FIELD notes

UCSC Farm
Community Supported Agriculture
Sixteenth Harvest: 9/16/14 & 9/19/14

What’s in the box?

- Endive Frisee
- Radicchio
- Spinach, Long
  Standing Bloomsdale
- Chard, Bright Lights
- Fennel, Perfection
- Cilantro, Santo
- Dill, Bouquet
- Tomatoes, mix
- Sweet Red Peppers, mix
- Apples, mix
- Onions, Candy
- Winter Squash, REBA Bush Acorn

Harvest Forecast* September 23 and 26

- Apples
- Onions
- Tomatoes
- Kale
- Potatoes
- Winter Squash
- Lettuce

*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

Free Docent-Led Tour
Sunday, October 5 – 2 to 3:30 pm
UCSC Farm & Garden

Take a free, guided tour of one of Santa Cruz’ most beautiful locations – the 30-acre organic farm at UCSC. Guided tours are offered the first Sunday of the month from 2 - 3:30 pm. Free public parking available. For more information or to schedule a guided group tour, email casfs@ucsc.edu or call 831.459-3240.

Directions: http://casfs.ucsc.edu/about/directions.html

Canning Tomatoes

$15.00 for 15# box at cart

~OR~

U-Pick $0.90/lb.
Friday, Sept. 14, 3-6 pm
Please RSVP by email: farmcsa@ucsc.edu
Warm Acorn Squash Salad  
Serves 4

1 acorn squash cut in 4 pieces
4 cups spinach
2 cups bitter greens
1 apple cut in long match sticks
1 1/4 cup toasted chopped pecans
1 1/4 cup salted toasted pumpkin seeds (pepitas)
4-6 oz. goat cheese

Vinaigrette:
2 T extra virgin olive oil
2 T agave nectar
1 tsp. ancho chili powder
2 tsp. freshly grated ginger
Zest and juice of one lime
1/2 tsp. kosher salt

Place the squash segments in a baking sheet lined with parchment or aluminum foil, salt and pepper. Roast at 450°F for 25-30 minutes, checking half way to rotate the pan. Bake until fork tender.

In a salad bowl combine, spinach, greens, apples, toasted pecans, and toasted pumpkin seeds.

Vinaigrette: Slightly warm olive oil (warm to touch). Add agave, chili, ginger, lemon zest, juice and salt, whisk until well combined (or place into a small glass jar and shake. Once squash is roasted, toss salad with some of the dressing, and top each acorn squash wedge with the salad. Dress with crumbled goat cheese and drizzle a little more of the vinaigrette. Enjoy!

Roasted Red Bell Pepper Sriracha Enchilada Sauce  
Makes about 15 oz. sauce

2 large red bell peppers
3 tablespoons extra virgin olive oil, divided
1 medium onion, chopped
2 cloves garlic, minced
1 1/2 teaspoons chili powder
1/2 teaspoon paprika
1/4 teaspoon ground cumin
1/4 teaspoon dried oregano
3/4 cup water*
1 teaspoon granulated sugar
2 teaspoons sriracha*
juice of 1 lime
salt, to taste

Roast the bell peppers: Preheat the broiler, and line a rimmed baking sheet with aluminum foil. Cut off the bottoms of the peppers so they’re flat on the bottom, and stand them upright one at a time, cutting the sides off from top to bottom around the stem. Remove any seeds and bitter white flesh from the inside. Place peppers skin side up on pan, and broil until skin has blackened, about 12-15 minutes. Remove from pan and place in a bowl covered with plastic wrap to steam. When peppers are cool to the touch, remove charred skins, and coarsely chop. Set aside.

Prepare sauce: Heat 2 tablespoons olive oil in a large sauté pan over medium heat. Add onion and cook until soft and translucent, about 8-10 minutes. Add garlic, chili powder, paprika, cumin, and oregano, and sauté for 30 seconds. Add water and stir, removing any bits from bottom and sides of the pan. Bring to boil, then lower heat and add the roasted peppers, sugar, and sriracha and simmer for 5 minutes.

Place pepper mixture in a blender with the insert removed from the lid. Add lime juice, remaining tablespoon of olive oil, and salt, to taste, and puree the sauce (cover the lid opening to prevent spatters). Add more salt or sriracha, if desired, and enjoy with your favorite enchiladas!

Notes: *If you like your sauce thinner, add more water (adjust seasoning as desired). More spicy? Add more sriracha! Peppers can be roasted ahead of time and stored in the fridge up to 2-3 days in an airtight container.