

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Sixth Harvest: 7/8/14 & 7/11/14

## What's in the box?

Lettuce, <i>Vulcan</i>	Onions, <i>Cipollini</i>
Cilantro, <i>Santo</i>	New Potatoes, <i>Red Gold &amp; Yukon Gold</i>
Carrots, <i>mixed</i>	Strawberries, <i>Albion</i>
Basil, <i>Genovese</i>	Avocado, <i>Bacon type</i>
Broccoli, <i>Gypsy</i>	Summer Squash, <i>mixed</i>

### Harvest Forecast\* for July 15 and 18

Beets	Cucumbers	Strawberries
Carrots	Dill	Summer
Chard	Onion, fresh	Squash

\*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

**Making & Using Compost in the Home Garden and Landscape**  
Saturday, July 12 – 9:30 am-12:30 pm  
Alan Chadwick Garden – UCSC

Compost can do wonders in the garden, from improving soil fertility and structure to conserving the water you apply. Join Orin Martin and Sky DeMuro of the UCSC Chadwick Garden to learn how to make and use compost to enhance the health and productivity of your garden and landscape. Get practice in building a successful compost pile.



**COST:** \$30 General admission (pre-registered)/\$40 at the door; FF&G members \$20/\$30; UCSC students and limited income \$15/\$20. Register online at <http://compostclass.bpt.me>, or send a check, payable to "UC Regents" to: CASFS, 1156 High St., Santa Cruz, CA 95064, Attn: Workshop. For information call 831.459-3240 or email [casfs@ucsc.edu](mailto:casfs@ucsc.edu).

### Notes from the Field by Devin Murphy, First Year Apprentice

Welcome to our sixth week of CSA! Inside this week's box you will find the wonderful smattering of leafy green crops I hope that you have come to relish thus far into the season. In addition to this diversity of greenery, you will find two new varieties of tuberous gold: the potato! This week's box features both the "Red Gold" and "Yukon Gold" varieties. These potatoes were planted just over 60 days ago, and are considered a "new" potato.

The potato – a starchy, tuberous crop from the perennial nightshade family – was domesticated more than 7,000 years ago in present-day southern Peru and northwestern Bolivia. However, potatoes were introduced outside the Andes only four centuries ago. The potato rapidly gained popularity and has since proven integral in much of the world's food supply. The potato is currently the world's fourth largest food crop, following wheat, corn and rice. While the average American customer is only exposed to a handful of potato varieties, it may be staggering to learn that there are over 1,000 varieties!

This week's potato crop is considered a "new" potato because the tubers are relatively young in their growth cycle, and their skin has not fully hardened around their starchy core. With all other root crops, including the more mature storage potato, we spray the crops down with direct contact from a hose. Not so with a new potato. When we harvest this crop, we pay careful attention not to disrupt and fracture the potato's skin. Once dug out of the ground, the potatoes are soaked in a tub of water for about 20 minutes, then carefully poured over a burlap sack to further the cleaning process. So we implore you, be careful with your new potato's skin if you want them to last more than a few days!

The Red Gold variety is characterized by a light red skin and a delicious yellow flesh. These potatoes are excellent for baking and boiling, and are resistant to common plant diseases that often ail potato crops, such as leaf roll and common scab. The Red Gold variety is preferred as a new potato, and is not recommended for long storage.

Yukon Gold is a larger potato variety, characterized by its thin skin, pink eye, and yellow flesh. This is a relatively new variety, introduced to the mainstream market in 1980. Initially named "Yukon" for the Yukon River and gold rush country in Northern Canada, this potato is the result of over 30 years of experimenting and crossbreeding between a yellow potato grown by early Dutch and Belgian settlers in the "Banana Belt" region of southern Ontario, and a yellow-fleshed delicacy in the hills of Lima, Peru.

We hope you enjoy this week's CSA box as much as we have enjoyed growing, nurturing, harvesting and assembling the crops that make up your weekly supply of fresh produce.



