

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Ninth Harvest: 7/28/15 & 7/31/15

What's in the box?

Lettuce, <i>Red Romaine</i>	Beets, <i>Red Ace</i>
Baby Arugula, <i>Astro</i>	Snap Beans, <i>mixed</i>
Dill, <i>Bouquet</i>	Sweet Corn, <i>XT2171</i>
Cilantro, <i>Santo</i>	Zucchini, <i>mixed</i>
Onions, <i>Bianca</i>	Broccoli, <i>Gypsy</i>
<i>di Maggio or Purplette</i>	Strawberries, <i>Albion</i>
Carrots, <i>Nelson</i>	

Harvest Forecast* August 4 & 7

Beets	Snap Beans	Summer Squash
Cabbage	Spinach	Sweet Corn
Scallions	Strawberries	

*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, August 2 – 2 to 3:30 pm
UCSC Farm & Garden

Take a free, guided tour of one of Santa Cruz's most beautiful locations – the 30-acre organic farm at UCSC. Guided tours are offered the first Sunday of the month from 2 to 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>



Notes from the Field by Britta Bullard, First Year Apprentice

Ode to the Intersections: Ecology and Agriculture

A huge drive to be part of this program is my fascination with edges and intersections. After years of focusing on small-scale restoration sites in Oakland, CA, I fell deeply in love with nurturing native habitat. I started to resent the clearing of our wild lands and the redirecting of flow from our watersheds to agriculture. At the same time, I enjoyed the human connection of farmers markets, eating delicious fruits and vegetables, and growing food in small gardens.

These two personal connections, to native ecology and food systems, converged for me at a presentation by Stanford Professor Gretchen Daily. One of her research sites was on a South American coffee plantation, sharing an edge with an intact rainforest ecosystem. The coffee plants demonstrated significantly higher yields than a plantation as little as a mile away. The vibrance of the ecosystem supported insects and mammals that provided valuable pollination and pest control benefits. Rather than only a couple pollinators, there were hundreds. The abundance of habitat attracted many birds, including a species particularly helpful in consuming and controlling the population of an insect pest.

Thus began my journey to dig deeper into Agroecology. I am looking for how agriculture and ecology can share edges, where food systems and wildlife corridors exist alongside each other. My vision is to pursue the intersection of creating food sovereignty alongside ecosystem regeneration. I want to meet and support the bird that will be my pest management, living in a resource rich system next to my crops. It is a relationship with nature worth cultivating.

California is incredibly diverse. According to *The California Naturalist Handbook*:

"There are approximately 30,000 species of insects, 63 of freshwater fish, 46 amphibians, 96 reptiles, 563 birds, 190 mammals, and more than 8,000 plants, many of which are found only in California... California harbors such a wide variety of habitats and species that it is recognized as a global biodiversity hot spot.

Biodiversity is the diversity of life found at all hierarchical levels, from genes, species, and communities to entire ecosystems."

Here on the Farm, there is an intention from the farmers managing the land to cultivate biodiversity. In every site, there are different families of plants; different genetic varieties of similar plants; and different insects, mammals and soil organisms connecting to that source of photosynthetic production. There are native borders and rows of flower food for pollinators, predators and parasitoids. A flower row even has the ability to attract a pest insect away from a crop row and keep it there. There is so much diversity in the soil, helpful bacteria and fungi out-compete pathogens that can cause crop failure.

I am thankful for the opportunity to create a relationship to this place. I am also thankful to all our CSA members for sharing the fruit (and vegetables) of this system and all of the interconnected life that is here.



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Chipotle Chickpea Taco Salad

Serves 4

Avocado Chipotle Sauce:

- 1 C greek yogurt
- 1/4 C cilantro (remove stems)
- 1/2 tsp. lemon juice
- 1 garlic clove, minced
- 1/2 avocado
- 1/4 C chipotle peppers

Spices and Garnish:

- Sprinkle of cumin, paprika, cayenne, garlic powder, salt and pepper
- 1 C cilantro leaves for salad and garnish
- juice of 1 lime
- 1-2 avocados

Taco Salad:

- 1 head romaine lettuce, chopped
- 1/2 red onion, diced
- 2 medium tomatoes, diced
- 3 ears of corn, cut from cob
- 1 can black beans, drained and rinsed
- 1 can chickpeas, drained and rinsed
- 2 C red cabbage, thinly sliced
- 2 T olive oil

Chipotle Sauce: Blend all listed ingredients except yogurt in a food processor until smooth. Add yogurt and blend for a few seconds or stir the mixture into the yogurt.

