

Cycle Farm⁺

2017 Farm Stand Family Newsletter

for July 22, 2017

Greetings Farm Friends,

Covercrops, carrots, and moths, oh my!

We've harvested the final rows of garlic out of the field and they are ready to bunch for curing. We have selected out a few of these and have them available at the farmstand – fresh garlic is great, *juicy*! Jeremy seeded a cover crop (buckwheat and oats) in the newly emptied garlic beds just before the rain on Thursday night. And on a related note, on Monday night we gave a talk at the BHSU campus garden on growing cover crops on a home garden scale.

The moth party was a supreme success – many thanks to all who were able to make it! We discovered quite the nightlife on the farm. Check out our most recent blog post for a list of what we could identify and photos from the evening.

We are experimenting with a new irrigation set up. It's not running as smoothly as we had hoped. There are just a few kinks (literally) that need to be sorted out. Fussing about with ill-behaving irrigation equipment when it's 96 degrees is especially trying on our morale. We discovered something amok with our greenhouse kale, it looks like possibly due to a soil fungus, possibly exacerbated by heat and humidity. The kale plants have been pulled out and will be replaced with something else, still figuring out what that will be.

And lastly, in the early morning hours this past week, armed only with her coffee mug and tenacious spirit, Jeremy's mother, Randi, pert-near single handedly rescued our lemon cucumbers and melons from the long, dense tendrils of bindweed. This is a big deal. We are deeply humbled by and appreciative of this colossal act of valor and generosity.

At the farm stand this week we'll have kale, beets, carrots, pea shoots, fresh garlic, basil and other fresh herbs – dill, sage, thyme, oregano, and mint.

Thank you, farm friends – wishing you all a wonderful weekend.

Your farmers,

Trish and Jeremy



A yellow-faced bee capping her brood nest with spit looks like thick, sticky candy taffy; moth parties are the best parties.



Garlic is hung and curing – check out those braids!; broadcasting buckwheat and oats cover crop, this will grow, winter-kill, and the beds will be ready to be planted with potatoes next year.



Shredded Carrots with Lemon Juice and Olive Oil



This is a recipe from Christopher Kimball's Yellow Farmhouse Cookbook which we use frequently for baked good and meats, but are just starting to explore the vegetable recipes. This one sounds great on its own, or accompanied by a fresh green salad, tossed with Asian noodles (we'd use sesame oil), or with quinoa or other grains. Special perk of this recipe: no heating up the kitchen. P.S. Don't forget to use those incredible carrot tops. They're great as a pesto base, in the juicer, or set them aside for vegetable or chicken stock.

1 Tbs lemon juice
¼ cup olive oil
½ tsp salt

¼ tsp sugar
1 tsp minced ginger
4 cups carrots, peeled and coarsely grated
Fresh ground black pepper

Whisk together the first 5 ingredients, toss with carrots. Add pepper to taste.