

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Nineteenth Harvest: 10/6/15 & 10/9/15

Turnips with Roasted Garlic Goat Cheese & Sesame

Serves 4

1 garlic head, halved crosswise
1-1/4 C plus 2 T olive oil, plus more for drizzling
8 oz. goat cheese
Kosher salt
Freshly ground pepper
1 T black and/or white sesame seeds
1 tsp. finely grated lime zest
1 tsp. chopped fresh oregano
1 tsp. fresh thyme leaves
1/4 tsp.* sumac

Heat oven to 350°F. Combine garlic and 1-1/4 C oil in a small baking dish. Cover with foil and roast until garlic is golden brown and tender, 45–50 minutes; let cool.

Remove garlic from oil; squeeze cloves from skins and finely chop to a paste. Process in a food processor along with goat cheese, 1/4 cup garlic roasting oil, and 2 T water until smooth (mixture should be spreadable); season with salt and pepper.

Meanwhile, toast sesame seeds in a dry skillet over medium heat until golden brown, about 1 minute. Transfer to a small bowl and let cool. Mix in lime zest, oregano, thyme, and sumac.

Toss turnips in a medium bowl with vinegar and 2 T oil; season with salt and pepper. Divide goat cheese mixture among plates, top with turnips, sesame mixture, cilantro, and mint, and drizzle with more oil.

Do Ahead: Roasted garlic goat cheese can be made one day ahead; cover and chill. Bring to room temperature before using.

Recipe by Reyard Restaurant, Brooklyn via www.bonappetit.com

Fall Turnip Frittata

Serves 6

8 oz. broccoli rabe (about 1/2 bunch) or broccolini, trimmed
2 teaspoons minced garlic
1/2 teaspoon salt, divided
2 tablespoons extra-virgin olive oil, divided
3 1/2 cups shredded peeled turnips (about 2 medium)
1/2 cup chopped onion
8 large eggs
2 large egg whites
1/4 cup low-fat milk
1/2 cup shredded fontina or cheddar cheese

Preheat oven to 425°F. Bring a large pot of water to a boil. Add broccoli rabe (or broccolini) and cook until very tender, about 5 minutes for broccoli rabe (or 6-7 minutes for broccolini). Drain well. Transfer to a large bowl and toss with garlic and 1/4 teasp. salt. Set aside.

Heat 1 T oil in a large ovenproof nonstick skillet over medium heat. Add the turnips, onion and the remaining 1/4 teasp. salt. Spread and pat the mixture into an even

layer; cook, without stirring, for 2 minutes. Then stir the mixture and scrape up any browned bits. Pat the mixture back into an even layer and continue cooking, without stirring, for 2 minutes. Stir again, spread back into an even layer and cook until mostly golden brown, 2 to 4 minutes more. Transfer to a plate. Wash and dry the pan.

Whisk eggs, egg whites and milk in a medium bowl. Heat the remaining 1 T oil in the pan over medium heat. Add the egg mixture and cook, stirring briefly, until beginning to set, about 1 minute. Remove from the heat. Spoon the turnip mixture evenly over the eggs. Top with cheese, then the broccoli rabe (or broccolini).

Transfer the pan to the oven. Bake the frittata until set, about 15 minutes. Remove from the oven and let stand 5 minutes. To release the frittata from the pan, run a flexible rubber spatula along the edges then underneath, until you can slide it out onto a cutting board or serving plate. Cut into wedges and serve.

www.eatingwell.com

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Nineteenth Harvest: 10/7/14 & 10/10/14

Root Vegetable Stew w-Herbed Dumplings

Stew: 4 teaspoons extra-virgin olive oil, divided
8 ounces Italian sausage links, hot or sweet
2 pounds assorted root vegetables, peeled and diced
1 large onion, diced
4 cloves garlic, minced
1 tablespoon chopped fresh sage, or rosemary
4 cups reduced-sodium chicken broth
3 cups chopped dark, leafy greens, such as beet, turnip or kale
Dumplings: 1-1/4 cups whole-wheat pastry flour
1/2 cup cake flour
1 tablespoon chopped fresh sage, or rosemary
1 tablespoon baking powder
1/4 teaspoon salt
1 large egg, lightly beaten
1/2 cup low-fat milk

Stew: Heat 2 teasp. oil in medium skillet over medium heat. Add sausages and cook until browned, 5-6 minutes. Let cool slightly and cut into 1-inch pieces.

Heat remaining 2 teasp. oil in a Dutch oven over medium heat. Cook onion, stirring occasionally, until barely tender, about 4 minutes. Add root vegetables and cook for 5 minutes. Add garlic and sage (or rosemary) and cook until fragrant, about 30 seconds. Add broth and bring to a simmer, stirring often.

