

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
10th Harvest 8.22.06 & 8.25.06



**Basil** *Genovese*

**Carrots** *Chantennay*

**Chard** *Bright Lights*

**Cucumber** *Marketmore, Lemon*

**Garlic** *Oregon Blue*

**Lettuce** *Red Oak Leaf or Freckles*

**Onion** *Early*

**Strawberries** *Seascape, Chandler*

**Tomatoes** *Dry farmed Early Girl*

what's in the **box?**

## Aware

When I found the door  
I found the vine leaves  
speaking among themselves in abundant  
whispers.

My presence made them  
hush their green breath,  
embarrassed, the way  
humans stand up, buttoning their jackets,  
acting as if they were leaving anyway, as if  
the conversation had ended  
just before you arrived.

I liked  
the glimpse I had, though,  
of their obscure  
gestures.

I liked the sound  
of such private voices. Next time  
I'll move like cautious sunlight, open  
the door by fractions, eavesdrop  
peacefully.

- Denise Levertov

## The last row

"There should be a special blessing when you plant the last row. It only happens once a year." Julie Stultz, the Field Manager, stood alongside the last transplanted bed in the full main field Monday morning, a bed planted with basil and a variety of lettuces.

To mark the transition of plants into the field throughout the season, at the end of every day of transplanting we pause to lie in the furrows as the sun angles in the sky. Farmers and plants breath the air of this new home, roots and backs soak into the earth warm from the afternoon sun, minds imagine these plants growing and flourishing.

All around the farm we see beginnings and endings, markers in continuous cycles. We are harvesting more and planting less; we are pruning out dense summer growth in the apple orchard; the winter squash is plumping up and the long-day onions are readying for harvest. The new moon of August passes overhead this week, a time of beginnings, of birth, of dark nights and visible stars. For me it is also time to reflect and to notice. I am grateful for these moments to stop and lie in the furrows, to pause at the bench at the top of the field on cool nights to greet the moon in its path, to meet and talk with many of you as you picked up your boxes last Friday, and to experience the beginning and ending of another day.

This week marks a very exciting arrival! The first dry farmed Early Girl tomatoes are in your boxes.

## Dry farmed Early Girl tomatoes

"Dry farmed" means the plants that produced your tomatoes have not been watered since May 2, when they were transplanted into the field. Their roots grew deeper to follow the moisture as the soil dried down. The idea behind dry farming is to produce a tomato with more concentrated flavor, and save water to boot.

How do you grow juicy tomatoes without watering them? To dry farm tomatoes, we grow a variety that is capable of quick, deep root growth in our conditions—Early Girls. We plant them as deep as possible, stripping lower leaves off the stem where  
**(continued on back)**

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## Upcoming Events at the UCSC Farm & Garden:

### Perennials in the Landscape

Saturday, August 26, 10 am - 12 noon  
Louise Cain Gatehouse, UCSC Farm

Ken Foster, owner of Terra Nova Ecological Landscaping, shares his ideas on incorporating perennials into your yard and garden. Get ready for the fall perennial planting season as you learn about best performing varieties, drought-tolerant plants, California natives, and much more. \$15 for Friends' members; \$20 for non-members, payable the day of the workshop. No pre-registration required. Call 831.459-3240 for more information.

### Tomatoes (cont.)

more roots will form below the surface. We get enough rain in the winter and spring to keep a relatively high level of moisture in the soil. The clay subsoil of the field holds moisture well, and the fog and (usually!) mild weather cooperate to limit the amount of water lost into the air. After planting, we cultivate the soil to create a dust mulch – a layer of dust at the surface to prevent evaporation. And then we watch and wait and look forward to the harvest! The tomato soup recipe to the right comes from Garver Akers, a first year apprentice. We all cheer when it is Garver's turn to cook. This was the soup de jour at lunch, using the dry farmed Early Girl tomatoes. It's a great soup to prepare ahead of time for a gathering and serve cold on a warm day.

*Catherine Doe is a first-year apprentice*



### SMOKEY GIRL SOUP

From our own J Garver Akers, first-year apprentice

Serves 20

15 lbs. dry farmed Early Girl tomatoes

1 c. chopped garlic

1 c. dry oregano

1/4 c. dry basil

3 tablespoons pepper

1/3 c. and additional 1/2 c. sugar or honey

7 tablespoons salt

2 large (or 4 medium) onions, finely chopped

4 c. prepared pasta, e.g., macaroni

1 quart soft ceci beans (chickpeas)

1 quart soft navy beans

3-4 c. of your favorite milk (optional)

Chop tomatoes. Roast tomatoes, garlic, 1/2 c. oregano, 1/4 c. basil, 1/3 c. sugar, 3 T pepper and 4 T salt in a large pan at 375 for 45-60 minutes. Let cool.

Dissenategrate this mixture in a blender, add 2 quarts water, and bring to boil in large soup kettle. Add onions and boil 20 minutes. Add an additional 1/2 c. sugar, 1/2 c. oregano and 3 T salt. Add the pasta and beans, and milk if desired. Continue at a low boil for 1/2 hour. Serve cold.

### SWEET AND TANGY CUCUMBER SALAD

From Diana Jennings, *State of Mind Music Magazine*

3 cucumbers

1 minced red onion, halved and finely sliced

1/4 c. rice vinegar

1 tablespoon red pepper flakes

1 1/2 tablespoons sugar

1/4 teaspoon salt

1/4 c. fresh cilantro, finely chopped

zest and juice from one lime

2 tablespoons sesame seeds

Peel, halve, scoop out seeds, and slice cucumbers.

In a large saucepan, heat vinegar, red pepper flakes, sugar and salt on medium high for a minute or so, until sugar and salt have dissolved. Pour mixture over cukes. Stir in cilantro and lime. Refrigerate until cold, about an hour. Toast sesame seeds, sprinkle on top of chilled cucumber salad and enjoy!