HOME GARDEN SCHOOL
CROPS
Cooperative Extension Master Gardeners
Santa Cruz County and UC Cooperative Extension

Newsletter

A Newsletter Created by Students at UCSC Arboretum Campus
Articles written by ENC 1102 Students

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Hello Everyone! We look forward to seeing you all tomorrow when you come pick up your share. This week we have some fall favorite--and again a few more items from here in Florida--green beans, yellow corn, dandelion greens and sun gold tomatoes. We were hoping that this week we would be able to include Florida citrus, but we are just getting into the season and prices are still high. We can look forward to Florida citrus in the next few weeks.

Check Out What's In Your Share Today!

Large Share	Medium Share
Sweet Potato	Sweet Potato
Sun Gold Tomatoes	Sun Gold Tomatoes
Green Beans	Yellow Corn
Yellow Corn	Garlic
Dandelion Greens	Broccoli
Garlic	Yellow Onion
Yellow Onion	Green Tomatoes
Yellow Onion	Cremini Mushrooms
Cauliflower	Brasburn Apples
Cremini Mushrooms	Starkrimson Pears
Red Romaine	
Cremini Mushrooms	
Brasburn Apples	
Pear Starkrimson	

Please keep in mind that from time to time our numbers won't be exact, for instance, the medium share received a few tomatoes this week and next time the short an item. Feel free to trade with other CROPS members.

Memories Of My Father's Farm

A brief sensory experience can trigger an unexpected moment of nostalgia from earlier times. Finding a childhood memory can be a bittersweet experience. On one hand, we feel some flashback of a simpler time in our lives; on the other hand, we see how that recollection was significant in forming us into who we are today.

What evokes memory is unique to the individual. My youth was a time for exploration of the land. I was born in a small, organized town "starters & small farms." Farmers sold their summer crops on my father's little farm. Dad loved to take him and me to the farmers' market on Saturdays. In addition, he would grow vegetables and fruits to feed to his family, including tomatoes, onions, corn, avocados, beans, lemons, oranges, and gua-

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In this week share you will receive a variety of citrus fruit. Pictured here is an orange, with a very sweet flavor. Oranges are high in Vitamin C as it produces in warm and cool climates.

Support Empty Cages

The question of which came first, the chicken or the egg, has been answered by the factory farmers who have put the profits from the eggs before human living conditions for the chicken. Hundreds of thousands of chickens are in a single warehouse, stacked cage upon cage, looking at the egg farmers in the grocery store, stop to starters the differences behind the production of cage-free and battery cagged eggs.

According to the Humane Society of the United States, "the vast majority of factory farm chickens in America - about 280 million - live in those cruel cages." The word "battery" cages refers to the large number, or "battery," of chickens crammed together in a

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Become More Conscious of the Way You Eat

This elegant cookbook, subtitled Delicious MEATLESS recipes from around the world, by Mark Bittman, is a fun read, with some great recipes to try. Bittman's premise is that, after a decade of being the worst surrounded by vegetarian, the book presents a diverse assortment of recipes, organized into "starters & small plates," "soups," "sandwiches," "entrees," and "desserts." After that, Bittman concludes on "seasonal dinner party menus." Bittman's recipes are seasonally, and even in accordance of "my favorite vegan restaurant." Bittman's recipes are from "Italy to Indonesia, Mexico to Morocco, Spain to Sweden, Iowa to New York and Ohio, and one each in Illinois, Pennsylvania, and even Utah.

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The recipe for this week is a Cranberry Apple and almond sweet tart. Perfect for a Thanksgiving dessert.

Click here for recipe

For more recipes
Click here

Memories Of My Father's Farm (cont.)

(from page 1) ruta. In addition, we had a coffee plantation. These crops provided all the food we needed right next to our house.

