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# Cycle Farm CSA Newsletter

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## This week's share

- 1 bunch kale (Red and White Russian)
- 2 summer squash (Costata Romanesco, Mutabile)
- 4 crookneck squash (Yellow Crookneck)
- 6 oz green beans (Provider)
- 2 cucumbers (Shintokiwa)
- 7 ½ oz cherry tomatoes
- 14 oz slicer tomatoes
- 1 bunch scallions (White Spear)
- 2 heads garlic (Spanish Roja)
- 1 ½ oz basil (Genovese)

Hello CSA friends,

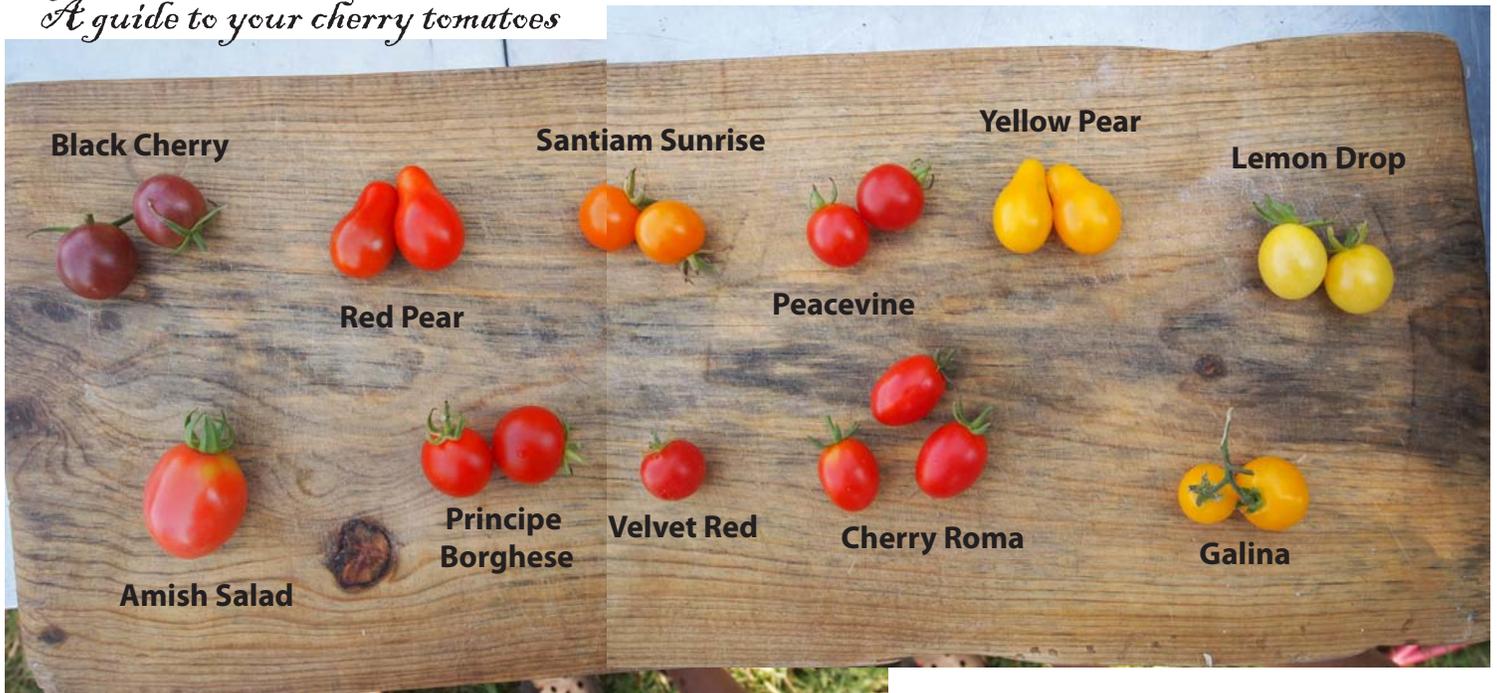
Warm greetings, calloused hands and happy hearts! Our time this week has been spent in wild-eyed scurry. We're tying all the final strings together for Spearfish Bike Week *and* tending to the crops, weeds, animals. Oh my.