## Salt Roasted New Potatoes with Dill

1 lb. new potatoes (the smaller, the better)  
zest of 1 lemon  
2 tsp fine sea salt  
1 tbsp dill, chopped  
olive oil

Wash (don't peel) potatoes and put into a roasting pan. Toss potatoes with lemon zest, sea salt and dill as well as just enough olive oil to coat the potatoes evenly.

Roast on the middle rack for 30 minutes, or until potatoes are tender and golden brown. If the salt crust is too thick for your liking, just remove any excess salt.

**Note:** You can use regular potatoes; adjust roasting time or pre-boil potatoes before roasting.

<http://myblueandwhitekitchen.com>

## Berry Crumble Bars

Makes 12-16 bars

### **Crust:**

1/4 C butter, melted  
1/4 coconut oil, melted  
1/4 C honey (agave or maple syrup)  
1/4 C coconut sugar (opt.)  
1-1/2 C oat flour  
1/2 C rolled oats  
1/4 teasp. baking soda  
pinch salt (opt.)

### **Filling:**

3/4 C mixed berry jam  
5 large strawberries, sliced

### **Crumble:**

3 T melted butter or coconut oil  
1/2 C oat flour  
1/4 C rolled oats  
2 T coconut sugar (to taste)  
pinch salt  
1/4 teaspoon cinnamon

Preheat the oven to 350°F. Coat an 8"x8" pan with cooking spray and set aside.

Make crust by mixing all ingredients thoroughly in a large bowl. Press into even layer in the bottom of the prepared pan. Bake for 15 minutes until the edges are slightly golden.

While crust is cooking, make crumble by thoroughly combining all the ingredients in a small bowl.

When crust is done baking, allow to cool slightly (about 10 minutes). Spread jam in a single layer on top of the crust, and arrange strawberry slices evenly over the top of the jam. Use your fingers to distribute the crumble in little blobs evenly across the top.

Bake for 20 minutes, and allow to cool before cutting and serving.

Store leftovers, with wax paper between layers, in the fridge for up to a week, or freeze for up to three months.

<http://thesweet-toothlife.com>

## Cold (or hot) Carrot Quinoa Soup with Chickpea Croutons

Serves 6

### **Soup:**

4 large (or 6-8 small) carrots, peeled and roughly chopped  
1/2 large white onion, sliced  
extra virgin olive oil  
salt & pepper  
1/2 T curry powder (to taste)  
1/2 teasp. garlic powder  
1/4 teasp. ginger powder  
6-8 C chicken stock or water  
about 2 C cooked quinoa  
sliced green onions, for garnish

### **Croutons:**

15-oz can chickpeas, rinsed and drained  
2 T extra virgin olive oil  
1/2 teasp. cumin  
1/4 teasp. garlic powder  
1/4 teasp. paprika  
juice of 1/4 of large lemon  
pinch each of salt and pepper

**Make soup:** Preheat the oven to 350°F. Line a baking pan or cookie sheet with nonstick pad, parchment or generous coating of nonstick spray. In a large bowl, toss carrots and onion with a splash of olive oil (about 1-2 tablespoons) plus a pinch each of salt and pepper. Spread in single layer, keeping space around each piece. Bake for 45 minutes to an hour until vegetables are tender and slightly caramelized.

Preheat small stock pot and more oil (about 2 tablespoons) and fry curry powder, garlic powder, and ginger for about a minute, stirring constantly, until fragrant. Do not let spices burn.

Add roasted veggies to the pot plus 6 cups stock. Bring the soup to a boil, then reduce to a simmer and cook until the carrots are very soft. Turn off heat and let soup cool, then puree in a blender, adding more stock or water as necessary to ensure soup liquefies. Don't add too much; just enough to keep things moving in the blender.

**Make chickpeas croutons:** Toss all ingredients in a large bowl and spread on the prepared baking sheet with plenty of room around each. Roast at 400°F for 25-30 minutes until crispy and golden. Allow to cool on the pan before serving; they will crisp up as they cool.

**Immediately before serving, assemble the soup:** Put about a half cup of cooked quinoa (more or less) in the bottom of a bowl, and top with soup. Garnish with crispy chickpeas and a pinch of chopped green onion.

[www.acleankbake.com](http://www.acleankbake.com)

