

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Twelfth Harvest: 8/18/15 & 8/21/15

Sweet Corn-Avocado Stir Fry

- 1 onion chopped
- 2 cloves garlic minced
- 4 ears sweet corn cut off the cob
- 2-3 sweet peppers cubed
- 1 hot pepper cubed (keep seeds
& membranes to preferred spiciness)
- 1 handful chopped cilantro diced
- 2 ripe avocados cubed
- 3 dry farm tomatoes cubed
- 1 lime to juice
- Salt & Pepper

Stir fry onion until translucent on medium heat. Add sweet and hot peppers. Cook 3 minutes. Add corn. Cook for additional 5 minutes (until corn is cooked). Add tomatoes, garlic, and lime juice. Cook 3 minutes. Salt and pepper to taste. Remove from heat. Combine with avocados and cilantro. Add final salt, pepper, lime juice, or hot sauce to taste. Serve as side with quesadillas or rice and beans.

Submitted by Robert Hines, First Year Apprentice

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UCSC Farm
Community Supported Agriculture
Eleventh Harvest: 8/11/15 & 8/14/15

Grilled Corn & Tomato Salad w-Thai Basil Vinaigrette Dressing

Thai Basil Vinaigrette Dressing:

- 1/2 C chopped Thai basil leaves
- 1/2 C chopped cilantro leaves
- 1/4 C lime juice
- 1/4 C orange juice
- 1 T honey
- 2 tsp. freshly grated ginger
- 1 tsp. lime zest
- 1/2 tsp. kosher salt
- 1/4 C canola oil
- 1/2 tsp. fresh cracked black pepper

Preheat a grill to medium-high heat. Peel back corn husks, but do not remove them completely. Carefully pick off and discard corn silk threads. Pull husks back over the ears and tie ends closed with kitchen twine. Soak corn in large bowl of cold water for 10 minutes. Drain the water, shake off the excess and put them on

the grill for 15 minutes, turning every 3 to 4 minutes until the corn is tender. Remove from the grill and let the ears cool to room temperature.

Vinaigrette: While the corn is cooling, puree all the ingredients, except the canola oil, in a blender or food processor. After the mixture is well incorporated, slowly drizzle in the canola oil while the processor is still running. Blend for 30 seconds, then transfer the dressing to a bowl.

Assembly: Once corn has cooled, cut kernels off the cobs into a medium bowl and discard cobs. Add red onion and tomatoes and mix to combine. Drizzle in 1/2 cup of the Thai Basil Vinaigrette while lightly tossing the salad together. Reserve remaining dressing. Gently stir in the basil leaves. Season salad with salt and pepper to taste, and add more dressing, if desired. Serve slightly chilled on serving plates, using a slotted spoon to keep excess liquids in the bowl.

www.foodnetwork.com
Recipe courtesy of Nate Meyl

FIELD *notes*

UCSC Farm

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Ninth Harvest: 7/28/15 & 7/31/15

Chipotle Chickpea Taco Salad

Serves 4

Avocado Chipotle Sauce:

- 1 C greek yogurt
- 1/4 C cilantro (remove stems)
- 1/2 tsp. lemon juice
- 1 garlic clove, minced
- 1/2 avocado
- 1/4 C chipotle peppers

Spices and Garnish:

- Sprinkle of cumin, paprika, cayenne, garlic powder, salt and pepper
- 1 C cilantro leaves for salad and garnish
- juice of 1 lime
- 1-2 avocados

Taco Salad:

- 1 head romaine lettuce, chopped
- 1/2 red onion, diced
- 2 medium tomatoes, diced
- 3 ears of corn, cut from cob
- 1 can black beans, drained and rinsed
- 1 can chickpeas, drained and rinsed
- 2 C red cabbage, thinly sliced
- 2 T olive oil

Chipotle Sauce: Blend all listed ingredients except yogurt in a food processor until smooth. Add yogurt and blend for a few seconds or stir the mixture into the yogurt.

Chickpeas: Preheat oven to 425°F. Drain and dry thoroughly. Add to parchment lined pan and drizzle with olive oil. Sprinkle a light layer of each spice over chickpeas. Add salt and pepper to taste. Bake for 15 minutes. Stir. Cook for another 15 minutes.

