

# FIELD *notes*

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

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## Watermelon Panzanella

Serves 8

2 slices crusty bakery style bread (such as multigrain),  
cut into 1-inch cubes  
5 oz. arugula  
1/3 C thinly sliced red onion  
2 C cubed fresh watermelon  
3 T crumbled feta  
olive oil

### Vinaigrette:

1 T balsamic vinegar  
1 T red wine vinegar  
2 T extra-virgin olive oil  
salt + pepper

Preheat the oven to 425°F. Lightly drizzle the bread cubes with olive oil. Toss to combine. Spread onto a baking sheet and bake for 8 minutes or until browned, flipping halfway through. Remove and cool completely.

While the croutons are cooling off, prepare the salad vinaigrette by whisking together the vinegars with olive oil. Season with salt and pepper to taste.

To serve, toss the arugula with red onion in a large bowl. Top with fresh watermelon cubes, croutons, and crumbled feta. Drizzle with vinaigrette and serve immediately.

*[www.littlebroken.com](http://www.littlebroken.com) via [foodgawker.com](http://foodgawker.com)*

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fourth Harvest: 6/24/14 & 6/27/14

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## Cheese and Pepper Linguine

1 lb. linguine

kosher salt

2 tablespoons cracked black pepper\*

2 tablespoons extra virgin olive oil

2 tablespoons unsalted butter

1 cup+ pecorino romano cheese\*, freshly grated

6 oz. fresh arugula

Cook the linguine in a large pot of boiling, salted water until al dente; about 9 minutes. Drain, reserving 1-1/2 cups of the pasta water.

Heat a small skillet over medium heat. Add black pepper and allow it to toast for 1 minute, or until

fragrant. Remove from heat and add the olive oil and butter; stir until the butter is melted.

In a large pasta bowl, toss pasta with the pepper-olive oil-butter mixture. While tossing, alternate adding in the cheese and arugula. Continue tossing until all of the cheese and arugula are incorporated, adding pasta water as necessary to moisten (1/2 to 1 cup)\*. Serve with extra pecorino cheese for topping.

**Note:** Cracked pepper adds heat and looks beautiful throughout the pasta strands. Reserve extra pasta water to add to the leftovers.

<http://www.fashionablefoods.com>

# FIELD *notes*

UCSC Farm

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Third Harvest: 6/17/14 & 6/20/14

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## Seafood Stew

2 shallots, sliced  
2 cloves garlic, minced  
1 Tablespoon olive oil  
1 pound cod or other hearty fish cut into 1 1/2-inch pieces  
2 cups clam juice or fish stock  
1/2 cup white wine  
1 pound mussels, scrubbed and debearded  
1/2 pound shrimp, peeled and deveined  
3 large plum tomatoes, skinned, seeded and roughly chopped  
4 springs fresh thyme or 1 teaspoon dried thyme  
salt and pepper to taste.  
1 cup fresh spinach  
1 cup fresh arugula

In a large dutch oven, saute shallots and garlic until translucent.

Add stock, wine and fish, bring to a boil. Reduce heat and simmer for 5 minutes.

Add tomatoes and mussels bring back to a boil, reduce heat add shrimp cook additional 3-4 minutes until opaque.

Add greens and thyme. Cook to wilt greens and release thyme flavor, about 1 to 2 minutes.

Salt and pepper to taste. Serve with crusty bread.

*foodgawker.com*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Ninth Harvest: 7/30/13 & 8/2/13

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## **Plums with Prosciutto, Goat Cheese, Baby Arugula, & Champagne Vinegar** *Serves 6*

8 ounces soft fresh goat cheese  
3/4 teaspoon ground black pepper  
6 thin prosciutto slices  
2 teaspoons Champagne vinegar or white wine vinegar  
1 teaspoon minced shallot  
1/2 teaspoon Dijon mustard  
1/2 teaspoon honey  
2 tablespoons extra-virgin olive oil  
4 ounces baby arugula  
6 sweet firm red plums (such as Satsumas or Burgundies), halved,  
pitted, cut into 1/4-inch-thick wedges  
1 teaspoon thinly sliced fresh mint (for garnish)

Roll cheese into 1-inch-thick log about 10 inches long. Sprinkle with 3/4 teaspoon pepper. Cut log crosswise into 6 equal pieces. Wrap each piece with prosciutto.

