread it out. Sprinkle cheese and paneer evenly all over. Pour the egg mixture all over the spinach.

Bake for about 35-40 minutes or until puffy, lightly brown and set. Cool for about 10 minutes before slicing to ensure neater slices.

Note: This pie is made from a single batter that separates into a top, bottom and filling layer while baking. The overall texture is like that of a crust-less quiche. This pie tastes best when served fresh and warm.

<http://tadkapasta.wordpress.com/>