

Cycle Farm

2017 Farm Stand Family Newsletter

April 8, 2017

Greetings Farm Friends,

... and we're off and running. What a way to begin the season: early April chlorophyll feastings for your eyes and belly, both. At the farm stand this week, we have arugula, baby bok choy, lettuce greens, spinach, and mixed Asian greens. Tender and delicious. We also have bunches of scallions that had over-wintered from a late crop last season. These mighty alliums made it through -18deg F and they are all the better for it. Harvest today has us thinking about miso soup, stir fry, scallion pancakes, and Asian slaws. The greens are so tender, we'd recommend adding them in at the very, very end of a stir fry, just enough to wilt them, or even eating them chopped and tossed together in a raw salad. These lettuce greens are a special mix of our own saved seed – let us know what you think.



Thank you for joining us this season, for testing out a new market model with us! We're looking forward to it and we're so glad to be sharing the farm with you.

As Farm Stand Family Members, you will receive weekly email notices on upcoming harvests to help you plan your menus. Additionally, these newsletters will include a list of what we're harvesting and what is coming up, what's happening on the farm, notes on upcoming events, and recipe ideas or tips on how to cook up your farm vegetables. Lately, we have been reading up on whole food nutrition and learning all sorts of rad things. We'll try and include some of what we're learning here too. For instance: an interesting note on spinach, you may already be aware: Spinach is rich in iron (think Popeye), but its naturally occurring oxalic acid binds with the iron, rendering much of the iron unusable. Serving spinach with meats, vitamin C-rich fruits and vegetables, or white wine helps unbind the iron and make it available for your body to absorb.

Lastly, just a few nuts and bolts, logistical things we'd like to share with you:

Washing vegetables. We work hard to make sure the vegetables you receive at the farm stand are rinsed, trimmed and ready for you to put away in your kitchen or fix up for dinner. We suggest that you rinse and look things over again before preparing a meal, as you might and something we missed. And it just might be a slug. Or a spider.

A bag. Please bring a bag or box with you. We have shopping bags on hand as well, but we sure do appreciate saving the plastic.

Parking. There are a couple of parking spots at the farm stand. If those are occupied, there is additional space in the driveway up by the house or on Custer Street. We have been asked to not have cars parked along Evans Lane. Thank you for your help with this! Also: there is plenty of bicycle parking available (bike rack coming soon). In fact, we are going to bake a pie for whoever rides their bike most frequently to the farm stand.



SPINACH, NUTS, AND CHEESE; A SAIAD

2 slices minced, thick-cut bacon, or try prosciutto (optional)

1 Tbs olive oil

1/4 cup minced scallions

2(ish) cloves of garlic, green garlic, or use garlic powder

¼ c walnuts

½ lb spinach

¼ cup feta or whatever you like, crumbles or pieces

Brown the bacon and drain off the fat. Heat olive oil (or just use bacon grease) in a skillet on med-high heat, and sauté the scallions, garlic, and walnuts. Toss oil (bacon)-onion-garlic-walnut dressing onto fresh spinach leaves with feta crumbles. Add hot chile flakes to make it even more amazing. And serve with a good Chardonnay, for maximum iron absorption.



On the farm this week, we've been establishing two new raised beds in front of our greenhouse. The soil was excavated during construction for our pack/wash shed and Jeremy just seeded in two rows of snap peas. We also planted seven new fruit trees and raspberries. And seeded in rows of parsnips, carrots, radishes in the front field. At this time of year, much of our time is spent monitoring the greenhouse and tunnel and tending to tender seedlings, making sure they are watered and warm - but not overly so. Our cool new bug find for the week was a bee mimic beetle (see photo). There were about a dozen, flying and buzzing like bumble bees in front of the greenhouse, then burrowing into the wood mulched walkway and disappearing.

Thank you for your support! We're looking forward to seeing at the farm stand.

With muddy hands and big smiles,

Your farmers, Trish and Jeremy