Whisk vinegar, shallot, mustard, and honey in medium bowl; gradually whisk in oil. Season with salt and pepper. Add arugula; toss to coat. Divide plums and prosciutto-wrapped goat cheese pieces among plates. Place dressed arugula alongside; garnish with mint.

*Bon Appétit | September 2007*

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Sixth Harvest: 7/9/13 & 7/12/13

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## Arugula and Fava-Bean Crostini

Serves 8

- 1 cup shelled fresh fava beans (1 1/4 pounds in pods) or shelled fresh or frozen edamame (soybeans; 3/4 lbs. in pods)
- 1/4 cup plus 1 tablespoon extra-virgin olive oil, divided, plus additional for drizzling
- 1 1/2 cups packed baby arugula (1 1/2 ounces), divided
- 3 tablespoons grated Pecorino Toscano or Parmigiano-Reggiano
- 1/4 teaspoon grated lemon zest
- 1/2 teaspoon fresh lemon juice
- 1 baguette
- 1 garlic clove, halved crosswise
- 16 mint leaves

Preheat oven to 350° F with rack in middle.

Cook fava beans in boiling water, uncovered, until tender, 3 to 4 minutes, then drain and transfer to an ice bath to stop cooking. Gently peel off skins (if using edamame, don't peel).

Pulse fava beans in a food processor until very coarsely chopped, then transfer half of mixture to a large bowl. Add 1/4 cup oil, 1/2 cup arugula, cheese, lemon zest and juice, 1/2 teaspoon salt, and 1/8 teaspoon pepper to favas in processor and purée until smooth. Add to bowl. Coarsely chop remaining cup arugula and gently fold into fava-bean mixture.

Cut 16 diagonal slices (1/3 inch thick) from baguette and put in a 4-sided sheet pan. Drizzle with remaining tablespoon oil. Bake until pale golden and crisp, 8 to 10 minutes. Rub with cut side of garlic.

Spoon fava-bean mixture onto baguette toasts, then drizzle with oil and top with mint.

*Gourmet | May 2009*

## Five Herb Pesto

*Makes about 2/3 cup*

1-1/2 tsp. whole coriander seeds  
1/4 tsp. fine grain sea salt  
1 large clove garlic, peeled  
a handful sliced almonds, toasted  
(cooled)  
zest of one lemon  
50 medium basil leaves  
a handful of arugula leaves  
1/2 tsp. fresh oregano leaves  
1/4 cup minced chives  
3/4 cup grated Pecorino cheese  
about 1/4 cup / 60 ml extra virgin olive oil

Toast the coriander seeds in a dry skillet until fragrant, and grind finely using a mortar and pestle. Add the salt and garlic and crush into a paste. Add the almonds and lemon zest and smash into a nut butter. Start working the basil in, a few leaves at a time, then the arugula, and oregano. Blend until consistent. Stir in the chives and cheese with a fork, before using the pestle to gradually work in the olive oil. Taste and adjust to your liking.

## Roasted Beet and Blood Orange Salad with Spicy Greens

1-1/2 pounds medium gold beets  
1-1/2 pounds medium red beets  
Extra virgin olive oil  
Salt  
Freshly ground black pepper  
6 small blood oranges  
Blood Orange Sherry Vinaigrette (recipe follows)  
1/4 pound baby arugula  
1/4 pound baby spinach  
1/4 cup sherry vinegar  
1/4 cup finely chopped chives

Preheat oven to 400°. Trim tops and roots from the beets and wash well. Place red beets on a piece of foil large enough to fold over and seal. Drizzle with olive oil and season with salt and pepper. Seal the foil and repeat with the gold beets. Place both foil pillows on a sheet tray and roast in the preheated oven for 1 to 1-1/2 hours until the beets are tender when pierced with a knife. Allow beets to cool and then peel.

While beets are roasting, peel oranges with a serrated knife and remove all of the white pith. Slice into rounds 1/4-inch thick. Remove pips and reserve slices in refrigerator unless you will be using them within 2-3 hours.

*Prepare Blood Orange Sherry Vinaigrette.*

Wash the arugula and spinach well and spin dry. Mix the greens together and reserve covered with a damp towel in the refrigerator.

