



Jeremy Smith and Trish Jenkins
287 Evans Lane, Spearfish, SD 57783
605-559-FARM (3276)
cyclefarmer@gmail.com
www.cyclefarm.net

Cycle Farm CSA Newsletter

August 28, 2014

This week's share

- 1 bunch chard (Red Rhubarb and Fordhook Giant)
- 2 summer squash (Costata Romanesco, Mutabile)
- 4 crookneck squash (Yellow Crookneck)
- 1 lb slicer tomatoes
- 11 oz cherry tomatoes
- 2 tomatillos (Plaza Latina Giant)
- 2 eggplant (Diamond)
- 2 cucumbers (Shintokiwa)
- 1 cabbage (Early Jersey Wakefield)
- 3 lbs grapes (Valiant)
- 1 bunch scallions (White Spear)
- 2 oz basil (Genovese)

Hello CSA friends,

Where did August go?! These cool temperatures have us a bit discombobulated. We've even been closing down the windows of the greenhouse at night to help keep temperatures inside warm for the tomatoes and cukes. The tomatoes in the field are showing some signs of stress, mainly lots of cracking due to the recent surge of moisture.

We've introduced 25 of our young hens into our laying flock and into the coop. They had been up until this week in the small tractors, mowing between our grapes. The transition is going well: no one is being aggressive towards each other, though the younger hens still insist on sleeping outside with the roosters (who are still in the tractors).

The orchard pasture is looking great. It's been fascinating seeing the response in vegetation after moving the lambs through and then the chickens. The new growth is lush, deep green, and still wonderfully diverse. With this style of mob-grazing, grazers hit the entire area, hard, and then the field is allowed ample recovery period. Using the tractors, we give the animals a chance to browse on *everything* - not just the preferred tasty things. At this point we are moving the lambs twice a day, and the chickens once a day. The lambs are growing into more assertive, strong characters. Still affectionate, and ever more fuzzy. We've sure been learning a lot, and so far we're pretty pleased. Good job, team fuzzy feathers - we're grateful for the work you are doing.



Double rainbow over chicken tractor



Our kale grex ready for fall transplanting



Monstrosum Fireball, straw flowers

Swiss Chard Salsa Verde

½ bunch of Swiss chard
1 medium shallot, finely chopped
¾ c (or more) extra virgin olive oil
2 Tbsp. finely chopped fresh chives
1 Tbsp. (or more) red wine vinegar
1 tsp. finely grated lemon zest
Kosher salt, freshly ground pepper

Remove ribs and stems from chard leaves and reserve. Finely chop leaves (you should have about 1 ¾ cups); thinly slice ribs and stems crosswise. Combine chard leaves and ribs and stems, shallot, oil, chives, vinegar, and lemon zest in a medium bowl; season with salt and pepper and toss to combine. Add more vinegar or oil, if desired. This is a take off of the traditional tomatillo salsa recipe, for which we have a recipe in a previous newsletter (8.23.2012). You might also add the tomatillos from this week's share to this salsa verde recipe, first pureeing them in a blender.



Check out our newsletter from 8.23.2012 for a good tomatillo salsa verde recipe



Diamond eggplant. Try roasting these until the skin is crispy, peel them, and - oh so delicious!

Here is a recipe (modified) for **Grape Catchup** (ketchup?) from Jeremy's mother, Randi.

3 pounds grapes	1 ½ teaspoons whole cloves
3 cups sugar	1 ½ teaspoons whole allspice
¾ pint vinegar	1 ½ tablespoons stick cinnamon
½ teaspoon salt	

Wash grapes and remove them from the stems. Place them in a pan and steam them without water, until they are soft. Rub fruit through a sieve, add remaining ingredients (spices tied in a bag) and simmer 20 minutes. Pour into hot sterilized jars and seal. Makes 2 1/2 pints.

From *Victory Binding of the American Woman's Cook Book*, Wartime Edition With Victory Substitutes and Economical Recipes for Delicious Wartime Meals, 1943.

Note from Randi: "I tried this last year, I think with smaller quantities, and a little guessing, and my family thought it tasty as a meat condiment. I like it on turkey. It kept well in the fridge and freezer. It probably should be water bath canned if you go that route."

We hope you are enjoying the summer's amazing colors and delightful flavors! Thank you again for joining us this season and sharing the bounty. One last note - a quick reminder that we're headed over to Wyoming next week for a sustainable small farms conference and will be switching the CSA pick-up day to Friday. Let us know if this doesn't work with your schedule, and we'll figure out a time to connect with you over the weekend. Thanks for being flexible!

Eat well! Your farmers, Trish and Jeremy