

FIELD notes

UCSC Farm
Community Supported Agriculture
Fifth Harvest: 6/30/15 & 7/2/15

What's in the box?

Lettuce, <i>Vulcan</i>	Turnips, <i>Hakurei</i>
Spinach, <i>Longstanding Bloomsdale</i>	Basil, <i>Aroma 2</i>
Chard, <i>Bright Lights</i>	New potatoes, <i>Red Gold</i>
Arugula, <i>Astro</i>	Zucchini, <i>mixed</i>
Dill, <i>Bouquet</i>	Plums, <i>Santa Rosa</i>
Kohlrabi, <i>mixed</i>	Strawberries, <i>Albion</i>

Harvest Forecast* June 30 & July 2

Beets	New Potatoes	Yellow Snap Beans
Chard	Salad Mix	Zucchini
Kale	Strawberries	

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

Exciting News! Companion Bakeshop, a small local bakery on the Westside, has offered to bring freshly baked organic loaves for sale to the CSA Farm pickup site every Tuesday and Friday beginning July 7! Each loaf will be priced at \$6. Just select from the varieties offered, make your payment with cash or check and deposit in an honor system payment box. For more information, contact us at farmcsa@ucsc.edu



Upcoming Event

Free Docent-Led Tour
Sunday, July 5 – 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 - 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 Magnolia Barrett, First Year Apprentice

Hello, fabulous CSA members! Time keeps marching along, and we are really starting to feel summer on the farm. Our rotation in the field is almost done, and we wanted to share with you highlights of our experience.

Our *irrigation crew* has spent the last few weeks keeping all the plants watered and happy despite the dry weather. Thanks to them, the field is filled with beautiful shades of green. "Being on irrigation has taught us how to water responsibly in drought conditions and how to really pay attention to the plant life cycles.



It's amazing how much variation there is between the needs of different crops and we have learned so much this month paying close attention to what the plants need."



The *field crew* has been hard at work keeping the rows weed free, the tomatoes strung, and the avocados harvested. Nick wants everyone to know that he will not get "fruit-belly." One day he ate 12 plums, handfuls of blueberries, lots of

strawberries, and a loquat! The crew is particularly excited about the incoming sweet corn. Hopefully you are too!

As *marketers*, we learned a lot about spreadsheets, crop planning, and harvest management. It has been a treat to meet some of you at the CSA pick-ups and the farm stand, and we want to thank you for your continued support of the program and enthusiasm for the produce. Enjoy the rest of the season!



Note: Not everyone is pictured. It is hard to get farmers to stand in one place!



Rainbow Chard Coleslaw with Mixed Herbs

Serves 2-4

- 1 bunch chard, slivered (about 3 C)
- 1 C julienned carrots (or grated)
- 1 C julienned zucchini (or grated)
- 1/2 C slivered basil
- 1/2 C slivered mint
- 1/2 C slivered cilantro
- 1/2 C slivered chives
- 1/3 C slivered almonds
- 1 C watercress for garnish

Dressing:

- 2 T lemon juice
- 2 T apple cider vinegar
- 3 T tamari
- 1 T honey or agave
- 3 T olive or avocado oil
- 1 tsp. grated ginger, from a 1-inch/ 2.5 cm piece
- 1-1/2 tsp. curry powder
- 1 tsp. cayenne powder
- Soba noodles, optional

Chop all the veggies (except watercress) and place in a large bowl. Mix all dressing ingredients together and toss with the vegetable mixture. Add almonds. Serve as is with watercress and more almonds, or alongside soba noodles.

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

Roasted Vegetable Frittata

Serves 2

- 5 eggs
- 5 T water
- salt and pepper
- 1-1/4 C shredded cheese
- 1/4 C Parmesan cheese
- 1-2 tsp. olive oil
- 8 small baby roasted potatoes or leftover baked potato, sliced
- 1 medium zucchini, chopped
- 1/2 C sliced onion

Preheat oven to 375°F. Put an oven-safe pan over medium heat. When pan is hot, spray with cooking spray and a teaspoon of oil.

Quickly sauté onion and zucchini (leftover roasted also works) in a teaspoon of olive oil. As soon as onions start to wilt, add potatoes and pimento. Spread in a single layer. Remove from heat. Make sure there is enough oil in the bottom of the pan and sides so the egg won't stick.

Put eggs in a mixing bowl with the water. Use a wire whisk and beat eggs for 3-4 minutes. Salt and pepper to taste. Stir in 1 C of the shredded cheese and the Parmesan.

Pour eggs gently over vegetables. Place pan in the oven for 18-20 minutes, depending on pan depth.

<http://recipesfoodandcooking.com/>

C = cup; T = tablespoon; tsp = teaspoon

Raw Beet and Sesame Salad

Serves 4-6

- 4 medium-sized red beets
- 1 apple
- 1 kohlrabi
- 4 T sesame seeds, lightly toasted if preferred
- 4 T organic balsamic vinegar
- 2 T lemon juice
- 2 T extra virgin olive oil
- salt and pepper, to taste



Peel beets (or blanch to remove skins). Chop into small cubes. With a knife, remove thick skin of the kohlrabi so only the white parts are left. Chop in cubes. Core apple and slice into wedges. With a food processor or by hand, shred the veggies and apple into fine shreds. Combine thoroughly.

In a separate bowl, whisk together the dressing. Pour over the beet and veggie mix and stir. Fold in the sesame seeds (toast in a dry pan until fragrant, if desired).

Put in one or more bowls to serve and garnish with more sesame seeds. Enjoy!

<http://elderflowerkitchen.com/>

Miso Glazed Turnips

Serves 2-4

- 1 bunch of turnips, with greens
- 2 T white miso
- 2 T good quality (unsalted) grass fed butter
- 1 C water
- 1 T pure maple syrup
- pinch of fine sea salt

Stir together miso and 1-1/2 T butter (reserving 1/2 T). Discard the turnip stems and coarsely chop leaves. Cut turnips into 1-inch chunks. Add turnips to a skillet with 1 C water, maple syrup, 1/2 T butter and pinch of salt. Bring to a boil, cover and continue to boil for about 8-10 minutes. Stirring occasionally.

Add greens by the handful and use tongs to toss. Continue to boil until turnips are tender, greens are wilted and liquid has reduced to a glaze, about 3-5 minutes. Stir in miso butter and cook for 1-3 minutes more or until turnips are golden brown and caramelized. Remove from heat and serve warm.

<http://dishingupthedirt.com/>