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Cycle Farm CSA Newsletter

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This week's share

- 1 bunch kale (Lacinato and Rainbow Lacinato)
- 1 bunch beets (Chioggia, Touchstone Gold, Early Wonder Tall Top)
- 2 summer squash (Costata Romanesco, Mutibile)
- 1 lb green beans (Provider)
- 1 bunch scallions (Evergreen Hardy)
- dill (Bouquet)
- parsley (Darki)
- 1 oz. basil (Genovese)
- a bouquet of flowers



Arranging flower bouquets for the shares

Hello CSA friends,

Hurrah for rain! Admittedly, it has been more of a tease than real rain, but we'll take what we can get (4/10"). Though it would be swell to be able to reach up there and wring out a little more moisture from those clouds. These past few weeks have made us feel especially grateful for drip irrigation and heavy mulch.

On the farm this week:

Chokecherry harvest has begun. Despite our most diligent, super stealth harvest techniques, we were not able to out compete the robins. We have exceptionally well fed robins. Tomatoes are beginning to change color, blushing in all assorted hues.

Our stunning row of romanesco broccoli has started forming florets, only the flowers are not all at what we were expecting/what they should be. The seed company we sourced romanesco from this year has routinely disappointed us with poor germination and not true-to-type seed problems. They are offering such wonderful varieties and we're excited to help support their work, but we may nix them from our order list next year in order to save room for more reliable crops. Just disappointing is all.

We discovered galls on the undersides of leaves of some of our grapevines. Real ugly faerietale stepmother-type warts, boils, totally gnarly. After looking up grapevine pests and problems, we identified these as phylloxera. Then we immediately went on a de-lousing crusade. Hopefully we can conquer this. The best organic treatment for these louses is predator insects and while we were out pulling off infected leaves, we found lacewings! So we've got that going for us.

Also: we have a hummingbird! She's been frequenting our hummingbird sage(!), mint, runner beans, and nasturtiums. It may be for this reason that we haven't yet gotten our fall leeks planted.

This is an annotated recipe from Bon Appetit for **Haricots Verts and Freekeh with Minty Tahini Dressing**. (That is to say, *Green Beans and Grains with yummy Middle Eastern Ranch dressing*. If you don't have freekeh at your finger tips, try pairing the greenbeans and dressing in this recipe with brown rice, wheat berries or quinoa.)

1/4 cup cracked or uncracked freekeh, rinsed	1/2 teaspoon pure maple syrup
Kosher salt	1/4 cup coarsely chopped walnuts
1 pound haricots verts, trimmed	1/4 cup fresh cilantro leaves with tender stems
1 small garlic clove, finely grated	1/4 cup fresh dill sprigs
2 tablespoons fresh lemon juice	1/4 cup fresh flat-leaf parsley leaves with tender stems
2 tablespoons olive oil	1/4 teaspoon Aleppo pepper or crushed red pepper flakes
2 tablespoons tahini	
1/2 teaspoon dried mint	

Cook freekeh (rice, quinoa) in a large saucepan of salted simmering water until al dente, 12–15 minutes for cracked and 30–35 for uncracked. Drain and rinse under cold water; set aside.

Meanwhile, cook greenbeans in a small pot of boiling salted water until crisp-tender, about 4 minutes. Drain and transfer to a large bowl of ice water; let cool. Drain, then pat dry.

Whisk garlic, lemon juice, oil, tahini, mint, maple syrup, and 1 teaspoon water in a large bowl; season with salt. Add freekeh (rice, quinoa) and green beans and toss gently to coat; season with salt. Serve topped with walnuts, cilantro, dill, parsley, and Aleppo pepper.

Do ahead: Freekeh (rice, quinoa) and green beans can be cooked 2 days ahead. Cover and chill separately.

Alternatively, here is a recipe with significantly fewer ingredients - though still sure to please. From *Fast, Fresh, and Green*, by Susie Middleton, here is **Caramelized Green Beans and Sweet Onions**.

1 small sweet onion	16-20 fresh sage leaves, plus sprigs for garnish (optional)
3 Tbs extra-virgin olive oil	3/4 tsp kosher salt
12 oz green beans	2 Tbs fresh orange juice

Cut the onion in half lengthwise, trim the ends and peel it. Cut each half lengthwise into 1/2 in-wide slices, angling your knife toward the center of the onion with each cut. In a saute pan, heat the olive oil over medium heat. Add the onion, green beans, sage leaves, and salt. Using tongs, stir and flip the vegetables to coat them well with the oil. Reduce the heat to medium low.

Cook, stirring and tossing the vegetables with tongs occasionally at first and more frequently as browning begins, until the vegetables are very well browned and tender, 20-24 minutes. The bottom of the pan will be very brown, too. (Consider this caramel.) Remove the pan from the heat, add the orange juice, and stir vigorously with a wooden spoon to scrape up the browned bits from the bottom of the pan. Taste and season with more salt if necessary. Transfer to beans, onions and caramelized bits to a serving dish, garnish with sage sprigs.

Happy feasting!
Your farmers,
Trish and Jeremy



Costata Romanesco (above, ribbed) and Mutibile (below)



First farm hummingbird!