

Cycle Farm

2017 Farm Stand Family Newsletter

for September 14, 2017

Greetings Farm Friends,

Summer farm feasting abound – eat up, everyone!. Lots of well-fed predatory insects flitting about the farm this week, lacewings, dragon flies, spiders and praying mantises – check out all these fun photos! A garden spider in the bean and potato beds has her head burried deep into a grasshopper. Another spider in the basil is enjoying a damsel fly. Hummingbirds are touring the flowers and feeder on a Swiss train schedule. And the chickens have been enjoying weeds and rejects from the field.

The cider press has been cranking this week. We finally finished pressing the heaps and loads of crab apples – now under airlock and beginning to bubble their way to hard cider. The press is available to use should you find yourself in a wealth of apples, just let us know, we would love to share it. Unfortunately, but inevitably, we had to bid adeiu to our wonderful summer farm hand, Madeleine. We're so grateful for all the help and love she's put into the farm this summer and we're wishing her every good thing this fall and in the future.

This week at the farm stand, we'll have green beans, eggplant, chard, lettuce, tomatoes, jalapenos and other peppers (red, gold and green), fennel, more green beans, zucchini, cucumbers, scallions, and ground cherries. And still more green beans. We'll also have herbs and teas, and garlic too. AND we'll have salsa verde kits available - with an easy recipe included.

Hope you are enjoying feasts of the season!
Gratitude and love from the field,
Your farmers, Trish and Jeremy

PS. A short, but sweet newsletter this week. Featuring especially our voracious invertebrates.



So many feasting beneficial insects on the farm this week: here, a dragon fly and a lacewing.



CW from top left: A yellow garden spider feasting on a grasshopper in the beans and potato beds; a praying mantis in the orchard; a spider in the basil, interrupted from eating a damsel fly; and a painted lady butterfly on the Echinacea