What’s in the box?

Endive, Rhodos Spinach, Tye
Kale, Dino Chard, Rainbow
Tomatoes, dry farmed & heirloom mix
Peppers, Ancho “Tiburon”
Onions, Cipollini

Endive, Rhodos Spinach, Tye Kale, Dino Chard, Rainbow
Tomatoes, dry farmed & heirloom mix
Peppers, Ancho “Tiburon”
Onions, Cipollini

Sweet Corn, XT2171 Peppers, Jalapeno & Czech Black
Snap Beans, Bronco & Gold Rush
Zucchini, mixed Broccoli, Gypsy
Potatoes, Yellow Finn

Harvest Forecast* August 25 & 28
Apples Delicata Squash Sweet Red
Beans Spinach Peppers
Cabbage

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

Notes from the Field by Robert Hines, First Year Apprentice

Entering the final nine weeks of our apprenticeship program, our knowledge as apprentices begins to mature into experience through the daily grind of farming. We have come home to the sites where we will remain until we finish in mid-October. This stability enables us to hone our skills while solidifying friendships with our respective crews for an incredible synergy of efficiency and proficiency; of course, there are always ample amounts of fun and laughter! As this finality in the program settles into our consciousness, apprentices have initiated the difficult, if profound, decision of what will be next. The gamut ranges from staying a second year at CASFS, to managing production farms, to educating traditionally disadvantaged groups find justice within the food system. Just as we arrived a diverse group, so will we graduate to diverse projects in the near future, all to effect positive change for more robust, just, and sustainable agriculture.

As Earth wheels through its mid-August position around the Sun, some crops we have come to intimately know initiate their farewells for the season. The heat of summer and all the long months since April means the strawberry plants have started to lighten their heavy yields of fruit. However, those same factors mean the apples have begun to blush with ripeness. It’s a blessing of nature and benefit of a diversified farm that the end of one delicious fruit simply makes way for another to delight our palate. The arrival of apple season reminds me of my time as an apprentice at a dairy and prune farm in southwestern France. Every part of the year has its crucial task in tree care to ensure the narrow window of harvest yields a bountiful, scrumptious crop. The winter spent pruning to an exact tree form, having faith in weather and bees to allow bloom and fertilization in February, maintaining a clean orchard floor come spring and summer, providing sufficient nutrition to feeding roots in April, protecting against pest and disease into May, ensuring deep irrigation as the trees shift into high gear in early summer, summer pruning for ripening fruits and next year’s crop, watching (and patiently waiting) for peak ripeness to begin harvest. All these timely tasks need to occur or our perennial friends will tell us to wait another full spin around the Sun to enjoy the delight that is apples. On the menu to come for CASFS include such all-stars as Chehalis, Ginger Gold, Machntosh, and Valstar. Patience and hard-work are the crux for true satisfaction, and apprentices have certainly paid the dues for all to enjoy!
Chicken Avocado Lime Soup

1-1/2 lbs boneless skinless chicken breasts
1 T olive oil
1 C chopped green onions (including whites, mince whites)
2 jalapeños, seeded and minced (leave seeds if spicy is desired)
2 cloves garlic, minced
4 (14.5 oz) low-sodium chicken broth
2 tomatoes, seeded and diced
1/2 tsp. ground cumin
Salt and freshly ground black pepper
1/3 C chopped cilantro
3 T fresh lime juice
3 medium avocados, peeled, cored and diced
Tortilla chips, Monterey jack cheese, sour cream (optional)

In a large pot heat 1 T olive oil over medium heat. Once hot, add green onions and jalapeños and sauté until tender, about 2 minutes, adding garlic during last 30 seconds of sautéing. Add chicken broth, tomatoes, cumin, season with salt and pepper to taste and add chicken breasts. Bring to boil over medium-high heat, then reduce heat to medium, cover and allow to cook, stirring occasionally, until chicken has cooked through 10-15 minutes (cook time varies based on thickness of chicken breasts). Reduce to warm heat, remove chicken from pan and let rest on cutting board 5 minutes. Shred chicken and return to soup. Stir in cilantro and lime juice. Add avocados just before serving (if you don’t plan on serving the soup right away, add avocados to each bowl individually, about 1/2 an avocado per serving). Serve with tortilla chips, cheese and sour cream if desired.

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Shredded Kale or Chard Salad with Pancetta & Hard-Cooked Egg

Serves 5

5 eggs
2 bunches kale or chard
1 tsp. salt
1/4 lb. thick-cut pancetta or bacon, coarsely chopped
3 T extra-virgin olive oil
1 garlic clove, minced
4 T balsamic vinegar
2 T red wine vinegar
4 T chopped fresh flat-leaf parsley
1/2 tsp. ground black pepper
1/2 tsp. cayenne pepper

Place eggs in a saucepan just large enough to hold them. Add cold water to cover by 1 inch and bring just to a boil over high heat. Remove pan from heat, cover and let stand for 15 minutes. Have ready a bowl of ice water. Drain eggs, then transfer to the ice water and let cool. Peel eggs, mince them and set aside.

Using a knife, strip the ribs from the kale or chard, then roll the leaves up and slice them thinly crosswise. Bring a large saucepan three-fourths full of water to a boil over medium-high heat. (If you are using chard, you may opt not to cook at all, or reduce cooking time to 1-2 minutes.) Add the salt and kale and cook until just tender, about 5 minutes. Using a slotted spoon, lift out the kale and drain well. Rinse under cold running water until cool and drain again. Gently squeeze out the excess liquid from the greens with your hands, then coarsely chop it. Gently squeeze out the liquid with your hands again. Set aside.

In a fry pan over medium heat, cook the pancetta or bacon, turning occasionally, until nearly golden, about 5 minutes. (If using bacon, pour off the rendered fat at this point.) Add 1 T of olive oil and garlic and cook just until garlic is golden, about 1 minute. Using a slotted spoon, transfer the pancetta and garlic to paper towels to drain.

Add 2 T of the balsamic vinegar to the fry pan and cook over medium heat, stirring to scrape up any browned bits from the pan bottom. Pour into a bowl and whisk in the remaining 2 T balsamic vinegar, the red wine vinegar and the remaining 2 T olive oil. Add kale, pancetta and garlic, 3 T of the parsley and the black pepper. Mix well. Add the minced eggs and gently fold them in.

Garnish the salad with the remaining 1 T parsley and the cayenne and serve immediately.

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Sweet Corn-Avocado Stir Fry

1 onion chopped
2 cloves garlic minced
4 ears sweet corn cut off the cob
2-3 sweet peppers cubed
1 hot pepper cubed (keep seeds & membranes to preferred spiciness)
1 handful chopped cilantro diced

Stir fry onion until translucent on medium heat. Add sweet and hot peppers. Cook 3 minutes. Add corn. Cook for additional 5 minutes (until corn is cooked). Add tomatoes, garlic, and lime juice. Cook 3 minutes. Salt and pepper to taste. Remove from heat. Combine with avocados and cilantro. Add final salt, pepper, lime juice, or hot sauce to taste. Serve as side with quesadillas or rice and beans.

Submitted by Robert Hines, First Year Apprentice