

## What's in the box?

Endive Frisee, *Rhodos* Peppers, *Czech Black*  
Spinach, *Tyee* (Jalapeño)  
Chard, *Bright Lights* Red Peppers, *Carmen*  
Carrots, *Nelson* & *Stocky Red Roaster*  
Scallions, *Parade* Tomatoes, *mix*  
Cilantro, *Santo* Onions, *Candy*  
Zucchini, *Raven* Winter Squash, *Acorn*  
Apples, *Jonagold De Coster*

### Harvest Forecast\* September 15 & 18

Apples	Green Beans	Sweet Red
Broccoli	Italian Basil	Peppers
Chioggia Beets		Tomatoes

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

### 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

Garlic is a great crop to grow in the home garden, and there are many types of garlic to choose from. Join garlic farmer **Pete Rasmussen** of Eden, Utah's **Sandhill Farms** and **Orin Martin** of UCSC's 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 pre-register, go online to [garlic2015.bpt.me](http://garlic2015.bpt.me) or contact Amy Bolton at 831.459-3240 or [casfs@ucsc.edu](mailto:casfs@ucsc.edu) to arrange to pay by check.

## Notes from the Field by Kate Watters, First Year Apprentice

The end of August always feels like a tipping point; all you have is the moment and you want to learn how to be present and love it more completely. This is especially true in the field. Each day I feel the light leaving like a cup with just a few sips of wine left. What is overflowing now will be precious and I want to clutch it all to my chest, appreciating the transience of this season and seeing each day's subtle changes—every blazing sunrise, every ripe tomato, every heaping pint of strawberries, every green bean we painstakingly harvest. I already miss harvesting the sweet corn, which once was so abundant. I miss the satisfying snap of the ear tearing away from the stalk and the thwacking of the stem breaking on my thigh. Now the apples capture my attention as I learn how to determine ripeness with my taste buds, and sense the ease as the fruit parts from the tree. I am learning to love every moment now while it is upon me, even with the sun high in the sky and pressing down on me as I work.

The crickets sing songs of summer every evening, another vibration of joy and a chorus that calls me closer. I want to be surrounded by the pulsing that seems to be saying, *yes, yes, yes*. We, the apprentices, sing songs to the transience, filling these moments with melodies both new and old that seem to lend words to this time in our lives, this magical place and this community we have created together. Last week before our harvest morning the crew took a minute to meditate on all of the changes we have seen in the field and appreciate the moment before us. Whole blocks that were once mixed vegetables have been replaced with a summer crop of Sudan grass. One block of corn has been tilled into the soil. All of the onions are in burlap bags field curing before we pack them into boxes. The squash leaves which were once trailing and vibrant have died back to reveal a sea of pumpkins in all kinds of colors, shapes and varieties. The delicata squash have undergone changes as they ripen, then cure and are ready to eat. Their lime green and yellow striped ribs turn deep colors of evergreen and orange.

Farming teaches us to appreciate beauty and transience, growth and change, and the richness of even the smallest details.





## Apple Crostata with Caramel Sauce

### Filling and Topping

- 1/2 C sugar
- 3 T all-purpose flour
- 4 C chopped peeled apples (4 medium)
- 1 T sugar
- 1/2 tsp. ground cinnamon
- 1 C caramel topping (see recipe below)

### Crust

- 1 C all-purpose flour
- 1/2 tsp. salt
- 1/3 C cold shortening
- 1 T cold butter
- 1 tsp. vegetable oil
- 3-4 T buttermilk

Heat oven to 400°F. In medium bowl, mix 1 C flour and the salt. Cut in shortening and butter, using pastry blender, until particles are size of small peas. Sprinkle oil and buttermilk, (1 T at a time) sprinkle over flour mixture, tossing with fork until all flour is moistened and dough almost cleans side of bowl.

Gather dough into a ball; shape into flattened 5-inch round on lightly floured ungreased large cookie sheet. With floured rolling pin, roll pastry into 12-inch round.

In large bowl, mix 1/2 C sugar and 3 T flour. Stir in apples until coated. Mound apple mixture on center of dough round to within 2 inches of edge. Fold edge of dough over apple mixture; crimp edge of dough slightly. In small bowl, mix one T sugar and the cinnamon; sprinkle over apples and dough.

Bake 42-47 minutes or until crust is golden brown and apples are fork tender. (If apples begin to brown too quickly, cover loosely with aluminum foil. Cut into wedges. Serve warm drizzled with caramel topping (see recipe below).

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



## Heirloom Tomato & Frisee Salad with Bacon Vinaigrette

### Bacon Vinaigrette

- 1/2 C minced bacon
- 1 T minced shallot
- 1/2 C extra virgin olive oil
- 1/3 C cider vinegar
- 2 T bacon fat
- 1 T vegetable oil
- 1/2 T dijon mustard
- 1/2 T honey
- Salt & pepper to taste

### Salad

- 1/4 lb. frisee
- 1/2 lb. heirloom tomatoes
- Salt & pepper to taste

**Vinaigrette:** Cook the bacon and reserve fat for later. Make sure bacon fat remains slightly warm to prevent congealing. Combine bacon, shallots, vinegar, mustard, and honey in a bowl and whisk together while adding a slight amount of salt and pepper. Rest for five minutes to allow flavors to meld and for the shallots to macerate slightly. Combine oils and bacon fat in a measuring cup, preferably with a spout to allow for a slow pour. Make sure the oils are mixed well and begin very slowly pouring into the bowl while vigorously whisking. A nice emulsion should be achieved. Adjust seasoning to your liking and serve.

**Salad:** Rinse and dry frisee and tomatoes. Cut and discard roots of the frisee. Tear frisee into bite size pieces. Cut tomatoes in approximately 1/4-inch slices. Toss the frisee with the vinaigrette and a little salt and pepper to obtain a light coating. On a large plate assemble the tomatoes and frisee in an alternating fashion. Drizzle with the remaining vinaigrette, and serve. Frisee has a great watery crunch. Romaine, spinach, and arugula make fine substitutions. Enjoy.

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

## Salted Caramel Sauce

- 7 T coconut sugar
- 7 T cold water
- 4 oz. coconut milk
- 1/4 tsp. vanilla extract
- pinch of salter

Place coconut sugar and water in a pan of medium heat. Stir gently until sugar has dissolved and let it bubble for 2-3 minutes. ➔

Pour in coconut milk and keep stirring until it has fully combined. Turn down the heat and allow sauce to simmer for 10-15 minutes until it has thickened.

Remove from heat and add vanilla and salt and stir well. Pour sauce in to a bowl or jar and allow to cool. Mixture may thicken a little more once it cools.

Store in a sealed jar or container in fridge for up to 2 weeks.

[www.myfussy eater.com](http://www.myfussy eater.com)