

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Nineteenth Harvest: 10/7/14 & 10/10/14

Radicchio, Fennel, and Olive Panzanella

6 oz. country-style bread, torn into bite-size pieces
(about 4 cups)
1 tablespoon finely grated lemon zest
1/2 cup olive oil, divided
Kosher salt, freshly ground pepper
1 small shallot, finely chopped
2 tablespoons fresh lemon juice
2 tablespoons red wine vinegar
1 tablespoon chopped fresh oregano
1 small head radicchio, torn into bite-size pieces
1 small fennel bulb, thinly sliced
1 cup fresh flat-leaf parsley leaves with tender stems
1/2 cup green olives, pitted, halved
3 ounces aged sheep's-milk cheese (such as Manchego), shaved
3 ounces hard salami, thinly sliced

Preheat oven to 400°F. Toss bread with lemon zest and 1/4 cup oil on a rimmed baking sheet; season with salt and pepper. Bake, tossing occasionally, until crisp on the outside but chewy in the center, 8–10 minutes. Let cool.

Whisk shallot, lemon juice, vinegar, and oregano in a large bowl; season with salt and pepper. Whisk in remaining 1/4 cup oil.

Add radicchio, fennel, parsley, olives, cheese, salami, and bread to dressing; toss to combine.

Note: Salad can be dressed the night before. Cover and chill.

Bon Appétit | April 2014

Linguine with Sardines, Fennel & Tomato

Serves 6

Kosher or sea salt

1 tin sardines packed in olive oil (about 4-1/4 oz.)

extra virgin olive oil

2-3 fat cloves of garlic, peeled, smashed, and roughly chopped

1 small or 1/2 large bulb fennel, fronds reserved

1/4 teaspoon red chile flakes, or more to taste

1 cup peeled tomatoes with their juice, gently crushed

2 ounces white (dry) vermouth

1 medium lemon, juice and zest

1/3 cup toasted bread crumbs

3/4 pounds dry linguine

Bring a very large pot of heavily salted water to a boil.

Open the sardine tin and drain a tablespoon or so of the oil into a wide skillet (the amount of oil in the tin will vary by brand, so add additional extra virgin olive oil if necessary to make up a tablespoon). Warm the oil over medium-low heat and add the garlic, cooking until fragrant.

Trim the fennel and slice the bulb very thinly (a mandoline works great here). Add to the skillet with a sprinkle of salt, raise the heat to medium, and cook until the fennel is soft

and beginning to caramelize. Add the chile flakes and let them sizzle for a minute, just until fragrant, then add the tomatoes with their juice. Cook until the liquid is reduced, then add the vermouth and let that reduce slightly.

Add the sardines to the skillet with the tomato and fennel mixture, breaking up slightly but leaving some chunks. Zest the lemon and combine a tablespoon or so of zest with the toasted breadcrumbs, then set aside. Juice the lemon and add the juice to the pan. Taste and adjust salt if necessary.

Add the linguine to the boiling salted water, cooking it until it is just short of al dente. Using tongs, transfer the linguine to the sauce to finish cooking, adding a little bit of the starchy pasta water and tossing gently to combine. (You'll want to leave this a little wet, as the breadcrumbs will soak up the sauce and dry the pasta out a bit once you've added them.)

Transfer the pasta and sauce to a large warmed serving bowl (or individual pasta bowls), add a drizzle of olive oil, sprinkle on the toasted breadcrumb-lemon zest mixture, and garnish with picked small fennel fronds and the remaining lemon zest.

<http://food52.com>

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eighth Harvest: 7/26/11 & 7/29/11

Fennel and Broccoli Soup

Serves 8

- 2 medium to large fennel, remove fennel fronds (stalks and frilly leaves) and reserve 4 tablespoons of leaves for garnish
- 2 medium Yukon Gold potatoes, medium diced
- 2 teaspoons olive oil
- 1 large leek, thinly sliced
- 3 cups broccoli florets and stems
- 8 cups vegetable or chicken stock
- Sea salt and crack black pepper
- 8 tablespoons crème fraîche

Heat oil in a heavy 4-quart saucepan over medium heat, and then sauté fennel, leek and broccoli until the vegetables begin to soften, approximately 5-7 minutes.

Add potatoes and stock and turn up the heat to high to bring to a boil. Reduce heat to medium low, partially cover and simmer 20 minutes until vegetables are

completely tender and break apart when pierced with a sharp knife.

Transfer the soup to a food processor fitted with the metal blade or blender. Using a hand-held immersion blender, food processor or blender* to puree until smooth. Season with sea salt and cracked black pepper.

Serve with a dollop of crème fraîche and top with fennel fronds.

*NOTE: If you are using a blender or food processor, puree in batches, never filling either more than half way prior to pureeing.

Recipe source: CheFarmer Matthew Raiford

Fennel, Prosciutto and Pomegranate Salad

Serves 4-6

- 2 cups very thinly sliced fennel bulb
- 3 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon coarse kosher salt
- 6 cups arugula (about 4 ounces)
- 1 cup thinly sliced mint leaves
- 1-1/2 tablespoons balsamic vinegar
- 6 ounces thinly sliced prosciutto, torn into strips
- 1/2 cup pomegranate seeds

Toss fennel and 1 T olive oil in medium bowl. Sprinkle with 1/4 teaspoon salt (can do one day ahead).

Combine arugula, green onions, mint, vinegar, and 2 T olive oil in large bowl; toss. Season with salt and pepper. Divide green among plates. Top with fennel, then drape with prosciutto. Sprinkle pomegranate seeds over.

<http://smittenkitchen.com>

Adapted from Bon Appetit, November 2008

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Sixteenth Harvest: 9/20/11 & 9/23/11

Fennel and Parsnip Soup

2 tablespoons olive oil
1/2 onion, small diced
1 clove garlic, minced
1/2 teaspoon ground cumin
1/2 pound parsnips, thinly sliced
1/2 fennel bulb, sliced thinly
4 cups vegetable stock
Sea salt and white pepper
Greek yogurt

Heat the olive oil in a medium saucepan. Add in the onion and garlic and sauté, stirring often, without browning, for 4-5 minutes.

Add the cumin and stir, and then add the parsnip and fennel, stirring well.

Add in the stock, bring to the boil, reduce the heat and simmer for 15-20 minutes until the parsnips and fennel are tender. Season with salt and white pepper to taste.

Allow to cool for 5 minutes and pour half the soup into a blender start blender off slow and hold top. Pour back into pot. Repeat until all the soup is pureed.

Reheat gently over a low heat. Ladle into 6 serving bowls and garnish each portion with a swirl of Greek yogurt.

Source: CheFarmer Matthew Raiford