

# FIELD notes

UCSC Farm  
Community Supported Agriculture  
Nineteenth Harvest: 10/6/15 & 10/9/15



## What's in the box?

Endive, Rhodos	Tomatoes, mix
Salad Mix	Potatoes, Red Gold
Spinach, Tyee	Onions, Rossa di Milano
Turnips, Hakurei	Winter Squash, Red Kuri
Cilantro, Santo	
Apples, Mutsu	

### Harvest Forecast\* October 13 & 16

Beets	Kale	Soup Beans
Carrots	Onions	Winter Squash
	Popcorn	

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

Recipes by Crop PDFs are available online, indexed alphabetically, 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

**Growing Great Garlic: Selecting & Cultivating Organic Garlic in the Home Garden**  
**Saturday, November 7 – 9:30 am to 12:30 pm**  
**UCSC Farm**

Join garlic farmer Pete Rasmussen of Eden, Utah's Sandhill Farms and Orin Martin of the Chadwick Garden to learn the ins and outs of selecting, growing, harvesting, and storing organic garlic. Watch a planting demonstration and enjoy a taste test of roasted garlic varieties.

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).

To pay and pre-register, go online to [garlic2015.bpt.me](http://garlic2015.bpt.me). Contact Amy Bolton at 831.459-3240 or [cavfs@ucsc.edu](mailto:cavfs@ucsc.edu) to arrange to pay by check.



### Notes from the Field

by Liz Milazzo, Field Production Manager

The weather just turned. . . it's confirmed, we're heading into fall! Ground spider webs sparkle in the low light of dawn and dusk, stranded across the open soil. Rows of cosmos and bachelor button field flowers are fading from magenta and cornflower blue into brown-green, and arms of red amaranth are bending to the ground. The farm looks again as it did in May, with more tilled bare ground than crops standing. Cover crop seed is on order, and we're strategizing the timing of drilling the seed. This year we're bent on establishing the cover early, in the case of strong El Niño rains.

It's hard to believe that only two weeks remain in the 6-month apprenticeship. The mood is reflective, happy, poignant, emotional – a little bit of everything. For an inspiring look at where alumni have landed and grown deep roots, check out the CASFS *Grow A Farmer* website, [www.growafarmer.com](http://www.growafarmer.com). It's a changing landscape, and gratifying as an instructor to know that more and more organic farm jobs are out there for graduates to apply to.

This year's harvest feels particularly abundant having added to the mix dry beans, popcorn, and a polenta corn. We'll have an offering next week of Vermont Cranberry, Calypso, and Black Turtle soup beans. We harvested 340 pounds of dry beans from six rows in the Main field (3,400 pounds / acre), improving yields over last year by planting earlier and harvesting earlier. We windrowed the plants this year for field curing, getting to the task in time to avoid a lot of seed shattering on the soil. On our first attempt, we pulled the tractor undercutter bar through the rows, but abandoned that effort about 20' into the field! Due to some particulars on the shape of the sled, the plants balled up into a big mess. Instead, we fanned out and pulled the plants by hand – a reasonable task for a big crew (took us about a half hour).

Next step was to field thresh with a modified gas-powered leaf shredder/wood chipper turned grain thresher, the *Roto Hoe*. This involves feeding the dried bean plants into the "machine," where the bean pods get cut from the stems and break open. Big thanks to Andy for imagining and manifesting improvements that have made this machine a quite effective small-scale thresher. The *almost* final step from field to table was to clean the seed in an M2B electric seed cleaner. The *final*, final step will be to put the beans through a second pass on the M2B to remove some last soil and weed seed.

Popcorn will also be coming to the boxes next week. We're still trying to figure out the proper curing on the large ears – they may just need to cure on the cob for several months. Although beautiful, they are not popping yet.



