



What's in the box?

Salad Mix	Corn, XTender 2171
Spinach, Longstanding Bloomsdale	Green Beans, Bronco
Baby Carrots, Nelson	Strawberries, Albion
Beets, Red Ace	Jalapeño Peppers, Jalafuego
Onions, Cipollini	Potatoes, Yukon Gold
Basil, Genovese	Tomatoes, mixed

Harvest Forecast* for August 26 and 29

Baby Carrots	Corn	Spinach
Beets	Fingerling	Strawberries
Cipollini	Potatoes	Tomatoes
Onions	Green Beans	

*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

A Taste of the Latin American Agroecological Revolution

Tuesday, September 2 at 7 pm

Media Theater - UC Santa Cruz

The Latin American Scientific Society of Agroecology (SOCLA) in collaboration with CASFS announces a public event to interact with leading agroecologists from Brasil, Chile, Cuba, Ecuador, Mexico, Nicaragua and Peru. Our visitors will update us on the agroecological technical and policy advances in various countries and the challenges to achieve food sovereignty in the midst of a globalized economy, corporate control of the food system and climate change.

Directions: Enter campus at the West entrance off of Empire Grade Rd. and follow signs to the Media Theater. *Parking:* Visit attendant on duty to purchase a parking permit.

For information about SOCLA, contact Miguel Altieri, President at agroeco3@nature.berkeley.edu – www.agroeco.org/socla (in Spanish)

Notes from the Field by Bruno Nell, First Year Apprentice

Good day to all, I give thanks to the Pachamama and the Pachakamaq!

With our feet on the soil and our hearts on our hands, the ocean-breeze fog surrounds our spirits. The sun on the rise is eager to burn through to reach all of us; all that is sown and growing and elevating.

All the while hands are hard at work going through the various tasks required to nurture and continue the cycle of vitality caressing the soil and soul of our Pachamamita. She in turn, will provide the fruits and medicine of our community efforts. Her display of

multicultural flavors and delicacies in the community supported agricultural box, this twelfth harvest and just over a week into our final ten will include some amazing-staining beets, grilling-cippollini onions, ancient corn or Maize whose closest relative in early Mesoamerica is a tall grass named "Teosinte." In México, you can also find Itanoneí, in Mixteco it means "maize flower" and it blooms in Maize fields. Also you will find the spicy "Jalafuego" jalapeño pepper. These and many more delicious goodies coming at you straight out of our two gardens and the field in this beautiful campus.

As I let the winds carry me through these fields watching the crops, I see in the near distance the majestic redwoods towering above the rolling hills towards the ocean. I witness the Sun and the Moon converge and energize this ancestral land cultivated by earlier civilizations of magnificent people. Now is our turn seeing the change, circle of life, all organisms coming together creating balance in these times of imbalance and inequality across our world. In this present moment we are working together bringing our individuality and knowledge from our ancestors and Pachamamita and her spiritual guidance. We are learning from each other, sharing who we are, celebrating life and creating ceremony. As my good friend Magoo says, "From the soil to the bowl, let this food nourish our soul."

Let us enjoy.



Pacha mama is the goddess of earth, agriculture and nature in the Inca culture. It represents the power of nature in its entirety, is the provider of life and protector of animals.

A kind and welcoming goddess, Pacha mama embodies the archetype of the mother-land.



Linguine alla Genovese

Pesto:

1/4 cup toasted pine nuts
4 oz. fresh basil leaves,
stalks removed
4 oz. Parmesan cheese,
freshly grated
1 garlic clove, crushed with
a little sea salt
4 T water
2/3 cup extra virgin olive oil
freshly ground salt & pepper

Pasta:

4 T olive oil
1 lb. potatoes, cooked,
peeled and sliced
1 cup green beans, blanched
for 2 mins. in boiling water
1/2 cup cream
1 cup water
3/4 cup pesto (above), plus
4 T to serve
1-1/2 lbs. linguine
4 sprigs fresh basil
freshly ground salt & pepper

Pesto: Place pine nuts, basil, Parmesan, garlic and water in blender or food processor and process for 45 seconds. Pour in olive oil and pulse for 20 seconds. Scrape pesto into a bowl and season with salt and pepper to taste. Cover and store in the refrigerator until needed.

Pasta: Bring a large pan of salted water to a rolling boil for pasta. Meanwhile, heat oil in a frying pan over low heat. Add sliced potatoes and cook for 2-3 minutes until golden. Stir in green beans, cream, water and the pesto. Gently bring sauce to the boil. Season lightly with salt and pepper. Reduce heat and simmer for 2 minutes, taking care not to let the cream separate.

Cook linguine according to instructions and drain. Turn linguine into the pesto sauce and cook together gently for 1-2 minutes. Divide pasta between hot serving bowls, top each with a spoonful of pesto and sprig of basil to serve.

www.amummytoo.co.uk

Lemon Garlic Green Beans

Serves 4-6

12 oz. green beans
1-1/2 T melted ghee (or other fat of choice)
2 cloves garlic, minced
1/2 teaspoon salt
1 teaspoon fresh lemon juice
1 cup grated zucchini (no need to peel zucchini before grating)

Preheat oven to 425°F. Add green beans and minced garlic to a large bowl and toss with ghee (or butter) and salt to coat. Roast for about 20 minutes*, stirring halfway through, or until desired doneness. Toss green beans with lemon juice and add more salt to taste.

***Note:** If you prefer your beans *al dente*, check them at 10 minutes or so for desired doneness.

www.vibrantlifearmywife.com

Heirloom Tomato Tart with Basil and Gruyere Cheese

1 unbaked single pie crust
2-1/2 pounds assorted heirloom tomatoes
2 teaspoons salt
1 cup chopped sweet onion
1-3/4 cups grated Gruyere cheese
1/2 cup grated Parmesan cheese
3/4 cup mayonnaise
1/3 cup basil chopped
1 tablespoon chopped fresh thyme
1/4 teaspoon pepper
1 egg, lightly beaten

Place the crust in a 9" fluted tart pan with 2" sides and a removable bottom. Press dough into pan. Trim excess dough along edges. Refrigerate for 30 minutes while preparing the filling.

Filling: Slice tomatoes into 1/4" slices and remove seeds, if desired. Lay slices on triple thickness paper towels and sprinkle with one teaspoon of salt.* Let sit for 30 minutes. Flip and let them drain from the other side for at least 15 minutes.

In a small bowl combine the Gruyere and Parmesan cheeses, mayonnaise, basil, thyme, 1/2 teaspoon salt, freshly ground black pepper, and one lightly beaten egg.

To assemble pie:

Preheat oven to 425°F. Pat tomato slices with paper towel to remove excess moisture. Add minced onion to bottom of pie crust. Top onion with 1/3 of the cheese mixture. Layer 1/3 of the tomatoes over cheese mixture. Top tomatoes



with 1/3 of cheese mixture. Repeat with another layer of tomatoes and cheese mixture. Arrange the last tomatoes on top of pie in an overlapping pattern. Place pie on baking sheet and bake for 40-45 minutes. Cool completely before cutting. Serve at room temperature.

***Note:** If you take the time to draw the water out of the tomatoes your tart will be firm and easy to slice and the crust will stay flaky, not soggy.

www.theeggfarm.com