

Cycle Farm⁺

2017 Farm Stand Family Newsletter

for July 29, 2017

Greetings Farm Friends,

Summertime juicy fruits are growing heavy in the field and the anticipation of caprese salad and ratatouille has our mouths watering. We successfully trellised our field tomatoes and corralled the tomatillos. Jeremy has started in on the chokecherry harvest, 13lbs so far. Chokecherries are a native fruit, packed full of phytonutrients, vitamins, and antioxidants. We've used them to make jam, vinegar, sherbet, and simple syrup for gin & tonics.

We collected a modest haul of kale seed from a few of our over-wintered plants. And we've been brewing up several types of tea these days – compost tea and milky oats tea. Compost tea has gone out to the field, milky oats tea is being savored by the farmers, it's a homegrown nutritive nervine. OOO! Almost forgot – *we got to eat a plum from our very, very first orchard plum tree (!)*, the very first tree we planted on the farm, five years ago. This is a South Dakota Plum, a gift from our friend, Gordon, who owns a orchard and tree nursery in northern New Mexico. And the plum was *delicious*. That, and weeding season continues.

And lastly, we would like to extend a special invitation to you, our Farm Family, to join us for a workshop on the farm next weekend. We're hosting a native pollinator nesting box building bonanza on Saturday, August 5 (shheesh! August already?!), from 3-5:30PM. Surely, you've had a chance to check in on the exceedingly active native bee box set up at the farmstand – this is a great chance to build one for those great, hard working bees at your own home garden. We'll provide all the tools and materials, just please let us know if you are planning on coming, so we can be sure to have enough materials for everyone. We are also using this as an excuse to help raise money for an organization we appreciate and admire greatly, The Xerces Society for Invertebrate Conservation, so we are suggesting a donation of \$5-15, but, of course, no one will be turned away.

We've got a great harvest this week – chokecherries, summer squash, cabbage, rainbow swiss chard, carrots and beets, a limited amount of lettuce (a stunning oak leaf mix), scallions, pea shoots, and garlic. And ultra fresh herbs, including boat-loads of basil and dill.

Thank you, all! Your farmers,
Trish and Jeremy



Pollinator beds are blooming rainbows; tomatillos are sporting their fancy paper lanterns.



CW from top left: lettuce intercropped with trellised tomatoes are doing well; eggplants are fruiting; Madeleine and Jeremy cleaning up rows of beans and beets; and a forest of sunflowers on the walk out to the field.

Super simple cabbage slaw

Cabbage isn't just for krauting! Consider this your new go-to side for grilled meat, sandwiches, or filler for spring rolls and tacos. Also, this is a bit of a choose your own adventure recipe... which is pretty true to cooking in our kitchen.

1/2 cup plain yogurt///OR/// 1/4 cup sour cream and 1/4 cup buttermilk
1 tablespoon (plus more to taste) apple cider vinegar///OR///do you have an open jar of pickles in the fridge? use pickle juice!
1/2 teaspoon kosher salt, plus more to taste
1 small head cabbage, cored and finely shredded
1 small red onion ///OR///a few scallions, thinly sliced
Celery seed, dill, cumin, chile powder, or other seasoning to pair with the main dish

Whisk together the yogurt or sour cream + buttermilk, vinegar, and salt. For more bite, add another teaspoon of vinegar.

In a large bowl, toss together the cabbage and onion. Add the dressing and toss to coat. Adjust with more salt and other seasonings if necessary.