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Cycle Farm CSA Newsletter

Week 4 - July 11, 2013

This week's share

1 bunch parsley (Darki)
new potatoes (2 lbs Sangre and German Butterball)
1 bunch chard (Golden chard, Fordhook Giant, Rhubarb chard)
1 bunch green onions (Evergreen Hardy and Dakota Tears)
snap peas (7 oz. Sugar Ann, Cascadia)
snow peas (1/4 lb Schweizer Reisen Snow)
1 bag lettuce (1/4 lb Carmona, Mascara, Hyper Red Ruffled Waved, Grandpa Admirers, Australian Yellow Leaf, Cracoveneis, Orielles du Diable, and Fine Cut Oak w. Johnny Jumpup flowers)



Dear CSA friends,

Whew! The summer heat we've been eagerly anticipating for a month now is finally here. The eggplant are rejoicing. We're melting. We hope you all are enjoying refreshing salads and able to find shady spots.

This past week we've been weeding. Lots of weeding. We got to meet a new friend, Reece, a marine biologist /surfer traveling from NC to CA, who graciously stopped and spent a day helping us weed through rows of tomatoes and eggplants. It's remarkable what a difference another set of hands on the farm can make. Big thanks, Reece.

Earlier this week, we were treated to a couple groups of wee kiddos visiting the farm. It was great fun to explore the place from a 3' vantage. Highlights from the tours included the chickens, the garter snakes, the bees, and the broccoli starting to head. We also taste-tested a variety of lettuces, go figure, the dandelion greens seemed to be most popular.

Yesterday, we had a chance to check on a Langstroth (the white square boxes) bee hive at our friend John's place. Jeremy and I have never checked out a Langstroth hive, so this was a neat learning opportunity. It was especially exciting as the hive had just swarmed and split - there were several newly-hatched queen cells. The bees were busy collecting pollen and storing nectar, but the new queen had not started laying yet. We sampled some of the honey and it tasted totally different from honey from our hives, even though the hives are only a few miles from each other. SO COOL.



Early Monday morning rain



SO MUCH WEEDING TO DO



squash

Roasted new potatoes and parsley chutney...

Here is a recipe for **herb-roasted new potatoes**, super simple and delicious.

2 lbs of baby potatoes (cut big ones down, so they are roughly all the same size)
1 1/2 tsp. of olive oil
1-2 Tbs. herbes de Provence
(thyme, rosemary, basil, marjoram - PARSLEY)
salt to taste



Wash the potatoes thoroughly, scrubbing with a brush/cloth. If some of the potatoes are much larger than others, cut them in half. Let the potatoes dry in a colander or on a tea towel. Put the potatoes in a bowl, drizzle with the olive oil, and sprinkle on the herbs and as much salt as you like. Then tumble them around with your hands until all are evenly coated with oil and herbs. You really only need a small amount of oil - otherwise you risk heavy, greasy potatoes. Spread the prepared potatoes evenly on a cookie sheet and roast them in an oven at 400 deg. for about 45 minutes. After the first 30 minutes, move them around and turn them over on the cookie sheet. When the potatoes are tender, you can serve them at once, or enjoy them at room temperature.

Also, since we've heard a little bit of trepidation as regards parsley, here are a few ideas: Parsley pairs well with fish and other seafood, it's an important ingredient in tabouli, adds a little flavor to a mixed salad, layer it on a sandwich, add it to beans and rice, include it in a pasta sauce.

Here is a recipe for a **parsley chutney** that we just recently discovered. It's incredible.

1 bunch of parsley, chopped with stems
pinch of salt
1 tsp. fresh ginger
2-4 garlic cloves
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.

We've been enjoying this as a salad dressing. Think: with curry and rice or lentils, on a burger, spring rolls, tacos/burritos, drizzled on roasted new potatoes. Yum!

This Sunday, we are hosting a Weeding and Wine Party (July 14th from 6:30 to dusk). We'll be addressing the potatoes in the front field. You may have noticed, they are disappearing under the bindweed. We're looking forward to having time together with friends in the cool(er) of the evening, and getting these beds cleaned up in the process. Hope you can make it!

Also, here is a quick tip! We are sending you home with produce in re-usable cotton sacks (mustard greens, snap peas, potatoes). For best storage of your green things, put these into a plastic bag (w. ziplock or twist tie) before you slip them into the fridge. The cotton bags work alright for the potatoes, but the fridge tends to dry out greens a bit more. And please return the cotton bags and we'll use them again next week. Thanks friends!

Happy eating,
Trish and Jeremy