

FIELD notes

UCSC Farm

Community Supported Agriculture

Eleventh Harvest: 8/12/14 & 8/15/14

What's in the box?

Lettuce, *Red Cross*

Arugula, *Astro*

Baby Chard

Carrots, *Rainbow or Nelson*

Beets, *Red Ace*

Cilantro, *Santo*

Corn, *XTender 270A*

Green Beans, *Bronco*

Summer Squash, *mix*

Cucumber, *Marketmore*

Broccoli, *Gypsy*

Strawberries, *Albion*

Jalapeño Peppers,

Jalafuego

Onions, *Rossa di Milano*

Harvest Forecast* for August 19 and 22

Apples	Cipollini Onions	Strawberries
Arugula	Corn	Sweet Peppers
Beets	Spinach	Turnips

*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

UCSC's Institute of the Arts & Sciences invites you to
TAKE A WALK at the UCSC FARM
with Portland-based art collective
PUBLIC DOORS & WINDOWS
Monday, August 18 – 6-8 pm

Public Doors and Windows is a collaborative art team made up of former UCSC Farm apprentices Harrell Fletcher, Molly Sherman, and Nolan Calisch. Drawing inspiration from small-scale farming and the CSA model, they create participatory and site-specific projects that engage local people and the broader public, fostering collaboration and reciprocal relationships.

On August 18 at 6 p.m., current apprentices at CASFS' UCSC Farm and Garden will join the artists for a public walk based on how the apprentices experience the Farm. The apprentices have chosen meaningful sites and situations at the Farm and created a tour plan where former apprentices and staff will speak.

Please join us for the FREE event at the gravel parking lot (near the mechanical gate) at 6 pm for a stimulating and lively stroll.

Contact ias@ucsc.edu for more information

Notes from the Field by Kana Azhari, First Year Apprentice

"Always bear in mind that the people are not fighting for ideas, for the things in anyone's head. They are fighting to win material benefits, to live better and in peace, to see their lives go forward, to guarantee the future of their children. . ."

–Amilcar Cabral

As we honor the opening and abundance of this past Sunday's Super Moon, we prepare ourselves and our crops for the approaching Corn Moon cycle. Native peoples of the Americas used this moon to mark the harvest of their corn crops. On the farm we are fortunate to share our early corn harvest. Considered a sacred crop, corn has been a staple of nutrition and culture. As a widely versatile plant, corn is also the site of much conflict, contradiction, and experimentation. May we all pray for balance and for the restoration of harmony through ecologically sound practices, ceremony and love. We are in a time of transition, transformation and gratitude. In awe of the great cycles of life and rebirth, I quietly gather bundles of greens, basil, onions... and peppers. My intentions aligned, I imagine the great healing these foods can offer the body and the spirit. Live juices, lush salads, teas, elixirs, and spicy satay – the options seem limitless. As Farmer Apprentices, we are entering into a time called the Final-10. In our last ten weeks on these lands we will be sowing the seeds of creativity, innovation, hard work and courage. Pondering on the best possible food, food system and earth, we manifest it through our hands, our deeds, our thoughts, our labor and our hearts. *Asante Sana* (Give Thanks).

"I only came to the movement because of King and he was killed. I only stayed in the movement because of Malcolm and he was killed. Then I became a leader."

– Chokwe Lumumba





Jalapeño & Cheese Cornbread

- pat of butter for greasing the pan
- 1 cup cornmeal
- 1 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup buttermilk or plain yogurt (I used buttermilk)
- 1 egg, lightly beaten
- 3 tablespoons sugar or honey
- 3 tablespoons butter, melted and cooled
- 1 cup fresh or frozen/defrosted corn kernels
- 1/2 cup packed grated pepperjack cheese (or favorite cheese)
- 1 jalapeño pepper, seeds removed and diced

Preheat oven to 350°F. Generously grease an 8-10 inch cast iron skillet* with butter, then set in the fridge for 2 minutes.

Combine cornmeal, flour, baking powder, baking soda, and salt in a medium-sized bowl. Combine buttermilk (or yogurt), the egg, sugar or honey, and melted butter in a separate bowl. Stir wet mixture into the dry. Mix lightly, add the corn kernels, cheese, and jalapeño pepper, then mix just enough to thoroughly combine. Spread into the cast iron skillet.

Bake for 20 minutes, rotating halfway through, or until the top crust is golden yellow and the edges are just starting to brown. Serve warm or at room temperature.

***Note:** A square or round baking pan, pie dish, or muffin pan can also be used. Just watch baking time, and remove when golden and edges are starting to brown.

www.supernummy.com

Adapted from Moosewood Cookbook

Roasted Jalapeño and Fresh Tomato Salsa

Makes 1 to 1-1/2 cups

- 1 lb. fresh heirloom tomatoes,* about 3 medium, cored, large chop
- 1/4 cup red onion, rough chop
- 1/4 - 1/3 cup cilantro leaves
- 1 garlic clove, peeled
- 1-1/2 teaspoons fresh jalapeño, seeds removed
- 1-1/2 teaspoons roasted jalapeño**
- 1/2 teaspoon salt
- 1 T lime juice

**Any delicious and ripe tomatoes will work*

***If you don't have roasted jalapeños, use all fresh*

Add red onion, jalapeño, garlic, cilantro, and lime juice to food processor. Pulse a few times, scraping bowl once or twice. Add tomatoes and salt and then pulse a few times.

Transfer everything to a non-reactive pot and simmer over medium-low heat, stirring frequently, until desired consistency[◇] is reached (about 20 minutes).

Cool, transfer to an airtight container, and store in the refrigerator for a day before serving.

[◇]*Drain and reduce:* For a thicker vs. watery salsa, follow the recipe through the purée step, then place a fine mesh strainer over a bowl and pour everything into it. Gently move the mixture around to remove the liquid. After draining for a few more minutes, gently move the tomatoes around one more time. (Some liquid in the salsa is OK.)

Transfer rendered liquid to a small saucepan and reduce over medium-high heat until it equals about 1-2 tablespoons. Let liquid cool and add it back into the salsa.

www.chiceats.com

Lemon-Zucchini Loaf with Lemon Glaze

- 2 cups unbleached all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 eggs
- 1/2 cup canola oil
- 2/3 cup sugar
- 1/2 cup buttermilk
- Juice of 1 lemon (or 2 tablespoons lemon juice)
- Zest of 1 lemon
- 1 cup grated zucchini (no need to peel zucchini before grating)

Preheat oven to 350°F. Grease and flour a 9×5" loaf pan; set aside.

In large bowl, blend flour, baking powder, salt; set aside. In medium bowl, beat 2 eggs well, then add

canola oil and sugar, and blend well. Add buttermilk, lemon juice, and lemon zest and blend well. Fold in zucchini and stir until evenly distributed.

Add mixture to the dry ingredients in large bowl and blend everything together, but don't overmix.

Pour batter into prepared 9×5" loaf pan and bake for 45 minutes, or until toothpick inserted in center comes out clean (do not overcook!). Cool in pan 10 minutes, then remove to a wire rack and cool completely.

Lemon Glaze

- 1 cup powdered sugar
- Juice of 1 lemon (or 2 Tablespoons lemon juice)

Mix powdered sugar and lemon juice until well blended. Spoon glaze over cooled loaf. Let glaze set, then serve.

www.nancycreative.com