On the farm this week: Weeding! we've been doing a big push on weeding as the annual weeds are setting seed, trying to catch them before they distribute their malicious and irksome progeny all over the farm (prickly lettuce, pigweed/curly dock, cow parsnip, mallow, etc.) We are also evaluating crops for vigor and general well-being, keeping records to help us this winter during next season's seed selection and crop planning.

This has been our last week with Abigail, our extraordinary BHSU student intern. Getting to spend the summer with her has been a blast. We've appreciated having her help, insightful and inspiring conversation, and thoughtful questions. We also greatly appreciate that her time has been financially compensated - thank you BHSU Sustainability Program! Katie and Rachel, a million thanks! Growing food is a valuable job and should be treated as such. We haven't yet figured out how to make enough to pay ourselves, but working with Abigail this summer has made it clear the value of regular help on the farm. There will have to be a fair amount of budget wizardry, but hosting an intern is definitely something we'd like to do again in the future.

Coming soon: there will be more green beans, the next round is poking along. Also, eggplant and tomatillos!

## *A guide to your cherry tomatoes*



**Zucchini Torte**, a lot like a Spanish omelet, traditionally served at room temperature, or a quiche. This recipe is from Jane Milton's *Mexican*.

1 ¼ lb zucchini  
¼ c vegetable oil  
1 small onion  
3 fresh jalapeno chiles, seeded and cut into strips  
3 large eggs  
½ c flour  
1 c grated Monterey Jack or Cheddar cheese  
½ tsp cayenne pepper  
1 Tbs butter  
salt

Preheat the oven to 350 degrees. Trim the zucchini, then slice them thinly. Heat the oil in a large frying pan. Add the zucchini and cook for a few minutes, turning them over at least once, until they are soft and beginning to brown. Using a slotted spoon, transfer them to a bowl. Slice the onion and add it to the oil remaining in the pan, with most of the jalapeno strips, reserving some for garnish. Saute until the onions have softened and are golden. Using a slotted spoon, add the onions and jalapenos to the zucchini.

Beat the eggs in a large bowl. Add the flour, cheese and cayenne. Mix well, then stir in the zucchini mixture, with salt to taste. Grease a 9 inch round shallow ovenproof dish with butter. Pour in the zucchini mixture and bake for 30 minutes, until risen, firm to the touch and golden. Let cool. Serve the zucchini torte in thick wedges, garnished with remaining jalapeno strips. A tomato salad, sprinkled with chives makes a colorful accompaniment.



garlic is curing



Have a great semester, Abigail - We're going to miss you!

**Grilled zucchini and leeks with walnuts and herbs** - a Bon Appetit recipe. Our leeks are nearly ready, but still not quite. For now, you might try this with the scallions in this week's share.

1/3 c walnuts	Kosher salt, freshly ground black pepper
1 clove garlic	2 large leeks, white and pale green parts only, halved lengthwise with some root attached
2 Tbs fresh lemon juice	2 large zucchini (about 1 lb) halved lengthwise
5 Tbs olive oil, divided	½ c (lightly packed) fresh flat-leaf parsley leaves with tender stems

Prepare your grill for medium-high heat. Toast walnuts in a dry skillet over medium heat, tossing often, until fragrant, about 5 minutes. Chop very coarsely. Toss warm walnuts with garlic, lemon juice, and 3 Tbs oil in a large bowl; season with salt and pepper.

Brush leeks (or scallions!) and zucchini with remaining 2 Tbs oil; season with salt and pepper. grill vegetables, turning often, until tender and charred in spots, 5-8 minutes for leeks, 8-10 minutes for zucchini.

Transfer vegetables to a cutting board. Trim roots from leeks and cut leeks and zucchini into bite-sized pieces. Add vegetables and parsley to bowl with walnuts and toss to combine; season vegetables with salt, pepper and more lemon juice, if desired.

Happy eating! Your farmers, Trish and Jeremy