## Turnips with Roasted Garlic Goat Cheese & Sesame

1 garlic head, halved crosswise  
 1-1/4 C plus 2 T olive oil, plus more for drizzling  
 8 oz. goat cheese  
 Kosher salt  
 Freshly ground pepper  
 1 T black and/or white sesame seeds  
 1 tsp. finely grated lime zest  
 1 tsp. chopped fresh oregano  
 1 tsp. fresh thyme leaves  
 1/4 tsp. \*sumac

Heat oven to 350°F. Combine garlic and 1-1/4 C oil in a small baking dish. Cover with foil and roast until garlic is golden brown and tender, 45–50 minutes; let cool.

Remove garlic from oil; squeeze cloves from skins and finely chop to a paste. Process in a food processor along with goat cheese, 1/4 cup garlic roasting oil, and 2 T water until smooth (mixture should be spreadable); season with salt and pepper.

Meanwhile, toast sesame seeds in a dry skillet over medium heat until golden brown, about 1 minute. Transfer to a small bowl and let cool. Mix in lime zest, oregano, thyme, and sumac.

Toss turnips in a medium bowl with vinegar and 2 T oil; season with salt and pepper. Divide goat cheese mixture among plates, top with turnips, sesame mixture, cilantro, and mint, and drizzle with more oil.

**Do Ahead:** Roasted garlic goat cheese can be made one day ahead; cover and chill. Bring to room temperature before using.

Recipe by Reyard Restaurant, Brooklyn via [www.bonappetit.com](http://www.bonappetit.com)

Serves 4

12 oz. small turnips (about 16), peeled, half quartered, thinly sliced rounds  
 1 T Sherry vinegar or red wine vinegar  
 Cilantro leaves with tender stems and mint leaves (for serving)  
\*Sumac, a tart, citrusy spice sold in ground form, available at Middle Eastern markets, specialty foods stores, and online.

## Red Kuri Squash Soup

1-1/2 pounds red kuri or butternut squash, peeled and cut into 1-inch cubes (3 C)  
 1/2 medium onion, coarsely chopped  
 1 bay leaf  
 1 medium fennel bulb, cored and cut into thin wedges  
 1 T extra-virgin olive oil, plus more for drizzling  
 Salt and freshly ground black pepper  
 1 T unsalted butter  
 Chopped toasted pecans and small marjoram leaves, for garnish

Preheat oven to 375°F. In a large saucepan, combine cubed squash with chopped onion, bay leaf and 3 C of water and bring to a boil over high heat. Cover and simmer over low heat until squash is tender, about 20 minutes.

Meanwhile, on a large rimmed baking sheet, toss fennel wedges with the 1 T of olive oil. Season with salt and pepper and toss well. Roast for about 25 minutes, until the fennel is tender and starting to brown.

Discard bay leaf from the soup. Working in batches, puree soup in a blender. Return soup to the saucepan and warm over low heat. Stir in butter and season with salt and pepper. Ladle soup into bowls and garnish with the roasted fennel, pecans, marjoram leaves and a drizzle of olive oil.

**Do ahead:** Soup can be refrigerated overnight. Reheat gently.

[www.foodandwine.com](http://www.foodandwine.com)

## Easy Sautéed Spinach

Serves 4

2 large bunches of spinach, about 1 lb  
 Olive oil, extra virgin  
 3 cloves garlic, sliced  
 Salt to taste

Cut off thick stems of spinach and discard. Clean spinach by filling up sink/bowl with water and soaking spinach to loosen any sand or dirt. Drain then repeat soaking and draining. Remove any excess moisture.

Heat 2 T olive oil in a large skillet on medium high heat. Add garlic and sauté for about 1 minute, until garlic is just beginning to brown.

Add spinach to pan, packing it down a bit if necessary. Use a couple spatulas to lift spinach and turn over in pan to coat with the olive oil and garlic. Cover pan and cook for 1 minute. Uncover and turn the spinach over again. Cover and cook for an additional minute until spinach is wilted.

Remove from heat. Drain excess moisture from pan. Add more olive oil, sprinkle with salt to taste. Serve immediately.

[www.simplyrecipes.com](http://www.simplyrecipes.com)



C = cup; T = tablespoon; tsp. = teaspoon