Chickpeas: Preheat oven to 425°F. Drain and dry thoroughly. Add to parchment lined pan and drizzle with olive oil. Sprinkle a light layer of each spice over chickpeas. Add salt and pepper to taste. Bake for 15 minutes. Stir. Cook for another 15 minutes.

Taco salad: Add lettuce, corn, beans, cilantro, lime juice, chickpeas, onions, tomatoes, and cabbage to a large bowl. Add chipotle dressing and mix to coat everything in the sauce. Add avocados last. Top with more cilantro and lime juice and serve.

www.staceyhomemaker.com/

Street Festival Corn on the Cob

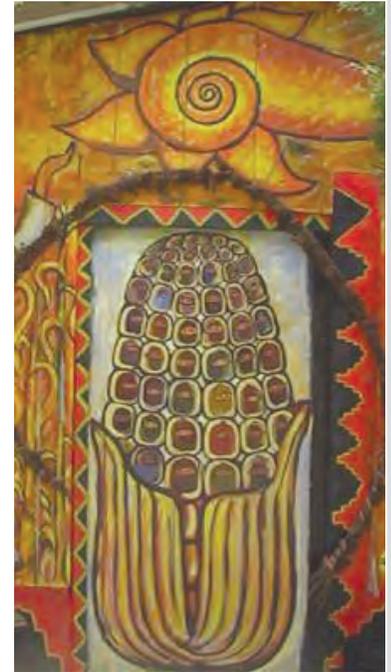
Serves 3

- 3 ears of corn, husked
- 1/2 T paprika
- 1/2 T garlic powder
- 1/2 tsp. chili powder
- 1/4 tsp. dry mustard
- 1/4 tsp. onion powder
- 1/2 tsp. Old Bay seasoning
- 1/4 tsp. black pepper
- 1/2 tsp. salt
- 2 T chopped cilantro
- 2 T butter, melted
- grated Parmesan cheese

Bring a large pot of water to a boil. Add the corn and boil for about 8 minutes.

In the meantime, make the corn rub by mixing, in a small bowl, the paprika, garlic powder, chili powder, dry mustard, onion powder, Old Bay, pepper, and salt.

Once the corn is finished boiling, remove and place on a platter. Brush on melted butter and sprinkle with the corn rub, Parmesan cheese, and cilantro.



<http://quirksandtwists.com/>

This year's sweet corn variety, XT2171 (X-tra-Tender), produces large ears with excellent husk protection; the seed germinates well in cool soil.

Cashew Date Cream Stuffed Strawberries

- 1 pint of fresh strawberries, washed and dried
- 1 pint of fresh blueberries, washed and dried
- 1 C cashew date cream

Date Cream (yield 1 C):

- 1 C raw cashews, soaked in cold water for 4 hours
- 1 C pitted dates, soaked in cold water for 4 hours
- 1 T pure vanilla extract
- 1-2 pinches ground cinnamon, to taste
- Non-dairy unsweetened vanilla milk, for thinning

Cut a thin slice from bottom of strawberries so they stand upright. Remove strawberry tops with a paring knife and gently scoop out some of the inside of the strawberries. Another option is to cut the strawberries from the top into wedges, like a + sign, but not all the way through.

Date Cream: Soak cashews and dates separately in cold water for 4 hours. Drain cashew and dates. Add dates, cashews, vanilla and cinnamon to high-powered blender or food processor fitted with S-shaped blade. Puree until creamy and smooth adding a tiny bit of non-dairy milk if too thick. Chill date cream for a minimum of 1 hour or until ready to use.

Fill strawberries: Use a pastry bag with a decorative tip (or a zip lock bag with one corner cut off) with cashew date cream. Fill strawberries with cream and top with a blueberry. Cover and refrigerate until ready to use.

Note: Best served on the same day of making the recipe, as strawberries will get mushy if refrigerated overnight.

<http://virtuallyveganmama.com>

Submitted by Laura Tucker, CSA Member