I was responsible for collecting coffee beans and the fruits whenever they were in season. As soon as I finished my chores, I enjoyed finding my own forms of entertainment. Sometimes I would go to the coffee plantation to pick the ripe coffee beans. Sometimes I would go to the orchard and pick green guavas directly from the trees. At an early age, I learned to associate the quality of the fruit with its color and size. The opportunity to select my own fruit gave me my first feelings of independence. I was proud of the fruit my parents to give me something to eat. The aroma and flavor of coffee beans when they were roasted was very pleasant. I was proud to be able to help my family with my labor. Looking back, I realize that I was very lucky. You are going to lose your best friend if you continue eating those coffee beans." Still today, when I smell Colombian coffee brewing here in Miami, I remember the delicious taste of the coffee beans from our farm.

After my father died, my sisters and brothers decided to sell the farm and move to the city. Our family moved to Bogotá, Colombia. We left the farm and our life behind. Living in the city limited our types of food we ate. We ate what were not as healthy and nutritious as those we used to eat on our farm. We started buying food in supermarkets instead of having it fresh from our farm. Vegetables and Fruits were never again as delicious as they once were.

Looking back on this memory, I am aware that I can never recapture that special, magical time in my life; however, when I pick up guavas in the supermarket, I am, for just a moment, seven years old again, climbing as high as I can to find the green guava that I spotted from the ground. The guavas may not have the flavor of those in my youth, but the memory sweetens the taste of the guavas I hold in my hand. As I place food on the table for my family, I remember my father's smile as we expressed thanks for the food we grew on our land.

Become More Conscious of the Way You Eat (cont.)

(from page 1) The introduction to the book is entitled "Welcome, meat-eaters," and promises readers that they "won't miss the meat." Ingredients for recipes include "tofu, tempeh, rice, wild rice, reductions, and meat-like textures, you'll like these recipes. There's a whole world out there of vegetables, fruits, nuts, grains, beans, and dairy products that don't contain any cholesterol." Along the way, you get introduced to cashew cream, which Bonnen calls "The Magic Ingredient That Makes It Easy to Live without Dairy."

Bittman's recipes are fun to take, ranging from focaccia to wonton skins, and healthful, eliminating high fat, carcinogens, and exposure to saimonella and additives like growth hormones and pesticides. Some of the ingredients include "Asian pear, Bartlett pear, cranberry compote, the almond and coconut milk, curry pastes, flavonols, nutritional yeast, vegetarian stock, and whole wheat pasta. And your sweet tooth won't go hungry, either, as you drool over dishes like mint pistachio cookies with vodka blueberries.

Whether you are simply curious about vegan dishes or want to go all the way and become a vegan yourself, Bittman's book is a fun read, with interesting and tempting recipes. Since we're now in autumn, please plan on the cotary-root soup with granny smith apples, pepperoni-encrusted Portobello fillets with yellow tomato bearnaise and mashed potatoes, and oven-roasted banana-nut cheesecake with spiced pecan crust and maple rum sauce. Yum!!!

Support Empty Cages (cont.)

(from page 1) meat production the size of a file drawer. Each hen's living space is no larger than a letter-size piece of paper. The hens do not stand up, stretch their wings, walk, or nest. The cage is tilted and strips the other in wastewater stockholder. These horrible, horrible conditions promote "disease production and illness," so instead of living the normal "laying hen's life of seven years," hens are usually slaughtered before they reach the age of two. Paul Shapiro, the senior director of the Factory Farming Campaign of the National Humane Society, said, "Cage-free is a phrase that means nothing because there are no legal standards for it. According to the United Egg Producers, cage-free farms. These farms are still keep the hens in enclosed areas, but the hens can walk around, spread their wings, and lay eggs in nests. These conditions are promises made by egg producers companies, which have taken a stand against battery caged eggs and refused to sell or use them. Shapiro explains: "Whole Foods grocery stores, Burger King, Denny's, Oscar Mayer, Subway, Wolfgang Puck, and many companies have pledged to phase out battery cages. Hard-boiled cage-free. Mark's grill's, which uses eggs in every carton of ice cream, has committed to going 100 percent cage-free. We've also seen a number of universities and high schools - nearly 40 in the U.S. - go with cage-free eggs in their cafeterias." The famous chef and restaurant owner, Wolfgang Puck, only uses meat and eggs from cage-free farms. Bon Appetit, a company that operates cafeterias, has pledged to use cage-free eggs.

