



Jeremy Smith and Trish Jenkins
287 Evans Lane, Spearfish, SD 57783
605-559-FARM (3276)
cyclefarmer@gmail.com
www.cyclefarm.wordpress.com

Cycle Farm CSA Newsletter

Week 4- July 12, 2012

This week's share

- 1/2 lb snap peas (Cascadia)
- 1/4 lb oakleaf lettuce (Mascara, Fine cut oak, Emerald oak, Blushed butter oak)
- 3 heads butterhead lettuce (Carmona)
- 1 bunch green onions
- 1 bunch chard (Fordhook giant and 5 Color silverbeet)
- 1 quart chokecherries
- squash blossoms!

Hello dear CSA Members!

Has it been a week already? It's surprising how quickly these ultra long days are going. Here is a run down on what's been happening on the farm this week. We're getting started on basket weaving/trellising the tomatoes for support, continuing on laying out drip tape in preparation for the long awaited arrival of the filter, weeding and more weeding, finished setting fence posts on the east end of the field, picked up the wood timbers for the greenhouse, hosted a fabulous fun DRA meeting. The eggplants have started to set fruit, winter squash are getting their bloom on, baby bok choy are getting bulletted by flea beetles, and we've harvested just a few early summer squash. My very favorite part of the week: my mother, Mama Jenkins, is here for a visit, so we've got an extra set of strong weeding hands in the field *and* we're being treated to some delicious mom-made meals.



Squash blossoms are a sweet, delicate treat for the share this week. We've picked just male blossoms, as they do not set fruit. The blossoms themselves are a pretty versatile treat. They can be sliced finely and added to salads or soups. Battered and fried. Sauteed lightly in olive oil. Stuffed with ricotta and honey. Added to a quesadilla, fritata, pasta, or pizza. Our plan: sautee swiss chard and garlic, then stuff the blossoms with goat cheese and the garlic swiss chard. Batter the whole thing in an egg-flour mix and fry.

We're including a surprise quart of chokecherries in the share this week. Earlier this spring, the chokecherry trees around the farm were dressed in beautiful flowers and alive with honey bees. And now they are thick with gorgeous, lip-puckering, black fruits. Harvest of these has been a race with the birds. We may be tied at this point. Get ready for happy, healthy dose of locally grown and gleaned antioxidants, vitamin C, and manganese! We can assure you these are worth the picking... Jeremy made chokecherry sorbet yesterday. There's possibly nothing better than chokecherry sorbet. Ever. Here's the recipe.

Chokecherry Sorbet

4 c chokecherries
2 c water
1 c orange juice
1/2 - 1 c sugar

In a sauce pan over low heat, stir together water and chokecherries. Simmer for 10 minutes. Strain out and remove chokecherry seeds (a sieve or collander, and the back side of a spoon works well for this). Add sugar and orange juice to hot chokecherry juice. Mix to dissolve sugar. Freeze. (At this point, if you have an icecream maker, use it). Freeze for 1.5 hours, then pull it out and whisk it up, to add air and then stick it back in the freezer. Pull it out quick and stir it up about once every hour for about 4 hours. The more times you stir, the more air is incorporated and the lighter the sorbet. This makes about a quart of delicious sorbet.

Some other ideas for preparing your chokecherries: boil down with sugar (agave or honey) into a simple syrup or a vinegar for adding to icewater, lemonade or ice tea (chokecherry gin and tonic!). Jam it to enjoy with pancakes, toast, ice cream. Let us know what you come up with - hope you enjoy them.

Chokecherries aside, possibly the best part of this week's share is our AWESOME new produce bags! Big thanks to Jayne Brenneisen and Mama Jenkins for sewing-sewing-sewing up these beautiful, reusable, cotton cloth bags. Jeremy and I have been wincing everytime we unroll another plastic bag to fill with greens. Using and reusing these bags will help cut down considerably on our off-farm inputs and waste, helping us operate more sustainably. THANK YOU. We will ask that you return the bags to the farm each week when you come to pick up your CSA share. Or better yet, if you bring your own bags, and want to transfer things over, we'll keep these ones here to use on the farm.



New CSA produce bags!



Chokecherry sorbet

We recognize this week's share is thin; we've worked to fill it, creatively with what is available. We are still in between the early season and full summer crops, the doldrums of the season's harvest. There is an incredible amount we are learning this first season. One thing that is certainly changing is our awareness of how to time plantings and better buffer for unexpected weather and pests. This year we planted various crops with a rough idea or anticipation of a harvest timeblock. Next year we will plant each crop for a broader range of harvest weeks to help build this buffer as well as better timing with our successions. We'd like to do with spinach and mustards what we've done with lettuce and green onions. There is a lot to look forward to, just come poke around in the field and see. Summer squash, green beans, beets (big ones!), eggplants, and more.

This Saturday, July 14th, we are having a Weeding Party - a fantastic opportunity to come poke around the farm and see what's growing! 9AM-noon, potluck lunch following. We so appreciated having helpers and had a wonderful time visiting and working with folks during our last weeding party, it should be BIG FUN. Hope you can make it!

Happy eating!

Your farmers,

Jeremy and Trish