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Cycle Farm CSA Newsletter

Week 5 - July 7, 2016

This week's share

- 1/2 lb mixed lettuce (Vulcan, Mantilla, Grandpa Admire's, Australian Yellowleaf, Jester)
- 1 bunch beets (Chioggia and Early Wonder Tall Top)
- 1 bunch mustard greens (Green Wave and Golden Frill)
- 1/2 lb snap peas or snow peas (Sugar Ann and Cascadia or Schweizer Reisen)
- 1 bunch parsley (Splendid)
- 1 bunch garlic scapes (1/4 lb Music)
- 1 bunch scallions (Evergreen Hardy Bunching)

Greetings CSA friends,

Oh bliss! Oh glee! An early morning harvest in the *rain!* What a treat after all these teasing thunderstorms that haven't dropped much of anything. We could sure use a whole lot more!

This week we're bemoaning a failed batch of sunflower shoots. We had such luck and have been enjoying the pea shoots these last couple of shares, we wanted to try out sunflower shoots for a little diversity. Unfortunately we ran into some trouble with the hulls and mold and it's a big ugly loss. We'd really like to get these into the shares, so we'll try them again, with different conditions.

We're celebrating this week having the very last of our summer starts out into the field and getting started on seeding and transplanting fall successions of lettuce, cabbage, mustards, kale, and Asian greens. We've also harvested seed from our Spearfish Valley kale breeding project; are making plans and clearing space for harvesting garlic this upcoming weekend; we've been enjoying having both moms on the farm - many hands make for light work and margaritas make for big fun; farm stand vegetable signs are almost all repainted (had to swap out things we don't grow with things we do, Citron with Leeks, and Sweet corn with Garlic scapes, etc.

Hope you enjoy these beets - we had *bunches* of fun picking them!

Big smiles and thanks from your farmers,
Trish and Jeremy

Ideas for items in this week's share:

parsley - blend into salad dressing or chutney

scapes - pesto to dollop on salmon, burgers, fried eggs; these are the last of the season's scapes, garlic coming soon

beets - grate raw, add lemon juice, olive oil and scallions, season with herbs and salt and pepper for raw beet salad. And don't forget to eat the greens! use these just like you would chard

snap or snow peas - sautee with olive oil (or coconut oil) and salt and pepper, 3-5 minutes on med-high heat, tossing occasionally. Serve hot, sprinkle with sea salt.

This is a good, simple recipe that goes well on everything from curry and rice or lentils, smeared on a burger, spring rolls, tacos/burritos, or drizzled on roasted new potatoes.

Parsley Chutney

- 1 bunch of parsley, chopped with stems
- pinch of salt
- 1 tsp. fresh ginger
- 2-4 garlic cloves (or garlic scapes)
- 1 1/2 tsp dried mint, or a few fresh mint leaves
- 1 Tbs. lemon juice
- 1/4 c. yogurt
- cayenne pepper

Combine everything in a blender, or food processor. Puree. Cover tightly and refrigerate. During the summer, we enjoy this as a salad dressing. Happy feasting!