

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Second Harvest: 6/9/15 & 6/12/15

What's in the box?

Lettuce, *Vulcan redleaf* or *heirloom romaine*,
Brown Golding
Spinach, *Tye*
Choi, *Mei Qing*
Chard, *Bright Lights*

Kale, *Red Ursa*
Turnips, *Hakurei*
Strawberries, *Albion*
Blueberries, *mixed*
Lemons, *Meyer*
Avocado, *Bacon type*

Harvest Forecast* June 16 & 19

Avocado	Dill	Salad Mix
Blueberries	Rainbow Chard	Spinach
Cilantro	Red Kale	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

Making and Using Compost in the Home Garden and Landscape

Saturday, June 27, 9:30 am – 12:30 pm
Alan Chadwick Garden

Compost can do wonders in the garden, from improving soil fertility and structure to conserving the water you apply. Join Orin Martin and Sky DeMuro of the Alan Chadwick Garden to learn how to make and use compost to enhance the health and productivity of your garden and landscape. The workshop includes both a lecture and hands-on practice in building a successful compost pile.

Register online at: compost2015.bpt.me
Cost of the workshop is \$30 general admission (pre-registered) or \$40 (at the door); \$20 for Friends of the Farm & Garden members (pre-registered) or \$30 (at the door); \$15 for UCSC students and limited-income (pre-registered) or \$20 (at the door).

Questions? Contact us at casfs@ucsc.edu or at 831.459-3240.

Notes from the Field by Ella Fleming, First Year Apprentice

Sweet red strawberries – Crisp kale crunching – Bunching baby bok choi – Bountiful blueberries;

Chasing chard leaves – Lettuce mix magically – Spinach spirals sparkle – Luscious lemons lure;

Buttery Bacon avocados – Baby turnips turn up – Beet greens greet us.

This glorious harvest exceeds seed catalog expectations.

Learners of the land gleefully slip knives into moist soil and through virgin leaves.

First harvests leave us exuberant; hues of berries, citrus and greens form a dew-dropped rainbow that carries us light-footed through bush, berry patch and field.

As I reflect on this first rotation, I see a field transformed, a field alive with promise to be tenderly tended – adolescent tomatoes, peppers, corn and squash, await their graduation to fruition.

Battling bermuda grass and bindweed, gophers and ground squirrels, it occurs to me that, yes! this field is prime real estate.

This fertile nourished field deserves praise and celebration, these foods are simply the children of the soil and seeds, birthed by an intimate process of equal parts science, physics and magic.

Calculations for this phenomena can be taken, but the final say is from the soil, sun and meandering molecules.

Fountains of fluffy foliage flow from fresh stems foreshadowing abundance.

For farmers with a full oven never truly rest until all is baked and on the table, or in the box.

So take this box as a sign of insurance that the proof is in the pudding.

That as full-grown produce exits stage left, a new scene is set.

Thank you field; our diva, teacher, muse.

This high maintenance courtship lends us tremendous growth, where we see you struggle, we fill you up, and your bounty strengthen us evermore

Bravo field and flow! Bravo soil and sun!
Bravo planners and planters! Bravo harvests and heartbeats!





Sensational Strawberry Sorbet

Makes 3 cups

- 1 pound (4 cups) ripe, flavorful strawberries
- 1/2 cup plus 2 tablespoons strawberry (or raspberry) preserves
- Pinch of salt
- 2 teaspoons fresh lemon juice, or to taste
- 1/4 cup water

Rinse and hull berries and put in a food processor or blender with 1/2 cup of the preserves and the salt. Purée until smooth. Add lemon juice and water and pulse to mix. Taste and add the remaining jam as necessary for sweetness and adjust the lemon juice and salt if necessary. The purée should taste a little bit sweeter than you think it should. Scrape mixture into a shallow pan, cover, and freeze until hard, 3-4 hours. Break frozen mixture into chunks and process in food processor or blender until there are no more frozen pieces. Continue to process, stopping to redistribute mixture from time to time, until smooth and creamy and lightened in color. It may be frozen enough to serve out of the food processor, or return to freezer until needed. If the sorbet freezes too hard, let it soften in the fridge for about 15 minutes, or carefully soften it in the microwave on defrost setting, a few seconds at a time.

Submitted by Alice Medrich via <http://food52.com/>

Whole Grain Spaghetti with Kale & Tomatoes

- 6 ounces whole-grain spaghetti
- 2 tablespoons olive oil
- 1 medium red onion, thinly sliced
- 2 cloves garlic, chopped
- kosher salt and black pepper
- 1 bunch kale, thick stems removed and leaves torn into bite-size pieces (about 8 cups)
- 2 pints grape tomatoes, halved
- 1/3 cup chopped roasted almonds
- 1/4 cup grated pecorino (1 ounce), plus more for serving

Cook pasta according to package directions. Reserve 1/4 cup of cooking water; drain pasta and return to pot.

Heat oil in a large skillet over medium-high heat. Add onion, garlic, 1/4 teas. salt, and 1/8 teas. pepper. Cook, stirring occasionally, until beginning to brown, 4-5 minutes.

Add kale and cook, tossing frequently, until tender, 2-3 minutes. Add tomatoes and cook, tossing frequently, until tomatoes begin to soften, 1-2 minutes more.

Add kale mixture, almonds, pecorino, and reserved cooking water to pasta and toss to combine. Serve with additional pecorino.

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

Spicy Bok Choi in Garlic Sauce

- 1 pound bok choy
- 1 tablespoon vegetable oil
- 1 tablespoon sesame oil
- 1/4 cup water
- 1 teaspoon grated fresh ginger root
- 2 cloves garlic, minced
- 1 tablespoon oyster sauce
- 1 tablespoon light soy sauce
- 1 tablespoon brown sugar
- 1/8 teaspoon crushed red pepper flakes (optional)

Trim the ends of the bok choy and chop, keeping the white parts separate from the green as they will need to cook longer. Rinse and spin or pat dry. Set aside.

In a small bowl or cup, stir together the vegetable oil and sesame oil. In a separate larger bowl, stir together the water, ginger, garlic, oyster sauce, soy sauce, brown sugar and red pepper flakes. Set this aside.

Heat the oil in a large skillet or wok over medium-high heat. Add the bok choy stems first; stir fry for a few minutes or until the pieces start to turn a pale green. When stems are almost cooked, add the leaves; cook and stir until leaves are wilted, 1-2 minutes. Remove from the heat and transfer the bok choy to a serving dish. Pour the sauce into the skillet or wok, and set over medium-high heat. Cook, stirring constantly, until sauce has thickened slightly, about 3 minutes. Pour over the bok choy and toss lightly to coat.

<http://allrecipes.com/>

Lemon-Garlic Swiss Chard

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon minced garlic
- 12 cups Swiss chard, chopped (about 10 ounces)
- 2 tablespoons water
- 1-1/2 teaspoons fresh lemon juice
- 1/8 teaspoon freshly ground black pepper
- 4 teaspoons shaved fresh Parmesan cheese



Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add garlic; sauté 2 minutes or until garlic begins to brown. Add Swiss chard and 2 tablespoons water to pan; cook 3 minutes or until chard wilts. Stir in lemon juice and pepper. Sprinkle with cheese.

www.myrecipes.com