

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Seventh Harvest: 7/14/15 & 7/17/15

## What's in the box?

Lettuce, <i>Coastal Star</i>	Beets, <i>Touchstone Gold</i>
Romaine	Basil, <i>mixed</i>
Spinach, <i>Tyee</i>	Cilantro, <i>Santo</i>
Chard, <i>Bright Lights</i>	Snap Beans, <i>mixed</i>
Carrots, <i>Nelson</i>	Summer Squash, <i>mixed</i>
Cippolini Onions,	Strawberries, <i>Albion</i>
<i>Bianca di Maggio</i>	Plums, <i>Satsuma</i>

### Harvest Forecast\* July 21 & 24

Basil	Cippolini	Strawberries
Beets	Onions	Summer Squash
Carrots	Green Cabbage	
	Snap Beans	

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

**Companion Bakeshop**, a small local bakery on Westside Santa Cruz, has offered to bring freshly baked organic loaves for sale to the **CSA Farm** pickup site every **Tuesday and Friday!** Each loaf will be priced at \$6. Make your payment with cash only and deposit in an honor system payment box. For more information, contact us at [farmcsa@ucsc.edu](mailto:farmcsa@ucsc.edu)



## Upcoming Event

**Agroecology World Fair Day**  
**Friday, July 17 – 4 to 6 pm**

**Cowell Ranch Hay Barn at UCSC**

Agroecology World Fair Day is a free event that takes place during the 16th Annual International Agroecology Shortcourse. Participate in an exchange among course participants, the UC Santa Cruz campus, and the greater Santa Cruz community.

Displays feature models of food systems from around the world. Speakers include local and international experts on agroecology, moderated by Dr. Stephen Gliessman, honoring the past, present, and future of agroecology at UC Santa Cruz. PLUS ... enjoy light refreshments of delicious, locally prepared, sustainably grown food served by Zameen Restaurant's Food Truck.

Free parking at the Barn Theater lot at the main entrance to campus. Enjoy a short stroll up to the newly renovated Cowell Ranch Hay Barn.

**RSVP required to attend this free event.** Please contact [can.shortcourse@gmail.com](mailto:can.shortcourse@gmail.com) and indicate how many people will be attending.

## Notes from the Field *by Chelsea Askeew, First Year Apprentice*

We are exactly halfway through our apprenticeship and summer is certainly upon us! Plums are falling from the sky, carrots and beets are popping out of the ground, and the potato plants are slowly giving up their grasp on the gold mine below. Squash and zucchini, cucumbers, snapping green beans, and those green tomatoes, teasing to blush, greet us each day with splendid reminders of peak season growth.

And then there's the captivating corn stand. The fruit bearing grass forest is now in full tassel. The long stalks bend and sway in the afternoon breeze, dipping over to their neighbors, sharing an idea or two about how a kernel might live long and prosper in this crazy world, hoping to leave a tiny parcel of their life's work upon the other's shimmering silks.

Numerous years of crop rotations and cultivation has prepared the soil for this year's sweet popcorn, and flint corn crops. Back in mid-April, the seed was gathered and directly sown to moisture in a dense block between the apple trees. The gregarious green stalks have been inching towards the sky for three months and now when I walk amongst the rows, rustling against the broad blades, I smile as they stand in solidarity, the tall gangly bunch supporting each other through the strong winds and hot sun. Pondering the pace of this precious Poaceae often reminds me of Pablo Neruda's poem:

### Ode To Maize

America, from a grain  
of maize you grew  
to crown  
with spacious lands  
the ocean foam.  
A grain of maize was your geography.  
From the grain  
a green lance rose,  
was covered with gold,  
to grace the heights  
of Peru with its yellow tassels.

But, poet, let  
history rest in its shroud;  
praise with your lyre  
the grain in its granaries:  
sing to the simple maize in  
the kitchen.

First, a fine beard  
fluttered in the field  
above the tender teeth  
of the young ear.  
Then the husks parted  
and fruitfulness burst its veils  
of pale papyrus  
that grains of laughter  
might fall upon the earth.  
To the stone,  
in your journey,  
you returned.  
Not to the terrible stone,  
the bloody  
triangle of Mexican death,  
but to the grinding stone,

sacred  
stone of your kitchens.  
There, milk and matter,  
strength-giving, nutritious  
cornmeal pulp,  
you were worked and patted  
by the wondrous hands  
of dark-skinned women.

Wherever you fall, maize,  
whether into the  
splendid pot of porridge, or among  
country beans, you light up  
the meal and lend it  
your virginal flavor.

