

## What's in the box?

Salad Mix	Baby Leeks
Arugula, <i>Astro</i>	Green Snap Beans,
Basil, <i>Genovese</i>	<i>Bronco</i>
Beets, <i>Chioggia</i>	Summer Squash,
Carrots, <i>mixed</i>	<i>mixed</i>
Cucumber, <i>Suyo Long</i>	Onions, <i>Cipollini</i>
Dill	Strawberries, <i>Albion</i>

### Harvest Forecast\* for July 22 and 25

Arugula	Golden Beets	Lettuce
Basil	Green & Yellow	Scallions
Cucumbers	Wax Beans	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

**Creating the Home-Grown Bouquet:  
Selecting, Growing & Arranging Cut Flowers**  
Saturday, July 19 – 9:30 am-12:30 pm  
Alan Chadwick Garden – UCSC



Join flower growers Melissa Betrone, Sky DeMuro and Molly Dillingham at the UCSC Chadwick Garden to learn how to grow and arrange cut flowers. Select and harvest flowers from your garden to create beautiful bouquets using organic and drought-tolerant techniques. Workshop includes both lectures and hands-on

practice as you make a bouquet to bring home.

**COST: \$40 General admission** (pre-registered)/\$50 at the door; **FF&G members \$30/\$40**; **UCSC students and limited income \$25/\$35**. Register online at <http://flowerclass.bpt.me>, or send a check, payable to: "UC Regents" – 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 Lauren Kaplan, First Year Apprentice

Welcome to week seven of the CSA! I'd like to take this opportunity to reconsider a food item with which we are all familiar: the carrot.

With its sweetness, crunch, and festive color, *Daucus carota* (a favorite snack of otherwise vegetable-averse children) is enjoyed in a staggering number of ways – from salads, soups, breads and cakes to raw and whole – and is appropriate for any meal.

Undoubtedly, when one thinks of a carrot, it is the root of the plant that comes to mind. Perhaps also the greens, but rarely the flowers, fruits and seeds. The greens are edible when cooked – but not many of us can say we consistently use our carrot greens, or that we've used them at all.

"Nose to tail" is a hot term that refers to the practice of consuming not just the familiar, in-demand 'choice' cuts, but rather the whole animal – including, as renowned author Anthony Bourdain calls them, the "nasty bits." In his new book, *The Third Plate*, Dan Barber (head chef for Blue Hill at Stone Barns) applies the same concept to plants and cropping systems. He suggests that if a sustainable grain rotation for wheat includes cover cropping with rye, barley and buckwheat, then a seasonal food menu should also reflect the cover crops that make growing the wheat possible. In offering not only wheat (the "filet mignon" of grain crops), but also a "Rotation Risotto" of rye, barley and buckwheat, chefs and diners can support sustainable farming on a whole new level.

At its heart, this "nose to tail" terminology is a trendy way to describe something that people have been doing for centuries. Not so long ago, this was just how we ate, because we had to. If you grew up, as my grandmother did, on a small farm in Poland in the 1940s, when resources were scarce and likely to be re-appropriated by hungry troops, you didn't throw anything away. Food was precious, often scarce, and you ate everything you could; every part of the pig and the plant.

Today, in this world of abundant food options – and especially in the rich soils and temperate climes of Santa Cruz – it's easy to forget this. It's easy to buy a carrot for only the root, or broccoli for only the crown – and to throw away or compost the nutritious stems and leaves.

As a CSA member, every week you have an opportunity to make the most of your share. Carrot greens can be blanched and dressed with sesame for a seaweed salad-like side dish; cilantro and dill roots can add a subtle layer to creamed soups and curry paste; and broccoli leaves – cooked slowly with onions, garlic, ginger, cayenne, cardamom, fenugreek and nigella and finished with a splash of vinegar – become a fragrant and succulent approximation of Ye'abesha Gomen, or Ethiopian collard greens. Happy Eating!