Cut each peeled beet into eight wedges. Keep the red and gold beets separate or their colors will bleed together. Toss each color with 2 tablespoons of sherry vinegar; season with salt and pepper. Allow beets to marinate for at least 1 hour or overnight.

In a large bowl, toss the beets and their juices together with enough vinaigrette to coat; add the orange segments and toss gently so that they don't break up.

Drizzle greens with vinaigrette to moisten and toss with the beets and blood oranges; season with salt and pepper to taste. Garnish with the chopped chives. You may also place the greens on a large platter and serve the beets and oranges on top. *Serves 8*

## Blood Orange Sherry Vinaigrette

2 small blood oranges  
1 medium shallot, peeled, trimmed, and minced  
2 tablespoons sherry vinegar  
Salt  
Freshly ground black pepper  
1/4 to 1/2 cup extra virgin olive oil

Juice and strain blood oranges. Measure 1/4 cup of juice.

In a medium bowl, whisk the juice with the shallots and the sherry vinegar; season with salt and pepper to taste and let the mixture marinate for 10 minutes.

Whisk in the olive oil to taste. Add more olive oil if the vinaigrette is too acidic for your palette. Adjust the seasoning to taste.

*Makes 1/2 to 3/4 cup.*

*www.101cookbooks - The Vineyard Kitchen: Menus Inspired by the Seasons  
(HarperCollins, 2003)*

# FIELD *notes*

UCSC Farm

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Eighteenth Harvest: 10/4/11 & 10/7/11

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## Pan Bagnia

- 1 long loaf French bread (1 lb)
- 1 clove garlic
- 2-3 Tbs. olive oil, more to taste
- 10 black olives, pitted and chopped
- 2 red roasting peppers, roasted, seeded & sliced
- 3 Tbs. basil leaves, coarsely chopped
- 3 Tbs. parsley leaves, coarsely chopped
- ½ onion, thinly sliced
- 1 small bunch arugula
- a few drops wine vinegar (optional)
- Salt & pepper
- Sliced fresh mozzarella or Provolone cheese, or thin-sliced  
Parmesan (optional)

Split the bread in half lengthwise. Rub both halves very lightly with a cut clove of garlic and brush with a little olive oil. Spread most of the olives over the bottom half, sprinkle with the fresh basil and parsley, then layer over the sliced onions, the arugula leaves, and big strips of roasted red pepper. Drizzle a little olive oil and a few drops of vinegar over the vegetables. Layer the cheese, then add a few grinds of black pepper, cover with the top of the bread.

Press down hard on the loaf to squash it together. Wrap tightly and refrigerate with a weight on top of it for at least 30 minutes. Slice loaf in 2-inch sections to serve.

**TIP:** Add capers and sliced tomatoes, and a tender leaf of Swiss Chard instead of the arugula!

*Adapted from The New Vegetarian Epicure by Anna Thomas*



# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fourth Harvest: 6/28/11 & 7/1/11

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## Arugula Pesto

4 C packed fresh arugula

1T minced garlic

Salt and freshly ground pepper

1 C pure olive oil

2 T pine nuts, toasted, plus 1 T\*

1/8 teasp. lemon juice

1/2 C freshly ground Parmesan

*\*May substitute other nuts: walnuts, almonds, or cashews*

Prepare an ice water bath in a large bowl, and bring a large pot of water to a boil. Put arugula in a large sieve and plunge it into the boiling water. Immediately immerse all the arugula and stir so that it blanches evenly. Blanch for about 15 seconds. Remove, shake off

the excess water, then plunge arugula into ice water bath and stir again so it cools as fast as possible. Drain well.

Squeeze water out of arugula with your hands until very dry. Roughly chop and put in a blender. Add the garlic, salt and pepper to taste, olive oil, 2 tablespoons of the pine nuts, and lemon juice. Blend for at least 30 seconds. In this way, the green of the arugula will thoroughly color oil. Add cheese and pulse to combine. The pesto will keep several days in a tightly sealed container in refrigerator. Bring to room temperature before serving, and add the remaining 1 tablespoon toasted pinenuts.

*Recipe source: Michael Chirello, Food Network*