

FIELD notes

UCSC Farm
Community Supported Agriculture
Fourth Harvest: 6/23/15 & 6/26/15

What's in the box?

Lettuce, <i>Red Cross</i>	Beets, <i>Red Ace</i>
Chard, <i>Bright Lights</i>	Basil, <i>Aroma2</i>
Kale, <i>Red Ursula</i>	Scallions, <i>Purplette</i>
Dill, <i>Bouquet</i>	Strawberries, <i>Albion</i>
Cilantro, <i>Santo</i>	Blueberries, <i>mixed</i>
New potatoes, <i>Red Gold</i>	varieties

Harvest Forecast* June 30 & July 2

Golden Beets	Scallions	Thai Basil
Lettuce	Spinach	Zucchini
New Potatoes	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

Growing & Designing Special Event Flowers Sunday, July 25 – 10 am to 3 pm

Alan Chadwick Garden, UC Santa Cruz

Join Flower Grower Zoe Hitchner of Front Porch Farm in Healdsburg and Sky DeMuro of UCSC's Alan Chadwick Garden for a day-long workshop on special event flowers. The focus will be on basic floral design techniques including hand-tied bouquets, centerpieces, corsages, and boutonnières. Organic growing and selection tips will also be covered.

Cost of the workshop is \$125 (supplies included), or \$95 for members of the Friends of the UCSC Farm & Garden.

Discounts available for beginning farmers (see contact information, below). Space limited to 15 participants and you'll take home your arrangements.

Pre-registration required.

Register online at: flowers2015.bpt.me
or contact Amy Bolton at 831.459-3240 or casfs@ucsc.edu to arrange to pay by check.



Notes from the Field by Brittany Rymer, First Year Apprentice

For the Northern Hemisphere, this past Sunday marked the summer solstice. This day, also known as Midsummer, denotes the longest day of the calendar year and the beginning of summer. In Sweden and Finland, two countries that experience long, chilling winters, Midsummer is celebrated as a national holiday. Shakespeare too was cognizant of the magic this time of year holds, setting 'A Midsummer's Night Dream' within this season of long days and short nights.

As we move past the summer solstice, the CASFS plant world has made its transition from spring into summer. The squash plants, now thoroughly rooted, are sending out their long, wandering vines. The tomatoes are speckled with their first flowers – a hopeful sign of fruits to come. And adolescent potatoes are racing with young corn transplants to see who can reach the sky first.

As I watch our crops soak in the summer sunshine, I can feel the rhythm of seasons changing. This feeling is one of the first experiences that drew me towards farm work. Caring for fields and gardens of ever-changing plants, I love rotating through spring, summer, fall, and winter.

Early summer is an exciting time at CASFS. We apprentices have now been here for ~2.5 months. We are starting to feel more at home with both the farm and with each other. All of the bed digging, compost making, transplanting, irrigating, and weeding we did in April and May is starting to (literally) bear fruit. And we can feel summer sneaking in – it looks like squash blossoms and sounds like evening hikes in the redwoods after work.

The plants at this time of year seem happy too. Drinking in summer's eternal sunshine while enjoying the moderate UCSC climate, our crops are growing taller and stronger all the time. We can't harvest our greens and strawberries quickly enough!

To help convey how the summer solstice era feels at CASFS, here are a handful of solstice-relevant quotes. Thank you for supporting CASFS and happy summer!

"Summer's lease hath all too short a date."

– Shakespeare, Sonnet 18

"If a June night could talk, it would probably boast it invented romance."

– Bern Williams

"I had that familiar conviction that life was beginning over again with the summer."

