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Cycle Farm CSA Newsletter

Week 18 - October 18, 2012

This week's share

- 1 winter squash (see chart)
- 1 bunch chard (Fordhook Giant and Five Color Silver Beet)
- 1 bunch parsley
- 1 bunch rainbow carrots (1.5lb Yellowstone, Dragon, Tonda di Parigi, Danvers 126)
- 5 onions (Newburg and Karmen)
- 4 heads garlic (Persian Star)
- 5 ears popcorn (Dakota Black)
- 3 lb potatoes (La Ratte Fingerling)



Rainbow of carrots



Harvesting carrots, more fun with friends

Hello CSA Members,
 Here we are! Here is the last share of our first season. There have been lots of highlights this past week on the farm. We had a wonderful time at the Harvest Hooplah on Saturday afternoon, thank you for coming and sharing an incredible feast with us. The squash flight was a success, the chickens were delicious, lots of apple cider pressed and consumed, merry merry!

Two good friends, Tom and Barton, came to visit. With their help, we finished pulling out all the potatoes *and* finished the gravel trench for the greenhouse wall. Just yesterday, Barton took off with our good farm dog, Amelia, leaving all of us a bit forlorn.

Jeremy has been building the stone foundation wall for the strawbales. It's beautiful. You can tell Jeremy plays a good game of Tetris. Tom has been pulling all the trellising out of the field and prepping beds for planting garlic tomorrow. Our birds have started laying. At least one lady has decided to, we found her yesterday hiding under a christmas tree, her egg still warm.

We've discovered that lots of time should be allotted for sorting fingerling potatoes. Not because they are small. But because they have such wiley personalities - and each one individual. Everyone has a story to tell. And someone has to tell each potato's story. It takes time.

The winds have set in something fierce these past few days. We are grateful for warm wooly hats and frequent breaks for hot tea.



Sorting fingerling potatoes

We've heard you can toss a whole cob of popcorn into a paper bag and then into the microwave for a couple minutes - and presto, popcorn. We have not tried this ourselves. Here is how we do it.

Popcorn

3 Tbsp olive oil or grapeseed oil
1/3 cup of popcorn kernels
1 3-quart covered saucepan
Salt to taste

Heat the oil in a saucepan on medium high heat. Put 3 or 4 popcorn kernels into the oil and cover the pan. When the kernels pop, add the rest of the 1/3 cup of popcorn kernels in an even layer.

Cover the pan. The popcorn should begin popping soon. Once the popping starts in earnest, gently shake the pan by moving it back and forth over the burner. Try to keep the lid slightly ajar to let the steam from the popcorn release (the popcorn will be drier and crisper). Once the popping slows to several seconds between pops, remove the pan from the heat, remove the lid, and dump the popcorn into a wide bowl.

Add salt to taste. Or nutritional yeast, paprika, honey butter...



Popcorn!



First egg



- a. Musquee de Provence
- b. Rouge Vif D'Etampes
- c. Marina di Chiogga
- d. Oregon Homestead Sweetmeat
- e. Galeux d'Eysines
- f. Delicata
- g. Buttercup
- h. Blue Hubbard
- i. Blue Kuri

Winter squash, a quick guide

We grew 9 different varieties of winter squash. Here's a quick run down. The previous two weeks have included both Buttercup and Delicata squash. This week we have a selection available of the other, larger squash varieties. At the farm party this past weekend we had all 9 varieties roasted up and set out for sampling. It was especially fun to have them all side-by-side to see how different they each taste. And it was great to have feedback on what people enjoyed best. Happy eating.



Big Fuzzy, we love you

Please look for the CSA Member Survey, we'll pop it into an email this week. We would appreciate hearing from you about how the season went from your perspective. Thank you for sharing this wonderful season with us. We hope you've enjoyed eating from Cycle Farm.

Your farmers,
Trish and Jeremy