



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

Cycle Farm CSA Newsletter

Week 9- August 16, 2012

This week's share

- 1 summer squash (Costata romanesco)
- 1/4 lb leaf lettuce (Crispmint, Carmona, Merlot, Mascara, Hyper red ruffled wave, Jester, Emerald oak, Fine cut oak, Brown goldring)
- 1 bunch green onions
- 1 bunch kale (1/4lb, Dinosaur)
- 1/4 lb green beans (Red swan, Marvel of Venice, Provider, Rattlesnake, Empress)
- 1/4 lb snap peas (Cascadia)
- 4 cucumbers (2 slicers: Mideast peace, Marketmore 76; 2 lemon)
- 2 onions (Ailsa Craig)
- 4 heads garlic (Persian Star)
- 2 eggplant (Ai qua)
- 1 jalapeño (Craig's grande)
- 2 lb tomatoes (1lb mixed cherry and pear; 1 lb slicers: Aurora, Uralskiy Ranniy, Tigerella)

Hello CSA Members!

Happy week nine, we are half way through the CSA season. We hope you are all enjoying your vegetables. Now is a great time to give us feedback on what you've really enjoyed, or what you don't like so much. How are the weekly shares in terms of variety and quantity? How is the produce as far as fresh and clean? We'd really appreciate your input and look forward to improving our CSA program. There are certainly things we can't change this season, but we can make plans for next year. We're learning a whole lot this first year and we appreciate your flexibility, understanding and support.

We had a wonderful Breakfast in Bed weeding party on Saturday morning. Nine people came out to help us tackle the weeds and we shared a delicious feast together. Thank you all for your help. It was fun to have the time together and the crops appreciate the attention too.

The winter greens have sprouted and several trays of lettuce have been transplanted out into the beds. We've cleaned out new beds and direct seeded lots of kholrabi, spinach, and swiss chard. Polycarbonate pannels are up on the greenhouse roof. Looks pert-near like a real greenhouse these days. The hop harvest has begun. Jeremy's brother Marcus has been helping us collect hop flowers. So far we've harvested and dried the Cascades and Centennials. But there are more. We've also dug up the first of the potatoes, the Purple Vikings. Just the first of many. They have a rich purple-pink skin and bright white flesh. We hope to include these and more in the shares next week. The field peas sprouted within what seemed like hours of being cast out over the old garlic bed. But it took forever for the buckwheat to sprout. Only yesterday did we notice a few buckwheat opening up their baby leaves. This weekend we checked in on the bee hives. Everybody is building and filling honey comb. Anna Karenina's hive was running amok with honeycomb on the floor of the hive so we had to do an emergency honey harvest. Crushing honey comb for harvest is possibly the best way to spend a birthday. Ever. We need to start considering nesting boxes for the birds. Sometime within the next few weeks they should start laying and we want to be ready for them. Lest they start laying in the tractors, crushing the eggs, and eating them. The pickling cucumbers are still coming on strong. If you are interested in pickling or fermenting, let us know. Special bulk discount for CSA members! And finally, the new, more efficient irrigation and the bout of delicious rain we got this weekend has raised a little havoc on our fruiting plants. Things that were so long starved of proper irrigation are now cracking with access to more water. We've noticed this in the potatoes we pulled up. We also had a baby watermelon crack in half, and several splitting tomatoes. If we can figure out a regular watering routine then everything should stay happy and in good shape.



Hop cones ready for harvest



Purple Viking potatoes

Tomatoes

We are confident tomatoes are something no one will have troubles with preparing. But incase you'd like to try something simple and fantastic, here is a recipe from our good friend Regina. (www.reginarae.com)

Regina's recipe for slivers of summer tomato and onion bake

2-4 tomatoes

1 large red onion

4-6 cloves garlic

1 tablespoon fruity olive oil

sea salt, pepper

Preheat oven to 425 degrees. Drizzle a 9x13" pan with olive oil and spread around the edges so the pan is well-greased.

Slice tomatoes and onions in 1/3" slices. Overlap on top of one another in the baking dish. Layer with roughly chopped garlic, sea salt and pepper to taste. Drizzle with a tablespoon of olive oil and bake for 45 minutes to 1 hour, until slightly crisp around the edges.

Remove from oven and set on the counter for 7-10 minutes to cool, just slightly, before serving warm.

And one more recipe modified from the Whole Planet Foundation. Tomatoes and kale are a magical partnership. Hope you enjoy!

Kenyan style kale and tomatoes

2 teaspoons olive oil

1 yellow onion, chopped

1 jalapeño, stemmed, seeded and finely chopped
(optional - but there's one in the share, so might as well)

3 ripe but firm tomatoes, cored and chopped

1 large bunch kale or collard greens, ribs removed,
leaves thinly sliced

1/2 cup water

2 tablespoons lemon juice

1/4 teaspoon sea salt

1/4 teaspoon freshly ground black pepper



Heat oil in a large pot over medium heat. Add onion and jalapeño (if using) and cook, stirring often, until softened and golden brown, 7 to 8 minutes. Add tomatoes and cook until collapsed and juicy, about 10 minutes more.

Add kale, water, lemon juice, salt and pepper, toss once or twice, cover and simmer, stirring occasionally, until kale is tender and flavors have come together, 10 to 15 minutes. Spoon into bowls and serve.



Happy eating!
Your farmers,
Trish and Jeremy