Oh, to bite into  
the steaming ear beside the sea  
of distant song and deepest waltz.

To boil you  
as your aroma  
spreads through  
blue sierras.

But is there  
no end  
to your treasure?

In chalky, barren lands  
bordered  
by the sea, along  
the rocky Chilean coast,  
at times  
only your radiance  
reaches the empty  
table of the miner.

Your light, your cornmeal,  
your hope  
pervades America's solitudes,  
and to hunger  
your lances  
are enemy legions.

Within your husks,  
like gentle kernels,  
our sober provincial  
children's hearts were  
nurtured,  
until life began  
to shuck us from the ear.

– Pablo Neruda



### Pluot\* Galette with Chèvre & Thyme

*Pastry:*

- 1-1/2 C all-purpose flour
- 2 tsp. granulated sugar
- 1/4 tsp. kosher salt
- 1/2 C cold butter, cut into small 1/2-inch chunks
- 2 T cold water
- 1 large egg, beaten, for the egg wash

*Filling:*

- 3 \*Satsuma plums, pitted and sliced (substituted pluots with plums for this recipe)
- 2 T vanilla sugar
- 3 oz. fresh chèvre, crumbled
- 2 tsp. fresh thyme leaves

*For pastry:* Combine together the flour, sugar, and salt. With a pastry blender, cut butter into mixture until it resembles coarse meal. Add water, a tablespoon at a time, to flour mixture and mix until dough comes together. Shape into round disk. Cover in plastic wrap and refrigerate for at least an hour. When chilled, preheat oven to 375°F and roll dough into a 10-in. round on a clean lightly floured surface.

*For filling:* Toss together plums and vanilla sugar until fruit is coated. Sprinkle half of crumbled chèvre onto pastry round. Arrange sugared fruit on top. Sprinkle remaining chèvre and fresh thyme leaves.

Fold about 3/4 to 1 inch of the outer edges of the pastry towards center so a crust forms. Lightly brush beaten egg onto crust. Bake galette for 20 to 22 minutes or until the crust is golden brown. Let it cool completely before cutting and serving.

<http://fritesandfries.com/>

### Bacon, Cheese & Spinach Strata

- 1 (10-ounce) package of bacon, diced\*
- 6 large eggs
- 1-1/4 C whole milk
- 1/2 tsp. table salt
- 1/2 tsp. black pepper
- Approx. 7 C lightly packed sourdough, cut in to 1-inch square cubes
- 2 C grated cheddar cheese
- 5-6 oz. fresh spinach
- Flat leaf Italian parsley, finely chopped for garnish (optional)

In a medium non-stick pan, cook all but 2 T of bacon over medium high heat (add olive oil if not using a non-stick pan), until brown and crispy. Remove bacon from pan and set aside on a napkin covered plate to absorb grease.

In large non-stick pan, heat 2-3 T olive oil and add spinach, shaking pan and stirring until completely wilted. Set aside.

Whisk eggs, milk, salt and pepper together in a large bowl. In a large 10" casserole dish add layer of bread along the bottom. Pack bread down to tightly compress. Add layer of spinach, bacon and half of cheese. Add second layer of bread, pack it down and evenly pour over egg mixture. Add remaining cheese and compress again (make sure bread soaks up the egg mixture). Set aside for 30 minutes.

Preheat oven to 350°F. After 30 minutes, sprinkle strata with remaining 2 T of uncooked bacon. Cover with foil and bake for 20 minutes. Remove foil and bake for additional 10 minutes or until golden on top and bacon is cooked. Garnish with fresh parsley.

\*Note: To make bacon easier to dice, place on a plate in freezer for 30 minutes.

<http://stiersaesthetic.com/>

### Spiralized Beets with Parsley Walnut Pesto & Sun-dried Tomatoes

- 4 small red or golden beets, peeled
- 1 C fresh parsley
- 2 T walnuts
- Juice of 1 lemon
- 1 T olive oil
- 1 garlic clove
- 1 T hemp seeds
- Sun-dried tomatoes (for top)
- Black pepper

Preheat oven to 425°F. Spiralize beets and place on a foil-covered baking sheet. Drizzle with olive oil and bake for 15 minutes.

Blend parsley, walnuts, lemon, olive oil, and garlic. If pesto is too wet, add more parsley and nuts. If too thick, add more lemon and/or olive oil.

When beets are done (should be soft but not mushy), toss with pesto and hemp seeds. Top with a few sun-dried tomatoes and black pepper.



<http://www.kalemaybe.com/>