

## Baked Radicchio with Mozzarella Pasta

- 2 T unsalted butter (1/4 stick)
- 2 medium garlic cloves, minced
- 1 medium white onion, small dice (about 1 cup)
- 7 medium Roma tomatoes (about 2 pounds), cored and coarsely chopped
- 3 heads radicchio (about 4 cups), ends trimmed and sliced crosswise into 1/2-inch strips
- 1/2 C heavy cream
- 1 pound penne rigate or ziti pasta
- 8 ounces fresh mozzarella, small dice (about 1 1/2 cups)
- 1/2 C finely grated Parmigiano-Reggiano

Heat oven to 400°F and arrange a rack in the upper third. Bring a large pot of salted water to a boil over high heat.

Melt butter in a medium saucepan over medium heat. When it foams, add garlic and onion, season well with salt, and cook until onion is translucent, about 4 minutes. Add tomatoes and let simmer until slightly reduced and thickened, about 10 minutes. Add radicchio and cream and

cook until radicchio is wilted, about 5 minutes. Taste and adjust seasoning as necessary.

Meanwhile, cook pasta in the salted water for about half the time recommended on the packaging and drain. (Do not rinse.) Set aside.

Once the sauce has finished simmering, combine it with the half-cooked pasta and mix until the pasta is evenly coated. Place pasta mixture in a 13-by-9-inch baking dish and sprinkle the mozzarella and Parmigiano over top. Place in the oven and bake until the mixture is bubbling, the pasta is al dente, and the top is golden brown, about 20 minutes.

Note: To increase the bitter flavor, use more of the white ribs and core of the radicchio; for sweeter flavor, use mostly the purple parts. Substitute a 28-ounce can of high-quality diced tomatoes for fresh tomatoes. Sauce and pasta can be prepared up to 1 day ahead and refrigerated in separate containers. To assemble, heat oven, pick up recipe at step 4, and bake until it is heated through and golden brown.

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

# FIELD *notes*

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UCSC Farm  
Community Supported Agriculture  
Twentieth Harvest: 10/13/15 & 10/16/15

## **Cranberry Bean & Warm Radicchio Salad**

- 1 lb Vermont cranberry beans, cooked
- 1 lb radicchio
- 1/4 C scallions minced
- 1 clove garlic finely minced

Soak beans overnight and cook following our suggestions in Cooking Dry Beans\*. Cook until they are still warm.

Shred radicchio into strips. Drain beans and add oil and vinegar while beans are warm to your taste. Add scallions, garlic, and salt and pepper. Toss together.

\*Cooking dry beans: <https://cedarcirclefarm.org/tips/entry/our-fresh-dried-beans>

*Recipe adapted from [www.mofga.org](http://www.mofga.org)*

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Twentieth Harvest: 10/14/14 & 10/17/14

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## **Vegetarian Southern Style Collards**

2 cups water  
1/4 cup diced onion  
1 bay leaf  
1/2 tsp. allspice  
1/2 tsp. minced fresh garlic  
1 T vegetarian  
Worcestershire sauce  
2 tsp. tamari  
1/4 tsp. cumin  
1 tsp. honey  
4 cups chopped fresh  
collard greens  
1 T olive oil  
Salt, black pepper and cayenne pepper to taste

In medium pot, combine water, onion, bay leaf, allspice, garlic, Worcestershire sauce, tamari, cumin and honey. Bring to a boil, reduce heat and simmer 5 minutes. Add collard greens and return to a boil. Reduce heat and simmer, covered, until greens are tender, about 30 minutes.

Remove pot from heat; cool slightly. Remove bay leaf and stir in oil. Add salt, pepper and cayenne to taste. Serve hot.

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

First Harvest: 6/4/13 & 6/7/13

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## Green Smoothies

Serves 1-2

*"Green smoothies" provide fiber, fresh green vegetables and fruit with lots of vitamins and minerals, and help alkalize your system. Easy to make, they offer sustained energy, and can be filling and low in calories.*

- 1 cup of fresh berries (strawberries or blueberries)
- 1 banana, peeled (optional)
- 2 cups of mixed greens (like spinach, kale, or chard)
- 1 whole lemon, peeled, with the seeds removed
- 1 tablespoon of flax seed (ground)
- 1 teaspoon of chia seed
- A few raw walnuts (soaked for 4 hours)
- 1 tablespoon vegan protein powder (optional)

Blend all ingredients with filtered water until the mixture reaches a desirable consistency. This recipe does not recommend fruit juice, since fruit juice is high in natural sugars and does not have fiber.

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

First Harvest: 6/4/13 & 6/7/13

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## Greens and Bulgur Gratin

*Serves 4*

- 1/2 cup coarse bulgur
- 2 pounds assorted greens such as kale, spinach, chard or collards
- 6 large garlic cloves, minced fresh
- 3 tablespoons olive oil
- 1/4 cup freshly grated Parmesan (about 1 ounce)
- 6 ounces chilled whole milk or part-skim mozzarella, grated coarse
- 1/2 cup fine fresh bread crumbs
- 1 tablespoon olive oil

Preheat oven to 400°F and lightly oil 1-1/2 quart gratin dish or other shallow baking dish. In a heat-proof bowl pour enough boiling water over bulgur to cover by one inch. Cover bowl and let stand 20 minutes. Drain bulgur in a sieve, pressing out excess liquid. Set aside in a bowl.

