

# CYCLE FARM 2017 FARM STAND FAMILY NEWSLETTER

for April 29, 2017

Greetings Farm Friends,

So much to celebrate! Last week's farm stand was our best market ever, AND many of our customers came by bike and on foot. What a great way to celebrate Earth Day: completely fossil fuel-free food! Whoo-hoo-WEE – you guys are *the best!* In that vein, as incentive for folks to come to the farm stand by bike/foot, we have a pie prize each year. Every time you walk or bike to the farm stand, enter your name in the jar and at the end of the season we'll draw for the lucky pie winner. We're also celebrating the arrival of over 200 new fruit trees and shrubs; we'll *really* be celebrating once we've got them all planted. We are putting in a hedge row of native fruiting shrubs and trees around the border of the orchard as frost protection, wildlife and insect habitat, and, if we're feeling especially ambitious, for jams and jellies. We made our first produce delivery of the season to a couple restaurants in town. Look for Cycle Farm greens at both Blackbird Espresso and Dough Trader Pizza. We've also been harvesting for the Black Hills Milk Market down the street (hot tip: right now they have red miso paste in stock(!), one of our favorite spring dishes is miso soup with whatever greens are handy). On Sunday morning, bright and early, we stirred up a batch of biodynamic preparation 501 – a silica spray for the farm to promote plant health.



While we were roaming about with the 501, we discovered there was a small, but delicious flush of shiitakes from the logs we inoculated two summers ago. And we were able to collect a couple pounds of asparagus just before the drop in temperatures and dump of snow. The asparagus were the very, very first seeds we planted on the farm. What a treat. Trish rescued our greenhouse from an impending take-over by a very healthy patch of stinging nettle, trimming back the greens to add to our compost and transplanting the nettle out behind our compost pile. And we're also celebrating a happy, happy birthday – albeit a bit unconventionally: instead of blowing out candles on a birthday cake, Jeremy gets to dig holes for fruit trees.

Tomorrow, at the farm stand, we'll have Asian greens, spinach, arugula, lettuce mix, a few bunches of radishes, turnips, and fresh herbs: cilantro, parsley, chives, and tarragon. Stop by and wish farmer Jeremy a very happy birthday! Looking forward to seeing you at the farm stand –

Your farmers,  
Trish and Jeremy

PS. Mark your calendar: a spring farm tour and party, Sunday June 11<sup>th</sup> – more information to come.



## QUICHE FIORNETINE, WITH BACON

Fancy, fancy. French for quiche with spinach. So versatile, quiche works well for any meal of the day. We recommend playing with this, take this recipe and mix it up. What do you have in the fridge? Mushrooms, sausage, caramelized onions, roasted green chiles, broccoli, arugula and Asian greens, crab? Toss it in there. This recipe makes one 9" round quiche, it was modified quite a bit from a Bon Appetit recipe.

For the crust:

Make your favorite, standard pie crust, or...

1½ teaspoons kosher salt  
1 teaspoon sugar  
2 cups all-purpose flour, plus more for rolling out  
½ cup chilled unsalted butter (lard, vegetable shortening, or combination), cut into pieces

For the quiche-y filling:

8 ounces thick-cut smoked bacon, cut into ½-inch pieces  
3 large scallions, thinly sliced  
2 cups fresh spinach, chopped  
2 sprigs thyme  
1 bay leaf  
3½ cups half-and-half  
8 large eggs, room temperature  
2 teaspoons kosher salt  
¼ teaspoon cayenne pepper  
Pinch of freshly ground nutmeg  
2 ounces Gruyère, finely grated

## Crust

Pulse the salt, sugar, and 2 cups flour in a food processor until combined. Add butter and/or lard and pulse until mixture resembles coarse meal with a few pieces of butter and lard visible, about fifteen 1-second pulses. With motor running, drizzle in 6–7 Tbsp. ice water and pulse until dough is still crumbly but just holds together when squeezed.

Turn out dough onto a work surface. Knead 1–2 times, pressing to incorporate any shaggy pieces. Press into a 6"-wide disk. Wrap with plastic wrap and chill at least 1 hour.

Place rack in lowest position of oven; preheat to 375°. Roll out dough on a lightly floured work surface to a 14" round. Transfer to pie dish. Pick up edges and allow dough to slump down into dish, letting excess dough hang over dish. Trim, leaving about a 1" overhang. Fold overhang under; pinch and crimp. Chill 30 minutes.

If you use foil/parchment paper to line the crust, pie weights or dried beans, go for it (we usually don't bother). Bake until crust is dry around the edges and just beginning to brown, 20-25 minutes. Carefully remove parchment and weights (if you used them) and reduce oven temperature to 350°. Bake until crust is set and beginning to brown in the center, 15–20 minutes. Transfer to a wire rack and let cool. Dough can be made 3 days ahead; keep chilled, or freeze up to 2 months.

## Filling and Assembly

Cook bacon, scallions, thyme, and bay leaf in a small saucepan over medium-high heat, stirring occasionally, 5 minutes. Reduce heat to low (mixture should still slowly bubble) and cook, stirring occasionally, until bacon and scallions are very soft, about 20 minutes. Let cool a bit. Pluck out thyme and bay leaf. Transfer bacon and scallions to a medium bowl, add spinach; set aside.

Place rack in middle of oven; preheat to 325°. Purée eggs in a blender on medium-high speed until foamy, about 30 seconds. Add half-and-half, salt, cayenne, and nutmeg. Beat on medium-low until smooth, about 15 seconds.

Place pie plate on a rimmed baking sheet. Sprinkle cheese evenly over bottom of crust. Top with bacon and spinach mixture. Pour custard into crust. Bake quiche until edges are set but center slightly wobbles, 55–75 minutes (it will continue to set after baking). Transfer to a wire rack and let cool at least 3 hours before slicing.