

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Tenth Harvest: 8/5/14 & 8/8/14

What's in the box?

Lettuce, <i>Green Butter</i>	Summer Squash, <i>mix</i>
Onions, <i>Cipollini</i>	Cucumber, <i>Marketmore</i>
Basil, <i>Sweet Thai</i>	Cabbage, <i>Farao</i>
Dill, <i>Bouquet</i>	Broccoli, <i>Gypsy</i>
Corn, <i>XTender 270A</i>	Potatoes, <i>Yukon Gold</i>
Green Beans, <i>Bronco</i>	Strawberries, <i>Albion</i>

Harvest Forecast* for August 12 and 15

Corn	Red Beets	Squash
Green Beans	Red Onions	Strawberries
Jalapeños	Salad Mix	

*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

Fall Gardening Workshop: Transplanting & Direct Seeding for Fall & Winter Crops
Saturday, August 23 – 9:30 to 12:30 pm
Alan Chadwick Garden – UCSC

Extend your gardening season! Orin Martin and Sky DeMuro of UCSC's Chadwick Garden will teach participants about crops that grow well in fall and over the winter in the Monterey Bay region. Workshop held at the Alan Chadwick Garden. Topics covered: sowing seeds and raising seedlings indoors; when to transplant; and what crops to sow directly in garden beds. Be prepared to get your hands dirty! Participants will go home with a six-pack of vegetables or flowers..

COST: \$20 for Friends of the Farm & Garden members (pre-registered)/\$30 at the door; \$30/\$40 general admission; \$15/\$25 UCSC students and limited income. Register online at <http://seedsgiving.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.

Notes from the Field by Mary Liz Watson, First Year Apprentice

It is hard to believe we are into August already! Sweet corn provided our harvest excitement this past week. We'd been watching the stalks grow taller and the ears gain size, and a peek into the cob revealed kernels plumping up. Then the pink silks started to dry up and brown, and the ears filled out all the way to the end, and they were ready!

The uses for sweet corn are endless. For southerners like myself, sweet corn marks the beginning of summertime. I have distinct memories of summer evenings, the air warm and heavy and full of fireflies, spent shucking corn on my grandmother's back porch. We'd eat our corn straight off the cob and serve it with okra and thickly sliced tomatoes or fried green tomatoes – all the bounty of Nana's garden.

New to this week's CSA box is Thai basil, which, when made into a smooth basil butter, serves as the perfect compliment to our sweet corn! Simply pulse the basil leaves and garlic in a food processor, add a bit of lemon juice, salt, and sugar to taste, place the butter into basil mixture and process until smooth.

For those of the 'Waste Not Want Not' philosophy, warming (note: not simmering) the blossoms in olive oil on the stovetop yields an aromatic dip for bread and veggies. If you are overwhelmed with basil, try infusing it into simple syrup for future use in flavoring drinks, desserts, and popsicles.

In other happenings, the summer routine is pretty serious with summer squash on its usual rampage, the tomatoes setting fruit and beginning to ripen, and our little farm community continues to eat well.





Tomato-Corn Pudding with Leeks and Peppers

- 4 ears of sweet corn, shucked and cut off cob
- 1 large leek, sliced
- 1 cubanelle* pepper, diced
- 1 tomato, diced
- 1 bunch (about 2 T) fresh thyme, chopped
- 1 T fresh parsley, chopped
- 1 T fresh chive, chopped
- 2 egg whites
- 1 cup whole milk
- Salt and pepper to taste

In a large saute pan, sweat leek, cubanelle and thyme in olive oil over medium-high heat for about 5 minutes.

After the leeks and pepper become tender, add corn kernels and saute for 2-3 minutes. Season with salt and pepper, then drain off any excess liquid using a fine mesh strainer or colander. Transfer to a large mixing bowl and stir in diced tomato.

Brush a 7"x9" casserole dish with olive oil and spread vegetables evenly inside it. In small mixing bowl, whisk together egg whites and milk and pour over the corn.

Cover and bake at 400°F for 25-30 minutes or until the eggs have set. Allow to cool, and garnish with fresh parsley and chive.

*Anaheim chiles may be used as a substitute.

www.greensgrow.org

Parmesan Roasted Potatoes

- 4 cups cubed Yukon Gold potatoes (3/4" square cubes)
- 3 tbsp olive oil
- 1/2 tsp garlic salt
- 1/2 tsp salt
- 2 tsp paprika
- 1 tsp pepper
- 4 tablespoons freshly grated Parmesan cheese

Preheat oven to 425°F. Place cubed potatoes into a baking dish. Use baking spray on dish to reduce sticking.

Pile on olive oil, garlic salt, salt, paprika, pepper and Parmesan cheese. Using your fingers, or spoon, thoroughly coat all the potatoes with the seasonings.

Bake for 15 minutes. Remove from oven and toss the potatoes with a pair of tongs. Continue baking for 10 more minutes. Remove baking dish and give potatoes another toss. Continue roasting until golden and crispy.

Season with an dusting of sea salt and extra parmesan cheese and serve.

<http://whatsgabycooking.com>

Peachy Sweet Corn Tacos with Lentils and Basil Slaw

Makes 10-12 tacos

Slaw:

- 1/4 head of green cabbage, shredded
- 1 big sprig of basil, leaves removed and sliced
- juice of 1 lime
- 2 T grapeseed oil
- salt and pepper

Succotash:

- 1/3 cup french lentils, rinsed
- 1 T grapeseed oil
- 1 shallot, small dice
- 1 small red pepper, small dice
- 1/2 tsp. chili powder (ancho or chipotle are amazing)
- 1/2 tsp. ground cumin
- 4 ears of corn, kernels removed
- 2 ripe peaches, pitted and diced
- juice of 1 lime
- salt and pepper

Tortillas and garnish:

- 10-12 corn tortillas, warmed
- 1 avocado, peeled, pitted and sliced lime wedges

Cook lentils: Place the rinsed lentils in a small saucepan with 1 cup of water. Bring to a boil and simmer for about 20 minutes, or until lentils are tender but still have some bite. Set aside.

Make slaw: Combine the shredded cabbage, basil, lime juice, oil, salt and pepper in a large bowl. Toss to combine. Taste for seasoning and cover bowl with plastic wrap. Set aside in the fridge.

Make succotash: Heat grapeseed oil in a medium-large skillet over medium heat. Add diced shallot and red pepper. Saute mixture until soft and slightly translucent. Add chili powder and cumin. Saute until fragrant, about 30 seconds. Add corn kernels and stir to combine. Season with salt and pepper at this point. Cook, stirring frequently until corn is crisp-tender and slightly more golden, about 4 minutes. Remove the pan from the heat. Add the diced peaches, cooked lentils and lime juice. Check for seasoning and keep warm.

To assemble: Place 1/4 cup or so of succotash in each tortilla, top with avocado slices and a generous helping of slaw.

www.thefirstmess.com