Dumplings: Whisk together flours, sage (or rosemary), baking powder and salt in a medium bowl. Add egg and milk and stir until a stiff batter forms.

When the stew reaches a simmer, stir in greens and sausage and return to a simmer. Drop the dough, about 1 tablespoon at a time, over the stew, making about 18 dumplings. Adjust the heat to maintain a gentle simmer, cover and cook undisturbed until the dumplings are puffed, the vegetables are tender and the sausage is cooked through, about 10 minutes.

<http://www.eatingwell.com>

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Nineteenth Harvest: 10/7/14 & 10/10/14

Quick Pickled Turnips

Makes 2-1/2 cups

3-4 small turnips (about 12 ounces), peeled and very thinly sliced

1/2 cup quartered and thinly sliced red onion

3 cloves garlic, smashed and peeled

1 cup white-wine vinegar

1 cup hot water

1 tablespoon sugar

10 whole black peppercorns

1 teaspoon salt

1/4-1/2 teaspoon crushed red pepper (optional)

Layer turnips, onion and garlic in a quart jar (or similar 4-cup container) with a lid.

Whisk vinegar, hot water, sugar, peppercorns, salt and crushed red pepper in a medium bowl until sugar is mostly dissolved. Pour mixture over the vegetables. Put the lid on and gently shake a few times to distribute the flavorings. Refrigerate for at least 30 minutes for the flavors to develop.

www.eatingwell.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Second Harvest: 6/11/13 & 6/14/13

Glazed Hakurei Turnips

3 bunches baby hakurei turnips, baby turnips, or red radishes
(about 2 pounds), trimmed, greens reserved
1/4 cup (1/4 stick) unsalted butter
3 tablespoons sugar
Kosher salt

Place turnips in a large skillet; add water to cover turnips halfway. Add butter, sugar, and a large pinch of salt; bring to a boil. Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes (if turnips are tender before liquid has reduced, transfer turnips to a plate and reduce liquid until syrupy. Return turnips to pan and stir to coat well.)

Add turnip greens to skillet and cook over medium heat, stirring occasionally, until just wilted, 2-3 minutes. Season with salt.

Epicurious.com

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Second Harvest: 6/11/13 & 6/14/13

Quick Pink Turnip and Onion Pickles

1/2 small red onions

1 pound small-medium turnips (without greens)

1 raw or cooked beet, sliced thinly

1 cup white wine vinegar or rice vinegar

1 cup cranberry juice

4 bay leaves

1/2 teaspoon whole allspice

1/2 teaspoon peppercorns

Set a full kettle of water to boil. Combine vinegar, cranberry juice, bay leaves, allspice and peppercorns in a 1-quart jar. Halve and thin slice onions and turnips. Place all of the vegetables in a colander and pour the boiling water over them.

Add vegetables to the jar, cover and invert the jar to mix. Refrigerate for at least 3 days. Serve chilled.

Vegetables from Amaranth to Zucchini by Elizabeth Schneider

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/12/11 & 7/15/11

Sautéed Turnips and Cipollini

2 T unsalted butter
1 tsp. brown sugar
Sea salt and fresh cracked black pepper
3 turnips, peeled and trimmed (save the greens and julienne)
1 bunch cipollini, small diced
1/2 cup water
1/2 bunch of basil

Melt butter in a large sauté pan over medium-low heat. Add brown sugar and cook until butter starts to brown, about 1 minute. Add turnips and onions, swirling pan to

evenly coat. Add water, cover, and cook until almost all water has evaporated and vegetables are glazed, about 20 minutes.

Remove cover; add turnip greens and continue cooking until liquid has evaporated and vegetables are caramelized, 3-5 minutes. Season to taste with salt and pepper. Transfer to a large serving platter, and garnish with fresh basil.

Recipe source: CheFarmer Matthew Raiford

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UCSC Farm
Community Supported Agriculture
Third Harvest: 6/19/12 & 6/22/12

Smashed Turnips with Fresh Horseradish

The Meatball Shop, Manhattan, NY

8 large turnips (about 2 pounds), peeled and quartered
1/2 cup sour cream
6 scallions, thinly sliced
2 tablespoons freshly grated horseradish, or more to taste
2 teaspoons salt

Place the turnips in a large pot with enough water to cover by 2 inches. Bring to a boil over high heat, then reduce the heat to low and simmer until fork-tender, about 25 minutes. Drain thoroughly, until completely dry.

Place the turnips in a bowl and, while they are still hot, add the sour cream, scallions, horseradish and salt. Mash with a wire whisk or potato masher until well combined but still chunky. Serve immediately.

well.blogs.nytimes.com/2011/11/14/the-meatball-shop-goes-vegetarian/