

CYCLIE FARM 2017 FARM STAND FAMILY NEWSLETTER

April 15, 2017

Greetings Farm Friends,

The snow, sunshine, and wind this week have been an invigorating and welcome combination of moisture and warmth for our soil, newly seeded beds, and transplants. The big slushy dump earlier this week also afforded us some time inside to catch up on paperwork and fiddle around with a block print art project – a new label for bagged greens. Hopefully you'll be seeing this soon.

On the farm this week, we've been keeping up with seeding successions of scallions and greens. New flats of tomatillos, ground cherries, and another round of tomatoes are in the germination chamber. We've been seeding loads of different flowers, pollinator-friendly and good cut flower varieties too. We plan to have a selection of these as bouquets available at the farm stand later this summer. Potting up herbs and more flowers. And we got our first round of lettuces transplanted out into the tunnel. The lilacs buds are swelling and an attentive rabbit is nesting under our back porch. Jeremy spotted the first warblers of the year. Three Yellow-rumped Warblers (Myrtle) just passing through on their way to the Yukon for summer. The dehydrator has been humming and fuming with last season's remaining garlic, as we've been processing garlic powder. We make garlic powder from the heads that don't make seed grade and are too small for market; oh boy, it packs a punch. We will be planting out asparagus and rhubarb next week and have more fruit trees and native shrubs arriving as well. We found out we're going to have to find a source for hop trellis and fence posts, we're currently looking at a massive bill for adequately long t-posts. Which reminds me: if you know anyone who might be interested in a farm share plan for the season, please let them know, we are still accepting new members.



We had a mouse come through the germination chamber and mow down all our newly sprouted hot peppers (funny enough, the little bugger skipped over the sweet ones). We've re-seeded the peppers and set mouse traps. And, almost immediately, as if summoned by our distress, we spotted two garter snakes lurking near the stone wall of the greenhouse. They might as well have been wearing superhero capes. Hot pepper protectors. Eat up, friends.

Farm meals this week have included a number of amazing spring salads and stir fries featuring greens and scallions. We are unabashedly giddy as we feast like kings. Oh, springtime, thank you. Hope you are enjoying the harvest as much as we are.

At the farm stand this week we will have lettuce greens, arugula, spinach, spring turnips (Jeremy's favorite vegetable!), radishes, Asian braising mix, scallions and some exceptionally fresh garlic powder. We'll also have chives, cilantro and,



hopefully, parsley. Here's a recipe that works well with any sort of Asian braising green, bok choy, komatsuna, radish greens, etc.

ASIAN GREENS WITH RED PEPPER AND GARLIC

1 bunch of mixed Asian braising greens, mustards or komatsuna

2 cloves garlic, or more

1 tsp sesame oil

Red chile pepper, flakes or sliced, to taste

1 Tbs sake or water

Coarsely ground black pepper

Salt, to taste

Rinse the greens and chop into bite-sized pieces. Fry the sliced garlic in sesame oil. Add the red chile. Add the greens and drizzle with sake or water. Cover and steam. Once the greens are tender, season with salt and pepper. Lightly stir. Serve. We like to prepare greens like this with soba noodles, plain rice, and/or with a fried egg. If we're feeling fancy, we'll decorate the dish with toasted sesame seeds and scallions.



Thank you all!

With wild, wind-swept hair-dos,
Your farmers, Trish and Jeremy