CARROT GREENS WITH SESAME DRESSING

[www.melissaclark.net/blog/2012/10/carrot-tops.html](http://www.melissaclark.net/blog/2012/10/carrot-tops.html)

STIR-FRIED SHRIMP WITH GARLIC AND CILANTRO ROOTS

[www.blazinghotwok.com/2008/07/secret-ingredient.html](http://www.blazinghotwok.com/2008/07/secret-ingredient.html)

CARROT AND CORIANDER ROOT SOUP

[www.sippitysup.com/sweating-my-way-through-a-bowl-of-carrot-coriander-root-soup/](http://www.sippitysup.com/sweating-my-way-through-a-bowl-of-carrot-coriander-root-soup/)

YE'ABESHA GOMEN (ETHIOPIAN COLLARD GREENS)

[www.saveur.com/article/Recipes/Yeabesha-Gomen-Ethiopian-Collard-Greens](http://www.saveur.com/article/Recipes/Yeabesha-Gomen-Ethiopian-Collard-Greens)



## Strawberry Shortcake with Lavender

### Shortcake:

1-1/4 cup of butter  
4 cups flour  
1 tablespoon dried lavender flowers, chopped  
3/4 cup sugar  
3 tablespoons baking powder  
Pinch salt  
3-1/2 cups cold cream  
crystal sugar

### Berry Topping:

2 pints strawberries, stems removed and quartered  
1 tablespoon sugar  
2 cups heavy whipping cream  
3 tablespoons powdered sugar

Cut butter into small cubes pieces and place in the freezer until the other ingredients have been measured. Place dry ingredients in a mixing bowl fit with a paddle attachment. Mix on lowest speed until butter pieces are crumbly. Slowly add the cold cream in three increments; stopping the mixer frequently to stir the dry ingredients by hand from the bottom of the bowl. Stop mixing before the dough comes together. Press dough into a large mass.

Using plenty of flour, roll out dough into a large rectangle. Give dough a single turn (fold in thirds) and place on a well-floured silpat. Roll out dough to 1" thick or to the size of the silpat. Wrap and refrigerate for at least 4 hours (no longer than 24 hours).

Remove and roll out dough to an 1/2" thick. Using a well-floured cutter, cut dough into 3" circles. Place on a parchment lined sheet pan and top with crystal sugar. Place pan in 350°F oven and immediately reduce to 325°. Bake for 8-10 minutes or until golden brown.

In a small bowl, combine sugar and strawberries. Let rest for up 20 minutes. In mixer fit with a whisk attachment, combine heavy whipping cream and powdered sugar. Whip on low-medium speed until fluffy.

*July eNewsletter, Edible Monterey Bay – ediblemontereybay.com*



## Poached Eggs and Zucchini Pasta with Quick Heirloom Cherry Tomato Basil Sauce

1-1/2 pints heirloom or regular cherry tomatoes  
1/3 cup oil packed sun-dried tomatoes  
1 cup fresh basil, chopped, plus more for serving  
1 clove garlic, minced or grated (optional)  
1 lemon, juiced  
pinch of crushed red pepper flakes  
4 medium size zucchini\*  
1/4-1/2 pound spaghetti/angel hair pasta (or more zucchini)  
1/3 cup kalamata olives, minced  
4 tablespoons olive oil  
salt and pepper, to taste  
4 poached eggs  
4 ounces freshly grated parmesan cheese  
2 tablespoons toasted pine nuts



\*One can "spiralize" vegetables using a julienne peeler with "teeth." Zylliss makes one.



Bring a large pot of salted water to a boil.

Finely chop/mince one pint of cherry tomatoes and add them to a bowl. To the bowl add the sun-dried tomatoes (do not drain all the oil), basil, garlic, lemon juice and crushed red pepper flakes. Season with salt and pepper to taste. Set aside and allow to sit at least 10 minutes.

Boil pasta according to package directions. Drain.

Using a spiralizer, spiralize the zucchini and add it to large bowl (or cut into matchsticks). Toss in the hot pasta and allow it to slightly cook the zucchini "noodles" or sticks. Add kalamata olives, olive oil and a pinch of salt and pepper. Toss well.

Divide the pasta among four plates or bowls. Top each portion with tomato sauce and one poached egg. Sprinkle with parmesan and toasted pine nuts. Break the poach egg and toss the pasta allowing it to create a sauce. Add more parmesan and basil and serve.

Note: The pasta can be eaten warm or cold, but seems best if the pasta is warm as it helps egg create a sauce.

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