– Scott Fitzgerald





Beet & Blueberry Bruschetta

Serves 10-12

- Red beets, about 5 small to medium sized
- 1 C fresh blueberries
- 1 tsp balsamic vinegar
- 1/4 C extra-virgin olive oil, plus 1 T divided
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 small loaves French bread
- 5 basil leaves, thinly sliced
- 1/4 C crumbled feta cheese

Preheat oven to 425°F. Prepare beets for roasting by cutting off tops. Remove skins (roast or parboil to easily rub off skins), then cut into equal pieces. Wrap in foil packets and drizzle olive oil over tops (divide 2 T across packets). Seal packets and place on a baking sheet and roast for 45 mins. or until beets are fork tender. Remove from oven and let cool. Dice each beet and refrigerate to chill.

Slice bread into 1-in. slices. Place slices on a baking sheet in a single layer. Brush each with olive oil (about 2 T of oil). Turn oven to broil and broil on top rack until golden brown. Once browned, remove from oven and set aside.

In large bowl whisk together balsamic vinegar and one T olive oil. Add diced beets, blueberries, basil, and salt and pepper. Toss together until everything is coated in dressing. Chill, covered, until ready to use or serve immediately.

To serve, top each bread slice with beet and blueberry mixture. Sprinkle feta over the top and additional chopped basil (optional). Drizzle with olive oil and enjoy!

<http://www.girlgonegourmet.com/> via foodgawker.com

Beet, Radish & Blueberry Salad

- Salad:** 2 large beets, boiled, peeled and cut into matchsticks or wedges
5-8 radishes (depending on size) cut into wedges
1 C blueberries

- Dressing:** 1/2 C feta cheese
1/2 C 2% greek yogurt
1-1/2 T lemon juice
2-1/2 T fresh chives, minced.
1/8-1/4 C olive oil (to taste)

For salad: Combine beets, radishes and blueberries in a large salad bowl. Top with dressing or serve it on the side.

For dressing: Combine first four ingredients in food processor and pulse until fully combined.

With food processor running add olive oil slowly until it reaches desired consistency. I used 1/8 C of oil and it was the consistency of bleu cheese dressing.

<http://midlifecroissant.com/> via foodgawker.com

New Potatoes with Creamy Dill Sauce

Serves 6

- 3 lbs. new potatoes
- 4 C heavy cream
- 1 C onion finely chopped
- 1/4 C butter
- 1/4-1/2 C fresh dill chopped (don't use stem part)
- 1/2-1 tsp salt
- 1/2 tsp pepper
- 1/8 tsp nutmeg

In large heavy saucepan melt butter over medium heat. Add finely chopped onions and sauté until onions are golden brown (do not over brown). Slowly stir in heavy cream. Stir in dill. (I only use the feathery ends of the dill, not the stems.) Add salt, pepper and nutmeg. Simmer on low heat for about 30 mins. until sauce thickens a bit.

While dill sauce is simmering prepare new potatoes. Wash potatoes, removing any blemished spots. Add to large pot of cold water (enough to fully cover potatoes). Add a tsp of salt and cook over medium high heat until potatoes are tender, not mushy. Drain and serve with creamy dill sauce.

<http://www.artandthekitchen.com/> via foodgawker.com

Cilantro Pesto

- 1/2 C Blue Diamond Sriracha Flavored Almonds
- 3/4 C roughly chopped cilantro, tightly packed
- 1-1/2 C roughly chopped Bok Choy leaves, lightly packed
- 1 tsp fresh lime zest
- 1 tsp fresh lime juice
- 1 tsp fresh garlic, minced
- 1 tsp fresh ginger, minced
- 1-1/2 tsp rice vinegar
- 1 T plus 1-2 tsp reduced-sodium soy sauce
- Pinch of pepper
- 2 T olive oil

Place almonds in a small food processor and process until broken down into small pieces. Add cilantro and Bok Choy and process until broken down and combined with the almonds, scraping down as necessary to make sure almonds mix into the greens.

Add in the lime zest, lime juice, garlic, ginger, rice vinegar, soy sauce and pepper and continue processing until creamy and combined.

With the food processor running, stream in the olive oil and process until mixture runs through the processor smoothly, and is creamy.

www.foodfaithfitness.com via foodgawker.com

C = cup; T = tablespoon; tsp = teaspoon