

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Seventeenth Harvest: 9/22/15 & 9/25/15

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## Wilted Escarole Salad

Serves 8

- 1/2 loaf country-style bread (about 8 ounces), crust removed, torn into 1" pieces (about 5 cups)
- 7 T olive oil, divided
- Kosher salt, freshly ground pepper
- 2 garlic cloves, coarsely chopped
- 1–2 anchovy fillets packed in oil
- 1/4 tsp. crushed red pepper flakes
- 2 T (or more) white wine vinegar
- 1 large head escarole, outer leaves removed, inner leaves torn into large pieces

Preheat oven to 350°F. Toss bread and 3 T oil on a large rimmed baking sheet, squeezing bread so it absorbs oil evenly; season with salt and pepper. Spread out bread pieces in an even layer and bake, tossing occasionally, until crisp on the outside but still chewy in the center, 10–15 minutes. Let croutons cool.

Meanwhile, heat remaining 4 T oil in a small skillet over medium heat. Add garlic and cook, stirring often, until golden, about 2 minutes. Add anchovies and, using a spoon, mash into oil. Add red pepper flakes and remove skillet from heat. Add vinegar, scraping up any bits; season vinaigrette with salt and pepper.

Just before serving, toss escarole, croutons and warm vinaigrette in a large bowl until escarole is slightly wilted; season with salt, pepper, and more vinegar, if desired.

**DO AHEAD:** Croutons and vinaigrette can be made and escarole prepped 1 day ahead. Store croutons wrapped airtight at room temperature. Let vinaigrette cool; cover and chill. Gently reheat vinaigrette before using.

*Bon Appétit* | October 2013 by Amanda Hesser  
via [www.epicurious.com](http://www.epicurious.com)

Field Production Manager Liz Milazzo also suggests **roasted red peppers over the escarole (raw or wilted in hot pan) with thin red onion slices and a shallot vinaigrette.**

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Nineteenth Harvest: 10/7/14 & 10/10/14

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## White Bean & Escarole Soup with Garlic

- 1 T olive oil
- 1 cup chopped onion
- 1 large carrot, cut into small dice
- 5 large garlic cloves, peeled, flattened
- 3 cups (packed) 1-inch pieces escarole (about 1/2 large head)
- 4 cups (or more) vegetable broth or low-salt chicken broth
- 3-1/4 cups cooked Great Northern beans or two 15-oz. cans cannellini (white kidney beans), rinsed, drained
- one 14-1/2 to 16-oz. can diced tomatoes, drained
- 2 T freshly grated Parmesan cheese

Heat oil in heavy large Dutch over medium-low heat. Add onion, carrot and garlic and sauté until onion is golden and tender, about 7 minutes. Discard garlic. Add escarole; stir 3 minutes. Add 4 cups broth, beans and tomatoes and bring to boil. Reduce heat to medium-low. Cover and simmer until escarole is tender and flavors blend, about 20 minutes. Thin with more broth, if desired. Season soup to taste with salt and pepper.

Ladle soup into bowls. Serve with Parmesan cheese.

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

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Twenty-First Harvest: 10/25/11 & 10/28/11

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## Classic Italian Escarole and Bean Soup

2-3 tablespoons olive oil  
3-4 cloves garlic, thinly sliced  
1/2 teaspoon crushed red pepper flakes  
1 head escarole, approximately 1 pound, washed and chopped into bite-sized pieces  
2 14-oz. cans cannellini, drained and rinsed  
Salt and freshly ground black pepper  
Freshly grated Parmesan  
Slices of rustic bread

Heat a soup pot over medium-high heat and add enough olive oil to cover the bottom. Add the garlic and red pepper flakes and sauté for a minute or two. Add

the escarole and stir to coat with the oil. Sauté, stirring occasionally, until the escarole begins to wilt.

Stir in the beans. Lower the heat, add up to a cup of water (more if you prefer it soupier), season with salt and pepper, and simmer for 5-10 minutes.

To serve, divide equally among four soup bowls, drizzle a little more olive oil over each serving, and garnish with the Parmesan. Serve with a slice of good crusty bread. Or, garnish with homemade croutons.

*AlmostItalian.com*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Winter Box Harvest: 11/30/12

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## **Spaghetti with Butternut Squash, Ricotta, and Escarole**

- 1/2 medium butternut squash, peeled, cut into 1/2-inch pieces
- 3/4 pound spaghetti
- 6 tablespoons (3/4 stick) unsalted butter
- 1 head escarole, leaves torn into 2-inch pieces
- 7 ounces ricotta (3/4 cup)
- 1 lemon, cut into wedges

In large pot of boiling salted water, cook squash until crisp-tender, about 3 mins. With a slotted spoon, transfer to a colander. Return water to a boil. Add pasta; cook according to instructions. Reserve 1/2 cup pasta water;

drain pasta and return to pot.

In large nonstick skillet, heat 2 T butter over medium-high. Add squash, stirring occasionally, until lightly browned in spots and tender when pierced with a knife, 8 mins. Add escarole, stirring, until just beginning to wilt, 1 min. Add vegetables to pot with pasta. To skillet, add 4 T butter, swirling skillet occasionally, until butter is lightly browned and has a nutty aroma, 1 min. Drizzle over pasta and toss, add reserved pasta water to create a light sauce. Season with salt and pepper. Transfer to a serving dish, top with ricotta, and serve with lemon wedges.