



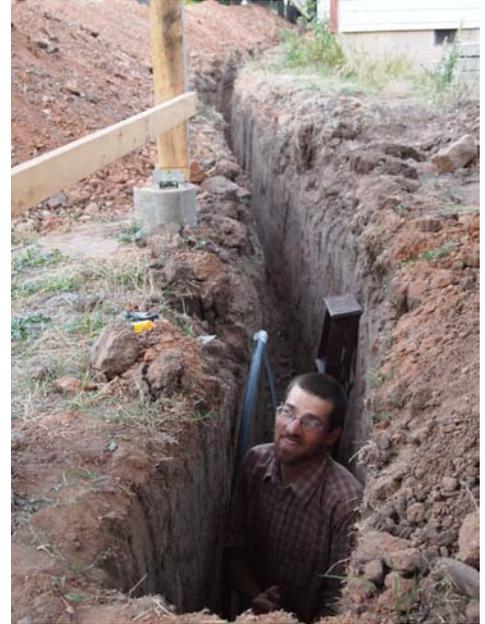
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Cycle Farm CSA Newsletter

Week 12- September 6, 2012

This week's share

- 1 summer squash (Costata romanesco)
- 1 bunch kale (White russian and rainbow dino kale)
- 3/4 lb green beans (Red swan, Marvel of Venice, Provider, Rattlesnake, Empress)
- 4 cucumbers (2 slicers: Mideast peace, Marketmore 76; 2 Lemon)
- 1 bunch green onions
- 3 eggplant (Ai qua and Ping tung)
- 1/4 lb shishito peppers
- 4 jalapeño (2 Craig's grande and 2 Czech black)
- 2 bell peppers (Purple beauty)
- 3 lb tomatoes (1 1/2lb mixed cherry and pear; 1 1/2 lb slicers: Aurora, Uralskiy Ranniy, Tigerella, Moongold, Paul Robeson, Wapisinicon peach, Katja, Pink Caspian)
- 2 fennel bulbs



Jeremy in a trench

Hello CSA Members!

What a beautiful way to start September.

We spent last weekend scooping and digging. Trish spent time digging a trench around the greenhouse for the foundation rock wall. Jeremy pedaled and scooped ice cream with a modified pedal-powered ice cream maker at the Dakota Five-O in City Park, as a fundraiser for the Bicycle Co-op.

We've had several visitors stop by the farm this week and are looking forward to more next week.

Mark your calendars! We are organizing a Food Preservation Celebration on September 22nd, to be held at the red barn market next to the brewery. This will be a series of workshops on home-scale preserving of food stuffs, everything from dehydrating tomatoes, to preservative-free sausage making, fermented vegetables and beverages, and pickling.

The Spearfish Farmer's Market has moved to Saturday mornings from 9 to noon in City Park.

Jeremy's father has been helping us install a frost-free hydrant to the greenhouse. In truth, he's been doing all the work, backhoeing a trench six feet deep that snakes from the greenhouse all the way past the garlic shed and garage to the house. Part of this trench had to be hand dug to avoid nicking into a gas line. It's an incredible trench exposing all sorts of delightful surface depositional layers. A quick glimpse at the recent geomorphic history of Spearfish Creek. VERY COOL. The pipe is layed and the hydrant is up and running.

And as if that weren't enough, in a moment of spontaneous brilliance, we decided to install an earth-tube temperature exchange system for not only the greenhouse, but the house-house too.

While we have a 100' long, 6' deep trench dug, we'll slip a couple lengths of non-perforated drain tile down there which will link up to the greenhouse with a photovoltaic fan. Air will circulate through the pipe burried in the ground (at approximately 55 deg F year-round). This will help cool things off in the greenhouse in the summer, and warm things up in the winter. We're setting up a similar system for the house, so we can nix running AC in the summer.. instead we'll just hook up a fan to the earth-tube. (Earth-tube sounds funny. There may be a better name for this system, we just haven't found it yet..)

And finally, this morning, Jeremy and Emily (our new farm friend!) spotted a red-tailed hawk, flying low over the farm. Probably looking for the same rabbit we are.

What we are most excited about in this week's CSA share are the shishito peppers and fennel bulbs. Shishitos are something that we enjoyed growing and eating a lot while we were living in New Mexico over the past few years. We are thrilled we can grow them in South Dakota too. Shishitos are a Japanese frying pepper, a delicious snack. Just toss them whole (stem and all) into a skillet with a bit of olive oil, salt and crushed black pepper. Fry them until the skin begins to blister. Pull them off the stove and eat them up! They are a fun appetizer - not at all spicy, just a great pepper flavor. They are fantastic when partnered with a cold beer. We hope you enjoy them too!

Fennel is incredible. Smell it. Here are a couple recipe ideas. Braised fennel is delicious on it's own, or you might add it as a topping on a pizza, or toss with a pasta dish. Fennel is also mighty fine roasted with potatoes. The greens are edible and can be chopped up and added to pretty much anything.

Braised Fennel with white wine

1 large (or 2 small) fennel bulbs, quartered
2 cloves of garlic
few tablespoons of olive oil
crushed red pepper to taste
glass of white wine
salt & pepper
orange or lemon zest, optional

In a pan, heat olive oil with pepper flakes & fry garlic until golden brown. Add cut fennel bulbs, season with salt & pepper. Sauté a few minutes. Add wine & cover. Reduce heat to simmer. Cook 25 - 30 minutes until fennel is tender. It may be necessary to add in a bit of water (wine or chicken broth) if it gets too dry. If you would like, add a zip or two of orange zest and/or cut fennel greens across the top once plated.

Fennel and Summer Squash Soup with Warm Tomato Relish

2 Tbs extra-virgin olive oil, divided
2 cups diced fresh fennel (from 1 large bulb), fronds chopped and reserved
2 cup trimmed diced summer squash (Costata Romanesco)
1 cup chopped onion
1/4 teaspoon fennel seeds
2 cups low-salt chicken broth
3/4 cup grape tomatoes, quartered

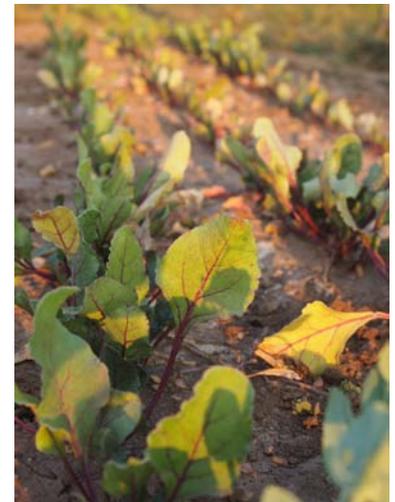
Heat 1 1/2 Tbs olive oil in large saucepan over medium-high heat. Add diced fennel, zucchini, onion, and fennel seeds. Sauté until fennel is translucent, 4 to 5 min. Add broth; bring to boil. Cover; reduce heat and simmer until vegetables are tender, about 15 min. Puree in blender until smooth; return soup to saucepan. Season to taste with salt and pepper. Meanwhile, heat remaining 1/2 Tbs olive oil in medium skillet over medium heat. Add tomatoes and sauté until just heated through, 1 to 2 min. Remove from heat. Mix in 1 Tbs chopped fennel fronds; season relish with salt and pepper. Serve soup with relish.



Lettuce trays ready for transplanting



Small fennel, big flavor



Baby beets, freshly weeded



Shishito peppers

With big smiles and blistered hands -
Your farmers,
Trish and Jeremy