The egg industry has been forced to respond to the demand for cage-free eggs. Shapiro states: "We've seen that most egg producers now have both cage and cage-free production. Before, that wasn't the case."

Shapiro says, "We can factor of eggs off the shelf. consider the caged hen's horrible life: being bred to grow more than twice as big as a natural chicken; unable to move; suffering from organs collapse. living a life crammed into a small cage, unable to lift its wings, build a nest, or do almost anything else that it would like to do, and finally having upside-down by its feet and then being scalded to death or losing consciousness when the crate it is in passes through a slaughterhouse electrocution bath."

If your chicken is still intact after that description, please view the graphic living conditions of the caged hens for yourself: video on the subject. After that, you'll be happy to pay more to purchase cage-free eggs.

Dandelion Greens With Garlic Recipe (cont.)

(from page 1)
Ingredients:

2 tablespoons olive oil
2 tablespoons garlic, minced
1 carrot, sliced thinly
1 cup corn, fresh or frozen
1 pound dandelion greens, washed and chopped into 1-inch pieces
1 cup water
1 teaspoon soy sauce
2 tablespoon sesame seeds

Directions:

In a heavy skillet, heat oil over medium heat and add garlic; after a one-minute sauté, add carrot, corn, dandelion and water; bring to boil, lower heat, and cover. Simmer for 10 to 15 minutes until tender. Add seasoning and sesame seeds.

Crispy Brasburn Apple and Almond Sheet Tart (cont.)

(from page 1)
Ingredients:

Almond cream:

- 1 1/4 cups almond flour or almond meal*
- 1/4 cup sugar
- 1 large egg
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1/4 cup plus 1 tablespoon heavy whipping cream

Crust:

- 8 sheets fresh phyllo pastry or frozen, thawed (each about 14x9 inches)
- 1/4 cup (1/2 stick) unsalted butter, melted
- 2 1/2 tablespoons (about) sugar
- 3 medium-size Bartlett apples (about 20 ounces total), cored, each half cut into 7/8 inch-thick slices
- 1/12 cup apricot preserves
- 3 tablespoons water

Preparation:

For almond cream:
Whisk almond flour and sugar in medium bowl. Whisk egg, vanilla, and salt in another medium bowl. Whisk half of almond mixture into egg mixture. Whisk in whipping cream, then remaining almond mixture. Press plastic wrap directly onto surface of almond cream, then cover with foil and chill at least overnight. DO AHEAD: Can be made 2 days ahead. Keep chilled.

For crust:
Position rack in center of oven and preheat to 350° F. Line rimmed baking sheet with parchment paper or silicone baking mat. Place stack of phyllo sheets on work surface and cover with plastic wrap, then damp kitchen towel to prevent drying. Transfer 1 phyllo sheet to prepared baking sheet (keep remaining phyllo covered). Brush phyllo sheet lightly with some of melted butter. Mix sprinkle evenly with scant 1 teaspoon sugar. Top with second phyllo sheet; brush with melted butter and sprinkle with scant 1 teaspoon sugar. Repeat with remaining 6 phyllo sheets, melted butter, and sugar.

Spoon almond cream in dollops atop phyllo, then carefully spread evenly over, leaving 1/2 inch plain border on all sides. Using palm of hand, flat out 7 apple slices, side by side and slightly overlapping, on work surface. Using spatula, transfer fanned-out apple slices to corner of 1 short side of phyllo. Repeat forming out 7 apple slices at a time, arranging in 2 to 3 lengthwise rows atop almond cream, spacing close together.

Bake tart until apples are tender, almond cream is set, and crust is golden and crisp, about 40 minutes. Transfer baking sheet with tart to rack. Carefully run metal spatula under tart to loosen from sheet.

Combine preserves and 3 tablespoon water in heavy small saucepan. Bring to simmer over medium heat, stirring to loosen. Brush preserves over apples and tart crust. Using 2 large metal spatulas, transfer tart to platter and serve warm or at room temperature.

