Notes from the Field by Liz Milazzo and Amy Bolton

As you start to walk the way, the way appears. - Rumi

As our CSA season ends, so ends the service of Field Production Manager Liz Milazzo, CSA Coordinator Amy Bolton, and Second Year Field Assistant Jane Kuhn. Liz and Jane will be moving into unfolding new farming adventures and Amy will retire to care for her elderly parent.

A “so long” from Liz Milazzo: It has been an honor to be growing for the CSA these last eight seasons, and to teach organic farming practices with CSA at the center of our marketing. The CSA has been the driver for myself, the apprentice community and the campus community appreciating the abundance that is possible from five acres. The CSA has allowed us to plant a huge diversity of crops on the tractor scale, 40 crops and 90 crop varieties! This crop diversity brings so much life to the fields – diversity of microbial life, bird life, and more! Such a vibrant ecosystem is easy to cultivate with low inputs. With your engagement in local food production, accepting what we can offer, we’ve made some strides in shifting the crop balance towards more water efficient crops, still producing bounty in these years of drought. I’ve appreciated so much the quick conversations in the CSA garden as you ask how the weather or the drought are affecting the farm, and your many expressions of gratitude. Farming within a web of connection feeds the soul!

Many thanks to Daniel Press, Director of CASFS, Acting Director Stacy Philpott, and Assistant Director Audries Blake for their support, and to Martha Brown, CASFS Principal Editor who has done our advertising and supported membership enrollment. Behind the scenes, big thanks to Andy Webster for the most artful and productive tractor work. Thanks to the apprentices who harvested the crops with much excitement, and to Second Year Field Assistants Julie Farrell and Jane Kuhn who coordinated in the packing shed.

Certainly not least, huge gratitude to Amy Bolton for pulling it all together. Amy has prompted newsletter text, found recipes that matched the amount of food offered, and when it didn’t seem that any new recipes could possibly exist, and laid out the newsletter in a consistent, accessible format. She got last minute changes communicated to the packing shed, and delivered the sign-in sheets! Amy, thanks for making it so much fun!

Amy writes: It has been a rewarding five years serving you, our CSA members, and a deep privilege to have worked with all of you. Thank you! Your enthusiasm for good food is contagious! The CSA management will be given into the capable hands of Kirstin Yogg Comerchero, Hay Barn and Quarry Field Production Manager for CASFS UCSC Farm, until such time that our replacements are hired. Her contact is: kyogg@ucsc.edu – 831-588-1377.

I look forward to being a member of the UCSC Farm CSA and enjoying this healthy bounty for years to come!

2015 CSA End-of-Season Survey

Help us improve your CSA experience at the CASFS UCSC Farm! Please take a few minutes and go to the online Survey Monkey link below to answer 10 questions regarding your experience as a CSA shareholder. We would like to compile your feedback by Friday, November 20.

https://www.surveymonkey.com/r/PRK57BL

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
Contact Amy Bolton at 831.459-3240 or casfs@ucsc.edu to arrange to pay by check.
**Potato Salad with Grilled Kale**

Serves 6

- 5 T olive oil, divided, plus more
- 2 pounds waxy fingerling potatoes
- Kosher salt
- 1 pound shallots (about 12), unpeeled
- 3 T fresh lemon juice
- 1 T apple cider vinegar
- Freshly ground black pepper
- 1/4 C chopped cornichons
- 2 T drained capers
- 1 bunch kale, ribs and stems removed; 3 scallions, sliced
- 1 C parsley leaves with tender stems

Prepare a grill for medium-high heat; lightly oil grate. Place potatoes in a large saucepan and pour in cold water to cover by 1”. Season with salt and bring to a boil. Reduce heat; simmer until tender, 15–18 minutes. Drain and return to saucepan.

Meanwhile, grill shallots, turning occasionally, until skins are blackened and flesh is tender, 15–20 minutes. Let cool. Halve lengthwise and scoop out insides (discard skins).

Whisk lemon juice, vinegar, and 3 T oil in a large bowl; season with salt and pepper. Add cornichons, capers, and potatoes and toss to coat.

Toss kale and remaining 2 T oil in a medium bowl; season with salt. Grill, turning often, until charred and crisp-tender, about 1 minute. Fold into salad along with scallions, parsley, and shallots.

---

**Butternut Squash & Apple Soup with Blue Cheese**

Serves 6

- 6 lbs. butternut squash, split lengthwise and seeded (about 3 squash)
- 1 C (2 sticks) unsalted butter
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 celery rib, finely chopped
- 4 T kosher salt
- 1 tsp. freshly ground black pepper
- 3 apples (firm), peeled, cored, and sliced thinly
- 3 C apple cider
- 1 gallon vegetable stock
- 1/2 lb. blue cheese
- 1/2 C heavy cream
- 2 T green (hulled) pumpkin seeds

Preheat oven to 350°F. Place squash cut side down on rimmed one-inch-deep sheet pan. Add 2 C water and roast until squash is very tender, about 45 minutes. Remove from oven, drain off any remaining water, and let cool.

Meanwhile, in heavy, 12-quart pot over moderate heat, melt butter. Add onions, garlic, celery, 3 T salt, and 1 tsp. pepper and sauté until onions are soft, about 10 minutes. Add apples and sauté until tender, about 3-4 minutes.

Add apple cider and bring to boil. Reduce heat and simmer uncovered until liquid is reduced by half.

When squash is cool enough to handle, scoop out flesh and add to soup. Add stock and remaining salt, raise heat to high, and bring to boil. Reduce heat and simmer uncovered until all vegetables are tender, about 25 minutes.

In double boiler over medium heat, heat cheese and heavy cream, stirring occasionally, until melted, about 10 minutes. Keep warm.

In dry, heavy, 9- to 10-inch cast iron skillet over moderate heat, toast pumpkin seeds, stirring occasionally, until puffed and golden, 4 to 5 minutes. Transfer to bowl.

Working in batches, purée soup in blender until very smooth, then return to pot. Set over moderate heat and return to simmer.

Serve hot soup immediately into bowls, drizzle with blue cheese mixture, and sprinkle with toasted pumpkin seeds. (Makes 10 first course servings).

---

**Storage tips for our storage crops**

We’re giving potatoes, onions, shallots and winter squash these last two weeks, since the CSA is ending soon!

Leave winter squash at room temperature for best flavor. Butternut should last till March, at least, as long as it is not right near the stove or a lot of heat.

Potatoes can go in the refrigerator or pantry, but keep them out of sunlight. Best to store in a brown bag if in the pantry. When potatoes turn green from sunlight, we see the manufacture of chlorophyll. The chlorophyll per se is not a problem, but that degree of sunlight also stimulates the production of glycoalkaloids within the potato – the compounds that can cause an upset stomach (and severe illness if consumed in extreme quantities.)

Onions will store fine on the table or in the refrigerator. We’ve exhausted our supply of “jumbo” onions, as well as the very sweet yellow “Candy” variety. You will be getting more standard sized yellow onions this week and next. These have a higher sulfur content and excellent storage life. Shallots are a very concentrated, sweet onion, and I’ve seen ours last almost a year at room temperature before they begin to sprout.

Use the dry beans (from last week) soon to enjoy the tenderness of recently harvested beans. The popcorn will last indefinitely as a table decoration. If you decide to try popping it, remove the kernels from the cob, and rehydrate first by pouring a little water on the kernels in a glass jar, shaking it up, and letting the water soak back into the kernels over the course of several days.

---

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