

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Twentieth Harvest: 10/14/14 & 10/17/14



## What's in the box?

Radicchio, <i>Perseo</i> or <i>Leonardo</i>	Potatoes, <i>Yellow Finn</i>
Collards, <i>Champion</i>	Onions, <i>Candy</i>
Spinach, <i>Tyee</i>	Shallots, <i>Conservor</i>
Beets, <i>Chioggia</i>	Persimmon, <i>Hachiya</i>
Broccoli, <i>Imperial</i>	Pie Pumpkin, <i>Baby Pam</i> or <i>Winter Luxury</i>
Kohlrabi, <i>Kolibri</i>	

### Harvest Forecast\* October 21 & 24

Broccoli	Fennel	Pineapple
Carrots	Lettuce	Guavas
Chard	Onions	Winter Squash

\*Harvest may vary for 1 or 2 crops, determined on day of harvest

### 2014 End-of-Season CSA Member Survey

Please take a few minutes and fill out our survey online:

<https://www.surveymonkey.com/s/2QLSYCX>

### 2014 Thanksgiving Share!

Look for sign-up forms for our Thanksgiving Share *next week*

Cost? \$45 per box

When? Tuesday, Nov. 25 from 12-5:30 pm

Where? UCSC Farm

We will offer Apples, Dry Beans, Greens, Persimmons, Shallots, Storage Onions, Winter Squash, and more

For more info: 831.459-3240; [farmcsa@ucsc.edu](mailto:farmcsa@ucsc.edu)



## Notes from the Field *by Pritha Golden, Second Year Apprentice*

This week in your box you will find a relative of the beloved crops broccoli, cabbage and kale – collards! In the southern United States, Brazil, Portugal, Spain, India, and many countries in Africa, collards are a staple diet. In southern tradition, collards are served at the New Year and their green folds symbolize the money you will see in your future.

These delicious greens are well suited to grow in California's Central Coast climate, but have not yet been integrated as a staple food in this region. Many people have not had exposure to collards and are unfamiliar with how to prepare them, but they are nutritious and not to be missed out on!

More so than its beloved relatives, collards have the ability to lower cholesterol by binding with bile acids in the digestive tract and expelling them from the body. They also contain diindolylmethane and sulforaphane which are effective in preventing cancer. Additionally, collards are rich in vitamin C, vitamin A and soluble fiber. As a tasty, healthful crop suited for this climate, collards are great to become familiar with if you are not already. We hope you enjoy them this week!

## Vegetarian Southern Style Collards

- 2 cups water
- 1/4 cup diced onion
- 1 bay leaf
- 1/2 tsp. allspice
- 1/2 tsp. minced fresh garlic
- 1 T vegetarian Worcestershire sauce
- 2 tsp. tamari
- 1/4 tsp. cumin
- 1 tsp. honey
- 4 cups chopped fresh collard greens
- 1 T olive oil

Salt, black pepper and cayenne pepper to taste

In medium pot, combine water, onion, bay leaf, allspice, garlic, Worcestershire sauce, tamari, cumin and honey. Bring to a boil, reduce heat and simmer 5 minutes. Add collard greens and return to a boil. Reduce heat and simmer, covered, until greens are tender, about 30 minutes.

Remove pot from heat; cool slightly. Remove bay leaf and stir in oil. Add salt, pepper and cayenne to taste. Serve hot.





## Spinach and Potato Frittata

Serves 6

- 2 tablespoons olive oil
- 6 small red potatoes, sliced
- 1 cup torn fresh spinach
- 2 tablespoons sliced green onions
- 1 teaspoon crushed garlic
- salt and pepper to taste
- 6 eggs
- 1/3 cup milk
- 1/2 cup shredded Cheddar cheese

Heat olive oil in a medium skillet over medium heat. Place potatoes in the skillet, cover, and cook about 10 minutes, until tender but firm. Mix in spinach, green onions, and garlic. Season with salt and pepper. Continue cooking 1 to 2 minutes, until spinach is wilted.

In a medium bowl, beat together eggs and milk. Pour into the skillet over the vegetables. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook 5 to 7 minutes, or until eggs are firm.

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

## Potato Spinach Curry - Aloo Palak

- 1/2 teaspoons garam masala\*
- 1 teaspoons chile powder
- 1 Tablespoons coriander powder
- 3/4 to 1 lb. potatoes (boiled and cubed)
- 1 cup spinach chopped
- 1 teaspoons ginger garlic paste
- 3 green chiles
- 1/4 teaspoons turmeric
- salt to taste
- 1 onion chopped
- 2 tablespoons oil
- 1/2 teaspoons cumin seeds
- juice from one lime

Heat oil in a pan add cumin seeds, chopped onion, salt, turmeric, green chile, ginger, garlic paste. Cook till raw flavor is gone, add chopped spinach, cook this well and add coriander, chile powder, and garam masala. Add potatoes (boiled and cut into small pieces). Toss together and remove from heat. Add lime juice and serve with roti, naan, phulkas and rice.

Note: \*Garam masala can be made by combining 2 tsp. ginger, 1 tsp. cinnamon, 2 tsp. black pepper, 3 tsp. ground cumin, 3 tsp. ground coriander, 1/2 tsp. 1/2 tsp. ground nutmeg, 1 tsp. ground cloves. Store in airtight container.

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

## Grandma Ivah's Pumpkin Pie

Amy Goldman, author of *The Compleat Squash*, suggests the following method to cook the Winter Luxury Pie Pumpkin (which may also work for the Baby Pam Pumpkin):

Winter Luxury should be baked whole, pierced for a few tiny vent holes, stem trimmed. If you wish, you can cut a lid, remove the strings and seeds, and replace the lid loosely before baking (this method yields a drier pie).

Bake at 350°F for an hour or so until it "slumps" and softens. Take care when you cut and remove lid after baking – the cooked pumpkin is hotter than hot potatoes. Seeds and strings come out easily. Take a large spoon and scoop the pumpkin out like ice cream. The flesh easily peels away from the desiccated rind. Puree the flesh in a blender or food processor, adding liquid if needed.

- 1-1/2 cup pumpkin puree
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1 to 1-1/4 teaspoon ground cinnamon
- 1/2 to 1 teaspoon ground ginger
- 1/4 to 1/2 teaspoon ground nutmeg
- 1/4 to 1/2 teaspoon ground cloves
- 3 eggs
- 1-1/2 cups milk (preferably whole)
- 2/3 cup (about 6 ounces) evaporated milk or heavy cream

Preheat oven to 400°F. Prepare pie plate with a single pie crust.

Mix pumpkin puree, sugar, salt and spices. In a separate bowl combine eggs, milk, and evaporated milk or cream. Blend milk mixture into pumpkin mixture (texture will be very thin). Pour into pie crust. Bake for 50 minutes or until the center of the pie has begun to set. The pie will continue to set as it cools to room temperature.

<http://blog.seedsavers.org>

## 2014 CSA End-of-Season Survey

**Help us improve your CSA experience at the CASFS Farm! Please take a few minutes and go to the online Survey Monkey link below to answer 10 questions regarding your experience as a CSA shareholder. We would like to compile your feedback by Friday, November 22.**

<https://www.surveymonkey.com/s/2QLSYCX>