Keeping each variety of greens separate, tear greens into bite-size pieces, discarding stems. Wash greens and transfer to a colander to drain. Steam coarser greens (kale

or collards) until wilted, about 4 minutes. Add delicate greens (spinach or chard) to coarse greens and steam, covered, stirring occasionally, until just wilted – another 3 to 4 minutes. Drain greens in colander, pressing out excess liquid.

Cook garlic in oil over moderate heat, stirring, until softened but not golden. Stir in greens and bulgur and season generously with salt and pepper. Stir in Parmesan and remove skillet from heat. Spread half of greens mixture in dish and sprinkle evenly with mozzarella. Spread remaining greens mixture over mozzarella and smooth. Gratin may be prepared up to this point 8 hours ahead and chilled, covered. In a small bowl with a fork stir together bread crumbs and oil until crumbs are evenly moistened.

Sprinkle topping over greens mixture and bake in middle of oven for 30 minutes, or until bubbling and top is lightly browned.

*Adapted from Gourmet, September 1995*

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fifteenth Harvest: 9/11/12 & 9/14/12

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## Fall Salad of Bitter Greens

4 cups washed and torn curly  
endive, arugula, frisée, radicchio  
or a combination of greens  
1/2 cup raw almonds  
maple syrup  
cayenne  
salt  
sliced nectarines or pears  
1/4 cup chèvre

### Dressing

2/3 cup olive oil  
one finely diced shallot  
2 tbsp balsamic vinegar  
1 tbsp sherry vinegar  
1 tbsp red wine vinegar  
1 tsp sugar  
1/2 tsp dijon mustard

Toss almonds with a little maple syrup, pinch of cayenne, and a bigger pinch of salt and toast in a 350° oven for about 7 minutes. Don't overcook! It can happen quick. Once they cool, give them a rough chop (not too fine or it will create a lot of almond dust).

Combine dressing ingredients, shake well in a jar or emulsify in a food processor.

Toss greens with a pinch of salt, then add dressing to taste. Sprinkle with toasted almonds. Top with crumbled chèvre and sliced nectarines (or pears).

*Amy Padilla of Feel Good Foods*

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Seventeenth Harvest: 9/27/11 & 9/30/11

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## **Mizuna with German Butterball Potatoes and Shallot Vinaigrette**

1/2 pound German butterball potatoes, medium diced, cooked

1/4 cup extra-virgin olive oil

1/4 cup apple cider vinegar

1 teaspoon Dijon

1 large shallot, minced

4 ounces mizuna mustard, rinsed and dried

4 boiled eggs cut into four pieces

Sea salt and fresh cracked black pepper

Combine oil, vinegar, Dijon and shallots and whisk, then add salt and pepper to taste. Take a 1/4 cup of vinaigrette and pour over potatoes and toss. Set aside for 15 minutes.

Place mizuna in a bowl and toss with remaining vinaigrette. Add potato mixture and toss gently. Place salad on plates, top each with 4 slices of egg and then add sprinkle a little sea salt and fresh cracked pepper.

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Tenth Harvest: 8/9/11 & 8/12/11

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## Mizuna & Chicken Stir Fry

*Serves 4-6*

1 egg white, lightly beaten  
1-1/2 teaspoon tamari  
2 cloves garlic, finely chopped  
1 pound boneless, skinless chicken breast, small diced  
2 teaspoons vegetable oil  
1/3 cup finely chopped carrot  
1/3 cup finely chopped sweet onion  
1/4 cup finely chopped water chestnuts  
1/2 teaspoon chile paste with garlic  
1 tablespoon Ponzu\* with lime  
1 pound Mizuna mustard, trimmed  
1/4 cup finely chopped green onions  
4 cups cooked Jasmine rice

In a medium bowl, mix egg white with 1/2 teaspoon of the tamari, garlic and chicken. Cover and refrigerate for one hour.

Heat a teaspoon of the vegetable oil in a wok or large skillet over high heat. Add chicken mixture and cook, stirring constantly, 4 to 6 minutes, or until chicken is cooked through and appears opaque. Transfer chicken to a plate and set aside. Heat remaining teaspoon of oil in wok. Add carrots, onions and water chestnuts and cook, stirring constantly, for 1 minute. Add remaining teaspoon tamari, chile paste, Ponzu and Mizuna and cook, stirring often, until slightly wilted. Return chicken to wok and toss well.

Serve over Jasmine Rice and garnish with green onions and serve.

\*Ponzu is available at most local grocery and health food stores.

*Adapted from: The Whole Foods Market Cookbook*