

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Fourth Harvest: 6/25/13 & 6/28/13

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## Beet Slaw Tostadas

### ***Beet slaw:***

Beets, boiled and peeled  
Limes, freshly squeezed  
salt and pepper to taste

### ***Additional ingredients:***

Red onions, thinly sliced  
Kohlrabi, peeled, grated  
Carrots, grated  
Cilantro  
Mayonnaise, to taste

### ***Tostada toppings:***

Refried beans  
Jalapeños  
Hard boiled eggs, chopped  
Avocado  
Olives, chopped  
Feta or coyote cheese, crumbled  
Sour cream  
Salsa

Grate the beets. Toss with generous amount of lime juice. Mix in salt and pepper. Let sit for five minutes, then taste. Add more lime, salt, or pepper to taste. Add red onions, mayonnaise, grated kohlrabi or carrots, if desired.

Let the beets marinate while you prepare toppings. Create a tostada bar by arranging bowls of topping ingredients on table, along with the tostada shells.

Use pre-made tostada shells, or make your own by frying flour tortillas in a heavy bottomed pan with 1/2-inch of hot oil until tortillas are crisp and brown. Layer beet slaw on bottom and add desired ingredients and enjoy!