Taco salad: Add lettuce, corn, beans, cilantro, lime juice, chickpeas, onions, tomatoes, and cabbage to a large bowl. Add chipotle dressing and mix to coat everything in the sauce. Add avocados last. Top with more cilantro and lime juice and serve.

www.staceyhomemaker.com/

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Ninth Harvest: 7/28/15 & 7/31/15

Street Festival Corn on the Cob

Serves 3

3 ears of corn, husked
1/2 T paprika
1/2 T garlic powder
1/2 tsp. chili powder
1/4 tsp. dry mustard
1/4 tsp. onion powder
1/2 tsp. Old Bay seasoning
1/4 tsp. black pepper
1/2 tsp. salt
2 T chopped cilantro
2 T butter, melted
grated Parmesan cheese

Bring a large pot of water to a boil. Add the corn and boil for about 8 minutes.

In the meantime, make the corn rub by mixing, in a small bowl, the paprika, garlic powder, chili powder, dry mustard, onion powder, Old Bay, pepper, and salt.

Once the corn is finished boiling, remove and place on a platter. Brush on melted butter and sprinkle with the corn rub, Parmesan cheese, and cilantro.

<http://quirksandtwists.com/>

Peachy Sweet Corn Tacos with Lentils and Basil Slaw

Makes 10-12 tacos

Slaw:

1/4 head of green cabbage, shredded
1 big sprig of basil, leaves removed and sliced
juice of 1 lime
2 T grapeseed oil
salt and pepper

Succotash:

1/3 cup french lentils, rinsed
1 T grapeseed oil
1 shallot, small dice
1 small red pepper, small dice
1/2 tsp. chili powder (ancho or chipotle are amazing)
1/2 tsp. ground cumin
4 ears of corn, kernels removed
2 ripe peaches, pitted and diced
juice of 1 lime
salt and pepper

Tortillas and garnish:

10-12 corn tortillas, warmed
1 avocado, peeled, pitted and sliced lime wedges

Cook lentils: Place the rinsed lentils in a small saucepan with 1 cup of water. Bring to a boil and simmer for about 20 minutes, or until lentils are tender but still have some bite. Set aside.

Make slaw: Combine the shredded cabbage, basil, lime juice, oil, salt and pepper in a large bowl. Toss to combine. Taste for seasoning and cover bowl with plastic wrap. Set aside in the fridge.

Make succotash: Heat grapeseed oil in a medium-large skillet over medium heat. Add diced shallot and red pepper. Saute mixture until soft and slightly translucent. Add chili powder and cumin. Saute until fragrant, about 30 seconds. Add corn kernels and stir to combine. Season with salt and pepper at this point. Cook, stirring frequently until corn is crisp-tender and slightly more golden, about 4 minutes. Remove the pan from the heat. Add the diced peaches, cooked lentils and lime juice. Check for seasoning and keep warm.

To assemble: Place 1/4 cup or so of succotash in each tortilla, top with avocado slices and a generous helping of slaw.

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Tenth Harvest: 8/5/14 & 8/8/14

Tomato-Corn Pudding with Leeks and Peppers

4 ears of sweet corn, shucked and cut off cob

1 large leek, sliced

1 cubanelle* pepper, diced

1 tomato, diced

1 bunch (about 2 T) fresh thyme, chopped

1 T fresh parsley, chopped

1 T fresh chive, chopped

2 egg whites

1 cup whole milk

Salt and pepper to taste

In a large saute pan, sweat leek, cubanelle and thyme in olive oil over medium-high heat for about 5 minutes.

After the leeks and pepper become tender, add corn kernels and saute for 2-3 minutes. Season with salt and pepper, then drain off any excess liquid using a fine mesh strainer or colander. Transfer to a large mixing bowl and stir in diced tomato.

Brush a 7"x9" casserole dish with olive oil and spread vegetables evenly inside it. In small mixing bowl, whisk together egg whites and milk and pour over the corn.

Cover and bake at 400°F for 25-30 minutes or until the eggs have set. Allow to cool, and garnish with fresh parsley and chive.

*Anaheim chiles may be used as a substitute.

www.greensgrow.org

FIELD *notes*

UCSC Farm
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Ninth Harvest: 7/29/14 & 8/1/14

Southwestern Corn & Black Bean Salad

Serves 4-6

3 large ears of corn, husked
1/3 cup pine nuts
1/4 cup lime juice
2 tablespoons extra-virgin olive oil
1/4 cup chopped fresh cilantro
1/2 teaspoon salt
Freshly ground pepper, to taste
2 15-ounce cans black beans, rinsed
2 cups shredded red or green cabbage
1 large tomato, diced
1/2 cup minced red onion

Bring 1" of water to a boil in a Dutch oven. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.

Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

Note: Cover and refrigerate for up to 1 day.

www.eatingwell.com

FIELD *notes*

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

Elote

2 ears corn
1/4 cup mayonnaise
1/4 cup Cotija cheese (Parmesan works, as well)
1 lime, cut into wedges
1 tablespoons chili powder
1/2 tablespoon cumin
salt

Prepare a grill or grill pan with high heat. Keep corn in husks, or remove one strip of husks. Place directly on grill. Cook for 10-15 minutes, turning occasionally,

Serves 2

until husks are well blackened and the kernels are bright yellow. Remove husks and slather each ear with a generous spoonful of mayonnaise. Add the juice of one lime wedge per ear, followed by a pinch of salt, a healthy sprinkle of cheese and a light dusting of cumin and chili powder. If serving off the cob, remove kernels from each ear and place in a jar or small cup and top with remaining ingredients.

If you prefer, serve the corn with the toppings on the side and let everyone dress their own.

FIELD *notes*

UCSC Farm

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Sixteenth Harvest: 9/18/12 & 9/21/12

Coconut Corn Salad *Serves 4*

3 tablespoons unsalted butter
5 ears of corn, shucked
fine grain sea salt
3 tablespoons fresh thyme leaves
1 cup big coconut flakes, well toasted
1 cup sliced almonds, well toasted
3 tablespoons chopped red onions
big squeeze of fresh lemon or lime juice

Melt the butter in a large skillet over medium heat.
Add corn, sprinkle with a couple pinches of salt and stir

well. Cook for just a minute, until the corn loses its raw edge, stir in half the thyme, and then transfer the corn to a large serving bowl. Just before you're ready to serve, add most of the coconut flakes, most of the almonds, the rest of the thyme, red onions, and citrus juice. Stir well. Taste, season with more salt, to taste, and serve topped with the remaining coconut and almonds (and another jolt of juice if needed!)

www.101cookbooks.com

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fourteenth Harvest: 9/4/12 & 9/7/12

Sweet Corn with Miso Butter and Bacon

- 2 large yellow or red onions
- 2 tablespoons olive oil
- 2 tablespoons white miso, room temperature
- 2 tablespoons unsalted butter, room temperature
- 3 slices bacon
- 4 cups fresh corn kernels
- 1 red bell pepper, diced (optional)
- 1/2 cup chicken or vegetable broth
- 10 green onions, thinly sliced

Peel onions. Quarter lengthwise, then slice widthwise. In a large saute pan, heat oil and add the onions. Stir occasionally over medium-low heat, adding a little salt, until the onion is richly caramelized, 20-25 minutes.

Whisk together miso and butter until a smooth paste forms. Slice the bacon crosswise into 1/8"-wide pieces. Saute bacon in a deep pan until crisp. Remove bacon with a slotted spoon and set aside. In the bacon fat, saute corn and bell pepper until corn begins to soften, but retains a snap, about 4 minutes. Add bacon, caramelized onions, miso butter and stock. Season with salt and pepper. Stir together until butter has melted and the ingredients are heated through, another minute or so. Stir in half the green onions. Serve warm, topped with remaining green onions.

www.currylime.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fourteenth Harvest: 9/6/11 & 9/9/11

Corn and Black Bean Casserole

Serves 6

4 cups cooked black beans
4 beaten eggs
2 cups canned stewed tomatoes, or 3 tablespoons
maple syrup or honey
2 medium onions, chopped
1 green and 1 red bell pepper, chopped
2-4 cups fresh corn kernels
1 teaspoon Dijon mustard
1/2 teaspoon cayenne pepper
1/2 teaspoon chili powder or ground cumin
1/2 cup grated cheese (optional, your choice)
1/2 cup crushed blue corn tortilla chips (optional)
salt and freshly ground pepper to taste

Grease 2-quart casserole dish. Combine all ingredients except cheese and mix well.

Pour into casserole and sprinkle with cheese, tortilla chips, or both.

Bake at 350 degrees for 45 minutes or until firm. Serve with salsa.

Source: Fresh from the Farm & Garden Cookbook, Vol. 2