

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Fourteenth Harvest: 9/2/14 & 9/5/14

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## Easy Chinese Cucumber Salad

2 cucumbers, tough skin removed  
3 cloves garlic, crushed and minced  
1 T Chinkiang vinegar  
1 T light soy sauce  
1 teaspoon sugar  
1/2 teaspoon salt  
1/2 teaspoon sesame oil

*Serves 2-4*

Dry cucumber with kitchen towel. Place cucumber on a large cutting board, carefully use cleaver to crush it. Then cut into bite size lengthwise and add into a bowl. Add garlic on cucumber.

Add vinegar, soy sauce, sugar, salt and sesame oil in a small bowl, mix well.

Right before serving, pour sauce on cucumber and mix well. (Do not add sauce beforehand, as it will cause the cucumber to lose water and dilute the sauce.)

*<http://omnivorescookbook.com>*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Eighth Harvest: 7/22/14 & 7/25/14

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## Cucumber Lime Mint Agua Fresca

1 lb. of cucumbers (2 good sized cucumbers), ends trimmed,  
peel still on, coarsely chopped

1/2 cup lime juice from fresh limes (about 1 pound of limes,  
or 5-10 limes, depending on how juicy they are)

1-1/4 cup packed mint leaves (about a large handful),  
woody stems removed

1/2 cup sugar

Approximately 1-1/4 cup of water

Put ingredients in blender, add enough water to fill 3/4 of blender. Hold the lid on the blender and purée until smooth. Place a fine mesh sieve over a bowl and pour the purée through it, pressing against the sieve with a rubber spatula or the back of a spoon to extract as much liquid out as possible.

Fill a large pitcher halfway with ice cubes. Add the juice. Serve with sprigs of mint and slices of lime.

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

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Tenth Harvest: 8/6/13 & 8/9/13

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## Chilled Cucumber Soup

- 2 cups yogurt
- 1 cup vegetable broth
- 2 cucumbers, peeled, diced, and divided
- 4 green onions, sliced, divided
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh parsley, chopped
- 4 teaspoons fresh lemon juice (a little over 1/3 lemon)
- 2 teaspoons salt

In a large bowl, combine yogurt and vegetable broth; set aside. In a food processor, purée 1 peeled, diced cucumber, 2 sliced green onions, chopped fresh dill, and chopped fresh parsley. Add the cucumber mixture, fresh lemon juice, and salt to the yogurt mixture; whisk to combine. Stir in 1 more peeled, diced cucumber and 2 more sliced green onions; refrigerate for one hour.

Garnish each serving with chopped dill and croutons.

*Source: Country Living*

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Eighth Harvest: 7/23/13 & 7/26/13

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## Long Bean, Cucumber and Tomato Salad

*Serves 4*

- 2 dried Thai chiles, soaked for 2 minutes in warm water, drained
- 3 small garlic cloves, crushed
- 1/4 lime, cut into 3 wedges
- 1 tablespoon palm sugar or granulated sugar
- 1 tablespoon dried tiny shrimp
- 9 green beans (2-1/2 ounces), trimmed, cut into 2-1/2" lengths
- 2 cucumbers, coarsely chopped into 1" pieces
- 2 tablespoons Thai fish sauce (nam pla)
- 2 tablespoons fresh lime juice
- 6 cherry tomatoes, halved
- 2 tablespoons crushed roasted, unsalted peanuts

Place first 4 ingredients in a clay mortar and pound with a wooden pestle until mashed into a fine paste, about 5 minutes. Add shrimp; mash until pulverized and

well combined, about 2 minutes. (Alternatively, process in a mini-processor until finely chopped.)

Add beans to mortar; lightly crush with pestle to bruise. Add cucumber pieces, fish sauce, and lime juice. Mix well. Add tomatoes, lightly crush, and mix in. (Alternatively, place beans and tomatoes in a resealable plastic bag. Roll a rolling pin over bag to bruise vegetables; transfer to a bowl with the cucumber, fish sauce, lime juice, and chile dressing.) Let marinate for 10 minutes. Stir in peanuts.

**Note:** Thai salads are full of crisp vegetables and fruits mixed with intense condiments. "It's not about just tossing the ingredients together," says Ricker. "It's about working them into the dressing," which can also be used to dress green-papaya and cabbage slaws.

*Andy Ricker for Bon Appétit | January 2012*