

What's in the box?

Lettuce, *Red or Green Butter*
Komatsuna
Basil, *Genovese*
Beets, *Chiggia*
Cucumber, *Suyo Long*
Broccoli, *Gypsy*
Summer Squash, *mixed*
Beans, *Bronco (green) & Gold Rush (yellow wax)*
Strawberries, *Albion*
Potatoes, *Yukon Gold*

Harvest Forecast* for July 29 and Aug. 1

Broccoli	Spinach	Wax Beans
Cucumber	Strawberries	Wild Arugula
Scallions	Tulsi Tea (Holy Basil)	

*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

Summer Fruit Tree Pruning
Saturday, July 26 – 9:30 to 12:30 pm
UCSC Farm & Garden - Gatehouse

Summer pruning is one of the best ways to ensure the health and productivity of your fruit trees, and to maintain their ideal size and shape. Learn summer pruning techniques from Matthew Sutton, founder and owner of Orchard Keepers, and Chadwick Garden manager Orin Martin at this lecture/demo workshop.

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

Hi folks! The season is going well despite the adaptations to drought conditions. We're learning a lot, and a lot of new questions are opening up. What happens when the soil water reserve goes low? Can we catch it back up with irrigation if irrigation is available? What makes a variety drought tolerant? How do the Hopi beans produce a crop with no irrigation?

We have two rows of Hopi dry beans planted to moisture in the Ocean View field – take a look, next to the potatoes. The seed comes to us gifted from 2009 apprentice David Pecusa, who brought seed from his native Hopi lands. There, all of the crops are grown "dry farmed," that is, with the season's rain held in the earth and seed planted deep. Retired farm manager Jim Leap is dry farming white corn this year, also gifted to us by David. Powerful seed, the gift of thousands of years of intimate relationship of giving and receiving. We hope to share with you some of the dry beans in the last CSA box.

We picked a ripe tomato on Friday last, which bodes well for the season's crop. It's touch and go with the tomatoes each year until we see what happens with late blight. Given we're in a drought, all should be good. Last week's drizzle put some worry into us, and it seemed like a good time to stop irrigation and dry down for flavor. Pray for rain only on ornamental plants, and we should be picking a good crop soon – realistically the end of August. In the meantime, the gardeners picked the first Sungold cherry tomatoes that will be sold at the Market Cart. All of our tomatoes are grown this year from seed saved last year on the farm, with the addition of a few purchased trial varieties. The green beans and yellow wax beans in the box are also farm-saved seed!

One of the distinct surprises of the drought winter was to see how much biomass the legume cover crop could put on in late spring, leaving it to grow all the way into late March and April. Just a very small amount of rain in March (3") followed by longer, warmer days fueled tremendous, rapid growth that we're seeing now as the fertility bank. We were gifted with a green spring.

We're now seeing great fertility in the crops with deep green in the corn plants and the leafy vegetables, and a deep silky blue on the broccoli. What this says to me is that the nitrogen in the cover crop residue is being fully mineralized this time of year by the soil microbes – healthy soil. Seeing this beautiful July green (it really is most vibrant the first week in July), I'm grateful we had access to irrigation water in December and January to set out the sprinklers and keep the cover crop going. We were moving pipe daily for a while there, all the while really not sure if it was a responsible use of water in the drought. It's clear now that at least we owe our farm season to that availability of irrigation water. How fortunate we are, and how grateful for the bounty we can provide our CSA members!



Green or Yellow Bean Salad

Serves 4-6

- 1 pound / 16 oz yellow runner beans
- 1 serrano chile, stemmed and seeded
- 5 green onions, green parts trimmed & reserved
- 1 big handful of cilantro
- 1 clove garlic, peeled and smashed
- 3/4 teaspoon fine grain sea salt
- 1 tablespoon sunflower oil
- 1 cup coconut milk, well mixed
- 1- 2 tablespoons freshly squeezed lemon juice, or to taste
- 2 big handfuls (1/2 cup) toasted pepitas
- 1-1/2 cups tiny pan-fried tofu cubes, optional
- basil flower garnish, optional

Cut the beans into 1-inch segments on a deep bias. Cook in a pot of well-salted water for 30 seconds, drain, and run under cold water. Drain, and aggressively shake off as much water as possible. Set aside.

Dressing: pulse chile, onions, cilantro, garlic, salt, and sunflower oil into a paste with a food processor. Pulse in the coconut milk in two additions, before adding the lemon juice to taste, a half tablespoon at a time.

Toss in a large bowl with most of the pepitas and tofu cubes with a generous amount of the dressing. Top with remaining pepitas and tofu, and basil flowers. Enjoy.

www.101cookbooks.com



Cucumber Lime Mint Agua Fresca

- 1 lb of cucumbers (2 good sized cucumbers), ends trimmed, peel still on, coarsely chopped
- 1/2 cup lime juice from fresh limes (about 1 pound of limes, or 5-10 limes, depending on how juicy they are)
- 1-1/4 cup packed mint leaves (about a large handful), woody stems removed
- 1/2 cup sugar
- Approximately 1-1/4 cup of water

Put ingredients in blender, add enough water to fill 3/4 of blender. Hold the lid on the blender and purée until smooth. Place a fine mesh sieve over a bowl and pour the purée through it, pressing against the sieve with a rubber spatula or the back of a spoon to extract as much liquid out as possible.

Fill a large pitcher halfway with ice cubes. Add the juice. Serve with sprigs of mint and slices of lime.

www.simplyrecipes.com

French "Peasant" Beets

Serves 2-4

- 4-6 beets with greens
- 1 bunch Swiss chard
- 3 tablespoons butter
- 1 shallot
- salt
- freshly ground pepper
- 2 tablespoons white wine (Muscadet is preferred)
- 2 tablespoons water
- 1/2 pound bucheron cheese (room temperature)
- crusty peasant style bread (warmed in oven)

Scrub and peel the beets. Remove greens and chop coarsely. Set greens aside in a large prep bowl. Slice beets into 1/4 inch rounds.

Remove ribs from the swiss chard and coarsely chop and toss into bowl with the beet greens.

In a large sauté pan, melt butter. Sauté shallots.

Add beet rounds to shallots. Crack some pepper over beets and toss on a pinch of salt. Reduce heat and sauté beets, turning over to ensure even cooking.

In about 15 minutes, when beets are beginning to glaze and become tender, add greens and chard. Sauté for about 5 minutes, then add wine and cover. Cook until greens are wilted, adding water if necessary. Allow liquid to be mostly absorbed into greens, adjust seasonings.

Scoop greens and beets into a low shallow bowl. Garnish with a sizeable wedge of bucheron and some crusty bread. Crack a little bit of pepper over the entire dish.

<http://food52.com>