

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fourteenth Harvest: 9/2/14 & 9/5/14

What's in the box?

Chard, *Bright Lights* Fingerling Potatoes,
Carrots, *Nelson* *Austrian Crescent*
Broccoli, *Marathon* Strawberries, *Albion*
Peppers, *Tiburon* Apples, *Gale Gala*
Summer Squash, *mix* Tomatoes, *Heirloom*
Cucumber, *Suyo Long*

Harvest Forecast* for September 9 and 12

Apples	Radicchio	Tomatoes
Butter Lettuce	Spinach	Yellow Onions
Cilantro	Sweet Red	
Green Cabbage	Peppers	

*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

Harvest Festival at the UCSC Farm
Sunday, October 12 from 11am – 5pm

Come to the Farm for live music, great food, gardening talks, cooking demonstrations, Farm tours, hay rides, kids crafts, and more!

Cost: \$5/person;
FREE: children under 12;
UCSC students (w/ID); and
FF&G members.

For more info:
831.459-3240;
casfs@ucsc.edu



Notes from the Field *by Julie Farrell, First Year Apprentice*

This month, across the northern hemisphere, millions of farmers are joined in perceiving the bittersweet apex of the summer harvest. Despite variations in agricultural landscapes, farmers from Poland to Korea gear up to celebrate the close of another season of abundance. Here on the farm, bright, round pumpkins can be seen peeking through fading foliage. Dry beans and flax seeds threaten to burst from their tough pods. A phalanx of storage onions stands curing dutifully in the furrows. This change is subtle yet exciting, as new opportunities for learning and devouring reveal themselves each day.

For two seasons before arriving in Santa Cruz, I had the incredible privilege of working with farmers in western China, engaged in the same annual dance of sustainable cropping passed down through countless generations of highly skilled agriculturalists. For millions of farmers across Asia, this is a time of both backbreaking labor and joyous celebration. Harvests of rice and soybeans coincide with the sowing of oilseed and other winter crops. Brilliant bunches of corn adorn the eaves of countryside houses, and soon, massive heaps of crisp, green cabbages will accrue in courtyards as hefty winter insurance policies. This year, Mid-Autumn Festival falls on September 8th. On this date, families, friends, and colleagues unite in celebration of a glorious full moon, sharing meals and divvying up mooncakes, the symbol of harmony and togetherness. This date also marks an important segue in the Chinese agricultural calendar, from the 14th month (comfortingly named “End of Heat”) into a mystical-sounding “White Dew,” the 15th of 24 months. In our unfailingly moderate Santa Cruz climate, we too are mindful of this change, both in the crops and our own lives. The farm’s intrepid apprentices are gearing up to take their ample knowledge and experience out into the world. Site managers are strategizing another year of crop planning and curriculum development. It is a time of reflection and pure excitement. In the spirit of the generous harvest, we gather in the packing sheds, the chalet, and the kitchens, savoring our last weeks of togetherness and the fruits of our labor. In lieu of mooncakes, we share slices of vibrant heirloom tomatoes, fresh fruit pies, and crisp apples.

In this modern age, we share more than simply a feeling of harmony with the world’s farmers. We also share flavors. In this week’s CSA box you’ll find the crisp, sweet “Suyo Long” cucumber, a staple of vegetable markets across China and a fabulous means of cooling down in the summer heat. Many of you will be lucky to discover “Japanese Black Trifele,” a gorgeous pear-shaped heirloom tomato which, in another twist of cross-cultural crop-swapping, is purported to hail from Russia. As you enjoy this myriad of peak-season crops, we hope that you and your families can gather together, united in the cycles of our planet and the sweet bounty of this waning summer.





Chinese Sautéed Peppers (Tiger Skin Pepper)

Serves 2

6-10 long green peppers	2 teaspoons light soy sauce
6 garlic cloves	2 teaspoons black vinegar
1 root ginger	1 teaspoon salt
2 spring onions	1 T cooking oil
1 T cooking wine	

T = tablespoon

Cap green peppers and remove seeds. If you like spicy, keep the seeds inside. Cut garlic, ginger and spring onions into small pieces.

