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## Cycle Farm CSA Newsletter

Week 7 - July 21, 2016

### This week's share

- ½ lb mixed lettuce (Jester, Mascara, Florence)
- 1 bunch chard (Better Beta Mix)
- 1 bunch basil (1 oz Genovese)
- ¾ lb snap peas or snow peas (Sugar Ann and Cascadia or Schweizer Reisen)
- 1 bunch parsley (Splendid)
- 1 bunch scallions (Evergreen Hardy Bunching)
- 1½ oz bag pea shoots

Dear CSA Members,

This week Jeremy had a chance to attend a drought management workshop organized by the Natural Resources Conservation Service and several other local rangeland conservation groups. The workshop was held at a ranch just south of Saint Onge and covered writing and implementing a drought management plan, managing cool season non-native grasses, riparian area concerns and plant identification. Although the workshop was focused towards cattle graziers, we have had three bum lambs the previous two years as well as the pastured poultry and felt like this would be a good opportunity to learn more about our own pasture as well as gain a better understanding of the issues and concerns that many of our agricultural neighbors are dealing with.

We are fortunate to be located on one of the irrigation ditches that serves the valley. This summer we have spent a lot of time moving water around, making sure our vegetables, young fruit trees and other crops stay sufficiently hydrated. For us, the heat and dry weather means a little extra work, some slower growing crops, and potentially aborted flowers and/or fruits. However, for other farmers and ranchers nearby, this weather has caused small grains like wheat and oats to not develop seed heads. It also is reducing the amount of grass and alfalfa that they are able to be cut for hay and lowering the productivity of pastures. This means many area ranchers are trying to find extra land/grass to graze or having to sell off portions of their herds earlier than ideal.

The scale at which the weather is effecting us feels minimal compared to what many of our neighbors are going through.

### Chard and parsley frittata modified from the *New Vegetarian Epicure*

- 1 medium onion, chopped
- 1 clove garlic, minced
- 1½ Tbs olive oil
- 8-9 eggs
- 4 Tbs Parmesan
- 1 cup chopped parsley, leaves and stems
- 2½ cups chard, stems and leaves chopped
- 1 tsp apple cider vinegar
- salt and pepper

Heat olive oil in a med-large skillet. Saute the onion and garlic for a few minutes. Toss chard stems (cut in ½ inch pieces), stir for about 10 minutes. Add chard leaves and apple cider vinegar to the pan and toss until leaves are wilted. In a separate bowl, beat eggs with Parmesan cheese, parsley, and salt and pepper. Pour egg mixture into the pan with the chard and stir to make sure everything is evenly distributed. Adjust the heat to low, cover the pan and let the frittata cook slowly for about 10-15 minutes, or until the eggs are completely set. Loosen the frittata gently with a spatula until it slides freely in the pan and flip it over (flip it in the air, if you're fancy like that, or slide it onto a plate and invert it that way). Let it brown on the other side for a minute or two. Serve warm or cool, cut into wedges.

**Salsa verde** from *the Gourmet Cookbook*, a fresh green sauce/pesto to accompany steamed or roasted vegetables or a burger or steak.

- 1 Tbs fresh lemon juice
- 1/8 tsp anchovy paste
- 3 Tbs olive oil
- 1 Tbs chopped shallot, or scallions
- 1 Tbs capers, chopped
- 2 Tbs chopped parsley
- salt and fresh ground pepper

Whisk together lemon juice, anchovy paste, and oil in a small bowl until blended. Stir in shallot (or scallions), capers, and parsley and season with salt and pepper.

With gratitude,  
Jeremy and Trish