

Cycle⁺ Farm

2017 Farm Stand Family Newsletter

for July 8, 2017

Greetings Farm Friends,

98 degrees and still smiling! We hope you all have been able to stay cool these past few days. Our lettuce mix this week is certain to help keep you refreshed.

On the farm this week we collected milky oats for tea blends. Like human combines/5-year-olds stripping seed heads off grass, we combed through the oat stand equipped with buckets and fingers wrapped in duct tape. This was enormous fun. So much so that, in the future, we'll be planting more oats and invite you all to come join in on the harvest.

With the high temperatures, we are watering and double watering and keeping a close eye on the greenhouse. Jeremy tries to check in on things every three hours, just to make sure the plants aren't cooking. We learned this lesson the hard way last year, losing trays and trays (and trays) of lettuce successions in a quick, hot afternoon. We have now caught two baby bunnies and both have been relocated to greener, higher elevation pastures, but only after a little... T: "Oh, but goodness, rabbits would be great for nutrient cycling, can't we just keep this one? What do you think? ...look at his little nose." J: "No." One of the highlights to this week was Jeremy's adaptation of the traditional coq au vin – coq au Wicca, two roosters slow cooked in Crow Peak Brewery's Wicca chile ale. Meals are often top tier around here, but this one especially. Little critters are also feasting well these days, two long rows of parsley and celery are flowering in full splendor right now and are absolutely trembling with bees and wasps, lacewings, beetles, ants, spiders, ladybugs, true bugs, oh my. It has become quite the invertebrate attraction/farmer distraction. We cleared out a thicket of crown vetch from under our front plum trees to give the mint some room to breathe and hopefully achieve it's maximum mojito potential. The vetch went over to the chickens who immediately went to work converting it all into glorious golden yolks and a symphony of happy chicken noises. Radish has spent most of the last few days hiding either under the table or tucked under a makeshift tent in the bedroom (a blanket tucked into the dresser drawer and stretched over to the bed). And Jeremy has instated a new farm rule: no one should have to listen to Madonna before 6 AM. Partypooper. Let's see what he has to say about Sean Paul - S to the P.

We're looking forward to harvesting garlic this weekend, or early next week. If you are interested in coming out to help, let us know. Garlic harvest is fun, many hands make for light work, and we'd sure appreciate sharing the time with you.

The list for the farmstand this week includes basil, green (fresh!) garlic, garlic scapes, lettuce, kale, scallions, and snow peas. Unfortunately, we lost a row of spinach that went from 0 to bolting in record time with the heat we've had.

Eat well and drink a lot of water, friends!

With gratitude, your farmers,

Trish and Jeremy

Turmeric dressing

This is a take on a recipe shared with us by our friend Martha, who stopped by with her travel companions Dilly and Scout, and visited with us a couple weeks ago. Martha is an archeologist and a poet and makes a damn fine salad dressing.

3 tbsp extra virgin olive oil

1 tbsp apple cider vinegar

2 tbsp agave syrup, or honey

2 tsp ground turmeric

3-4 cloves fresh garlic, crushed, or 1/2 tsp ground ginger

salt and pepper to taste

Mix all ingredients together and enjoy.

CW from upper left: milky oats spread out to dry; blooming celery is covered with insects; lettuce strikes a pose. There's nothing to it; greenhouse cukes and basil beds.