Heat cooking oil in wok and then add green peppers. Sauté until skins become slightly crinkly, turning peppers from time and time.

Add cooking wine, light soy sauce, ginger, half of chopped garlic and half of chopped spring onions, and stir-fry for around 1 minute. Add salt, black vinegar and the remaining garlic and spring onions. Continue to cook until sauces are mixed thoroughly.

Transfer green peppers out first, then top with the stir-fried garlic, ginger and spring onion pieces.

www.chinasichuanfood.com

Stir-Fried Egg and Tomato

Serves 4

6 large eggs
2 T vegetable oil, divided
1/2 teaspoon salt
2 scallions, finely chopped (reserve some chopped greens for garnish)
4 medium tomatoes (about 1 pound), each cut into 6 wedges
1 teaspoon sugar
Accompaniment: white rice

Beat eggs with salt until smooth but not frothy. Heat 1 tablespoon oil in a 12-inch nonstick skillet over medium-high heat until hot. Add eggs and cook, undisturbed, just until a thin film of cooked egg forms on bottom of skillet but most of eggs are still runny, 5-10 seconds. Immediately scrape eggs into a bowl. Wipe out skillet.

Heat remaining tablespoon of oil in skillet over medium-high heat until hot. Add scallions and stir-fry until just softened, about 30 seconds. Add tomatoes and cook, stirring and turning occasionally, until juices are released and tomatoes are slightly wilted but still intact, 4-6 minutes. Sprinkle sugar and pinch salt over tomatoes and stir to combine. Return eggs to skillet and cook, stirring occasionally, until eggs are just cooked through. Serve sprinkled with reserved scallion greens.

www.epicurious.com

Rajas Poblanas

2 pounds fresh large chiles
1 onion, sliced in long thin strips
4 garlic cloves, minced
2 teaspoons oregano roughly chopped
3/4 cup crema (Mexican sour cream) or use crème fraîche or sour cream
1/4 cup crumbled queso fresco
Kosher salt

Place peppers directly on the flame of a gas burner. Using tongs, rotate over the flame until the pepper skin is almost completely black. You can also do this under the broiler or in a dry skillet on the stove top. Once peppers are black, place in a ceramic bowl with a plate on top or in a brown paper bag to trap the heat. This steams the peppers and loosens the skin. Once cool, slip the skin off peppers and slice into thin, long strips, similar to the onions. Discard the pepper seeds.

Heat a large dry heavy skillet over medium-high heat. Add onion; cook, stirring often, until beginning to char, 6-7 minutes. Add garlic; cook until fragrant, about 1 minute. Add oregano and 3/4 cup water; simmer until onion is tender and water has evaporated, 5-7 minutes.

Add chiles; cook until flavors meld, about 5 minutes. Turn down heat and stir in crema. Add salt to taste and stir so the mixture is creamy and fairly smooth. Remove from heat and add crumbled queso fresco. Serve hot in a warm corn tortilla.

Adapted from La Super Rica Mexican Restaurant, Santa Barbara, CA

Easy Chinese Cucumber Salad

Serves 2-4

2 cucumbers, tough skin removed
3 cloves garlic, crushed and minced
1 T Chinkiang vinegar
1 T light soy sauce
1 teaspoon sugar
1/2 teaspoon salt
1/2 teaspoon sesame oil

Dry cucumber with kitchen towel. Place cucumber on a large cutting board, carefully use cleaver to crush it. Then cut into bite size lengthwise and add into a bowl. Add garlic on cucumber.

Add vinegar, soy sauce, sugar, salt and sesame oil in a small bowl, mix well.

Right before serving, pour sauce on cucumber and mix well. (Do not add sauce beforehand, as it will cause the cucumber to lose water and dilute the sauce.)

<http://omnivorescookbook.com>