

# Cycle Farm

## 2017 Farm Stand Family Newsletter

for September 7, 2017

Greetings Farm Friends,

The field is growing heavy with deliciousness, and so are the harvest crates. Tomatillos and tomatoes, eggplant and fennel. Onions are bulbing and celery looks fantastic. We're harvesting our next succession of green beans. Heaps and bushels. *Please*, be so kind as to dust off your dear grandma's canning pot and help us with our green bean situation. Spearfish Bike Week numero cinco was a success and we're looking forward to getting back to our farm routine and tackling some paused projects.

At the farm stand this week we'll have green beans, peppers (bell and jalapenos), zucchini, cucumbers, tomatoes, lettuce, scallions, fennel, eggplant, tomatillos, ground cherries, and grapes. Also garlic and fresh herbs. Still to come are delicious fall feastings including winter squash, potatoes, onions, shallots, leeks, kale, and kohlrabi. We'll also be bringing out garlic braids. The arugula planting is about a week away from harvest, so long as those flea beetles lay off. And in the same vein, beets, so long as we get the rabbit situation sorted out (ie trapped and hauled out).

Top excitement on the farm this week: We had our very first touch of frost Tuesday morning. (Eeep!) Time to pull out the row covers. And, Monday morning, we had THREE different types of hummingbird on the farm at once - holy macaroni!

Calling all artists and doodlers, alike! We are hosting a plein air event on the farm next week, Monday, September 11th, at 5:00 PM. We have found a strong and important parallel between art and agriculture, both sharing in physical, cultural, and spiritual engagement with the environment. Local farms and art contribute to a greater sense of community and making of a place. Farmers and artists are craftsmen, creating and re-creating, feeding bellies and souls alike. So, art on the farm! Come experience all the colors of the farm; flowers and fruits of the season. Bring tools and materials, your choice, and set up for art on the farm. This should be a good chance to join in on creative camaraderie, share ideas and inspiration. We'll have light snacks to share too.

We look forward to seeing you at the farm stand.

Big thanks and big smiles,  
Your farmers,  
Trish and Jeremy



**Curried Green Beans** by popular request. These green beans are a proven success for potlucks. Quick, easy. Yet sophisticated and delicious.

½ tsp. cumin  
½ tsp. mustard seeds  
½ tsp. coriander  
½ tsp. black peppercorns  
½ tsp. turmeric

3 cloves garlic, diced, minced, what you like  
red pepper flakes, paprika, or chiltepin peppers, to taste  
salt, to taste  
2 Tbs olive oil  
1 lb. green beans, topped, tailed and cut in 1 ½" pieces

In a sauté pan, heat olive oil on medium heat. Coarsely crush all the spices and add to oil. Add minced garlic. Sautee until everything smells wonderful, about 5 minutes. Add the green beans. Cook the green beans for about 5 minutes, stirring, or until they are just soft. Season to taste with salt. Add 2 tablespoons water if needed.

## Green Beans in Basil Walnut Vinaigrette

This is a recipe from a cook book called "Bounty from the Box" by Mi Ae Lipe, full of ideas on how to cook with produce from your small local CSA farm.

1 ½ lbs green beans, trimmed

### *Basil-walnut vinaigrette*

1 tsp chopped garlic  
10 big basil leaves  
½ tsp salt

½ tsp fresh ground black pepper  
2 tsp Dijon mustard  
¼ cup white wine vinegar  
½ cup olive oil  
3 scallions, thinly sliced, for garnish  
Chopped walnuts, for garnish

Bring a large pot of salted water to a rolling boil, add green beans and cook until just tender-crisp, 3 to 5 minutes. Drain immediately into a colander and pour ice water over beans to stop the cooking action. Drain well.

In a blender or food processor put the garlic, basil, salt and ground pepper. Pulse on and off, then add the mustard and vinegar. Pulse until smooth. Add the oil very slowly in a thin stream with the machine running, just until blended.

Place the beans in a serving bowl and pour the vinaigrette over them, Toss to coat thoroughly. Garnish with the scallions and walnuts.



*Beds cleared of rhizomes, ready for straw mulch and construction of a new tunnel; buckwheat cover crop is blooming between the winter squash beds; Trish does her best blue corn impersonation.*