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Cycle Farm CSA Newsletter

Week 6 - July 14, 2016

This week's share

- 1/2 lb mixed lettuce (Rosencrantz)
- 1 bunch chard (>1lb Beter Beta Mix)
- 1 bunch kale (White Russian)
- 3/4 lb snap peas or snow peas (Sugar Ann and Cascadia or Schweizer Reisen)
- 1 bunch basil (Genovese)
- 1 bouquet of herbs, sage, thyme, oregano
- 1 bunch scallions (Evergreen Hardy Bunching)
- 1 bag sunflower shoots

Dear CSA Members,

It's rainbows and butterflies today, friends! Would you get a load of this chard?! This is our best crop of rainbow chard yet and we are tickled pink (and orange and yellow...) about it - hope you are too. These colors are absolutely wild, you'd think they only came from a gumball machine!

On the farm this week: we are set on a 2 x a week pea harvest and they are setting in strong right now. Our pea plants are all still very short (likely due to how hot and dry it's been), this means harvesting is ultra hard on stooped backs. Might be worth considering a you-pick set up on the peas next year, what do you think?

The garlic is out of the field and stacked on the porch - mid way to hanging to cure in the garlic shed. Again, with this hot/dry summer, our garlic heads are much smaller than we had hoped for. A silver lining to the small size is that there are still enough good heads for next years seed and tough conditions select for a more robust seed stock.

We've been seeing an abundance of different types of butterflies this year and this week Jeremy saw this season's first Monarch butterfly!

It feels a bit like we've sailed into the doldrums of the summer. Spring greens have peaked, but the ripe, juicy fruits haven't yet set in. Tomatoes look promising, peppers are stubbornly holding out, cucumber flowers are popping open all over.

Here's a tasty way to use up an excess of greens, a recipe modified from *KitchenStewardship.com*

Italian Salmon (or mushrooms) and Chard

- 2-4 Tbs. your favorite fat (olive oil, coconut oil, lard, tallow, butter)
- 8 oz. fresh mushrooms, sliced
- 1 medium sweet onion, sliced thinly
- 1/2 colored pepper (or mix), sliced thinly
- 8-10 large leaves kale, swiss chard, or equivalent smaller greens
- 2-3 cloves garlic, crushed
- 1 c. tomato sauce (add more if it seems too dry)
- 1-2 tsp. Italian seasoning (or finely chop a few sprigs of this week's fresh herbs)
- 6-8oz wild Alaskan salmon
- mozzarella cheese
- goat cheese

Saute mushrooms and onions in oil until tender and as caramelized as you have time for. Add peppers, if using. In the meantime, wash the leafy greens and remove the hard center rib for kale. With the chard, you can chop the center rib separately and add with the onions and peppers. Chop rather finely. Add all the greens to the pot and stir around for a minute, then cover to steam for 3-5 minutes. Once the greens are wilted and stirred up with everything else, add the garlic and cook for 1-2 minutes. Pour the tomato sauce and seasoning in and stir and heat until fragrant. Add salmon, if using, and heat through. Crumble goat cheese, shred mozzarella to taste on top if you like. This dish could be served over rice or pasta, on a crepe, or simply eaten in a bowl.

If you have especially good ideas or recipes you'd like to share, just let us know!
With thanks, your farmers,
Trish and Jeremy