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# Cycle Farm CSA Newsletter

Week 10- August 23, 2012

## This week's share

- 1 summer squash (Costata romanesco)
- 1/4 lb leaf lettuce (Plato II, Devil's tongue, Carmona, Grandpa Admirers)
- 1 bunch beets (Golden and Chioggia)
- 1/3 lb green beans (Red swan, Marvel of Venice, Provider, Rattlesnake, Empress)
- 3 cucumbers (2 slicers: Mideast peace, Marketmore 76; 1 lemon)
- 1 lb tomatillos (Plaza latina)
- 2 onions (Ailsa Craig)
- 3 eggplant (2 Diamond and 1 Ai qua)
- 2 jalapeño (Craig's grande and Czech black)
- 3 lb tomatoes (1.5lb mixed cherry and pear(see photo); 1.5 lb slicers: Aurora, Uralskiy Ranniy, Tigerella, Wapisinicon peach, Katja, Pink Caspian)

Hello CSA Members!

Hope you are enjoying these long, hot days of August. We finally reached the end of the zigzag through the grapevine rows with the chicken tractors, so we scooted them back to the beginning for round two.

Tomatillos have started coming on. We've been eagerly watching them for weeks now. They are starting to fill in their paper lanterns. Hope you all are looking forward to roasted tomatillo salsa and tomatillo tortilla soup.

The greenhouse is progressing along as well. We are putting in a frost free water pipe which means trenching a line 6' deep from the greenhouse to the main house. We are not doing this by hand. We are borrowing a bobcat and employing Jeremy's father's generous time. There has also been a fair amount of digging in preparation for the stone wall foundation, with help from Marcus.

The hop harvest has continued and we've borrowed a nice cider press to help us juice all these crab apples.



Hooray for tomatillos! Tomatillos are in the nightshade family (like tomatoes and potatoes), the fruit grows within a papery husk. A tomatillo plant full of fruit looks like it is decorated with little paper lanterns. Raw tomatillos have a fresh, tangy, citrus like flavor. When roasted, they take on a more earthy, nutty flavor. They are a staple in Mexican cooking. So buen provecho.

Here are some ideas for how to enjoy your tomatillos: Roasted tomatillo salsa (salsa verde), with chips, on scrambled eggs or sauteed greens; enchiladas; tomatillo tortilla soup; in guacamole; sliced fresh on a sandwich.

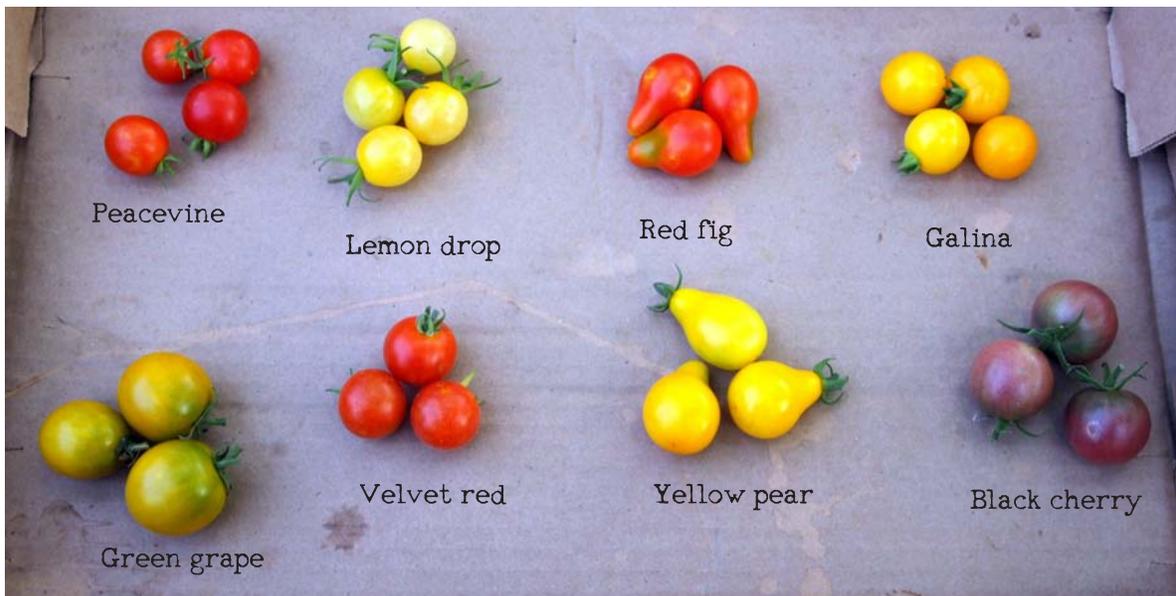
## Tomatillo Salsa Recipe (salsa verde)

- 1/4 cup onion, chopped
- 1/4 cup fresh cilantro, chopped
- 3-4 cloves garlic
- 1/4 teaspoon salt
- 1/2 lb husked tomatillos, cut into halves
- 1 fresh jalapeño, seeded

Put all ingredients into a food processor and mix until well blended. Optional step: roast tomatillos, garlic and onion before blending into salsa.



Tomatillos



A quick guide to your cherry tomatoes.

### *Cycle Farm: a variety show*

You've planted *how many* different types of tomatoes?! Earlier this season, we mentioned our excitement for diversity in discussing our lettuces. We've gotten some feedback regarding the variety of items in the CSA shares, so let's talk about it some more. We intentionally worked as much variety into our seed selection as reasonably possible. Here are a few reasons why.

- ★ Being new to farming in this region, we wanted to plant a wide spectrum of varieties in order to select which would grow well here, with our style of farming, and work best for filling weekly CSA shares. Of course, what grows best each year will always change, therefore we will continue to grow a variety in the future.
- ★ Diverse systems are more resilient. To us, resiliency is both the ability to stay stable when things are changing and how quickly things can rebound after a large-scale impact. By including a variety of crops we are providing ourselves and share members a buffer, or safety net, for crop failure. For instance, our salad greens: we certainly hope to improve on this next year. It was unexpected to have both excessive heat *and* flea beetles that reduced our salad greens to *just* lettuces, when we had planned on spinach and arugula as well.
- ★ By providing a diversity of crops on our farm we are hoping to encourage (and build) a market for these rare and endangered varieties.
- ★ Planning for a diversity of crops each week helps to not overload a share with too much of one thing that ends up going bad before it can get eaten up. We don't want food to go to waste.
- ★ And finally, variety is more fun. Simply put.

We hope you are enjoying the mix of produce in your weekly shares. Please let us know what your favorites have been. We'd appreciate having your feedback. Hopefully you've noticed, each week we include a list of the variety(ies) of each item in the share. It's just as important to know what you're eating as to know where it comes from.



Craig's grande



Czeck black

Happy eating!  
Your farmers,  
Trish and Jeremy