*Sometimes labeled 'ground almonds'; available in specialty foods stores and natural foods stores.

Yield: 8 to 10 Servings

Cremini Mushroom Dressing Recipe (additional recipe)

Ingredients :

- 2 teaspoons unsalted butter
- 3 cups fresh French bread (or Italian), crust removed and cubed
- 1/3 cup milk
- 4 slices apple bacon, chopped
- 1 yellow onion, finely chopped
- 1 rib celery, finely chopped
- 3 garlic cloves, minced
- 1/2 pound cremini mushroom, wiped clean and sliced
- Salt, to taste
- Freshly ground black pepper, to taste
- 2/3 cup Marsala wine
- 1 large egg, beaten
- 1/2 tablespoon fresh thyme
- 1/2 tablespoon fresh oregano, chopped

Directions:

Preheat the oven to 350° F. Butter a 6-cup baking dish with the butter and set aside.

In a bowl, soak the bread cubes in the milk.

In a large saute pan or skillet, cook the bacon over medium-high heat until crisp and the fat is rendered. Remove with a slotted spoon and drain on paper towels. To the fat in the pan, add the onions, celery, garlic and Essence, and cook, stirring, until softened, 5 to 6 minutes.

Add the mushrooms and continue to cook until the mushrooms have released their liquid and are soft, about 4 minutes. Add the Marsala, stirring with a wooden spoon to deglaze the pan, 1 1/2 to 2 minutes. Remove from the heat and let cool completely.

Squeeze the excess milk from the bread and place in a large mixing bowl. Add the eggs and mix well, breaking up the pieces of bread. Add the mushroom mixture, bacon, chopped thyme and oregano, and salt and pepper to taste. Bake until golden brown and cooked through, 45 minutes.

Remove from the oven and let rest for 10 minutes before serving.

Yield: Serving Over 8

Sweet Potato Pie with Pecan Topping Recipe (additional recipe)

Ingredients:

1 1/2 lbs. sweet potatoes, peeled and cut into 2 inch pieces
2 large eggs
1/3 cup plus another 1/2 cup packed brown sugar
1 teaspoon salt
2/3 teaspoon ginger
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
3/4 cup plus 1 Tbsp heavy cream
1 pre-baked pie crust (see pie crust recipe for instructions on pre-baking a pie crust)
3 Tbsp butter
1 cup of pecans, half of them lightly chopped, the other half whole

Method:

1 Make the pie crust. (See pie crust recipe for instructions on pre-baking a pie crust.) If you use a store-bought frozen crust, you do not need to pre-bake it, just defrost 10 minutes and pick the bottom all over with a fork before using.

2 Make the sweet potato purée: In a large saucepan, cover the sweet potato pieces with water and bring to a boil. Simmer for 15 minutes or until the sweet potato pieces are soft when pierced with a knife or fork. Drain. Purée in a food processor until smooth. You may need to add back a little liquid (a tablespoon or two of water) to get a smooth consistency. Let cool completely before using.

3 Prepare the pie. Preheat the oven to 375 F. Place rack at bottom of oven. In a large bowl, whisk together the eggs, 1/3 cup brown sugar, and maple syrup until smooth. Add the sweet potato purée, salt, cinnamon, nutmeg, and 3/4 cup of cream. Mix until completely smooth. Pour into cooled crust.

4 Bake the pie. Bake on lowest rack for 50 minutes, until filling has set. You may want to tent the edges of the pie with aluminum foil or a pie crust protector to prevent the pie crust edges from burning. Cool on a rack for one hour. Then transfer to refrigerator and chill completely.

5 Make the pecan topping. Melt 3 Tbsp butter in a small saucepan over medium heat. Add 1/2 cup of brown sugar and cook, stirring, until smooth, about 3 minutes. Add 1 Tbsp cream, and mix in. Add the pecans, mix to coat the pecans with the sugar mixture. Let cool for 3 minutes. Pour mixture over cooled pie. Use a rubber spatula to spread topping over the top of the pie. Cool until topping has hardened, about 30 minutes.

Yield: Serves 8.