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Cycle Farm CSA Newsletter

July 17, 2014

This week's share

- 1 bunch kale (White and Red Russian and Mu's Blue)
- 1/2 lb lettuce mix (Mascara, Carmona, Crisp Mint, Australian Yellowleaf, Jester, Les Oreilles du Diable)
- 1 bunch scallions (Evergreen Hardy)
- 1 bag quelites (aka wild spinach, lambsquarters)
- snap peas (3 oz. Sugar Ann, Cascade)
- snow peas (1 oz. Schweizer Reisen)
- 3 heads green garlic (Korean Purple)
- sunflower sprouts



Quelites

Hello CSA friends,

Sleep deprivation and salad abundance! Long days on the farm have been brimming with planting, harvesting, weeding... and weeding. Our fall crops are mostly all planted out now. Summer's fruiting crops are in flower, giving us every sort of anticipatory delight. But already, our spring crops have started to wane. In our first two years, we've had to finesse through a couple of meager week's harvests mid-season. We were feeling pretty confident heading into the spring, but it seems, we still have a thing or two to learn about crop timing.

Which brings us to:

Quelites! These might look familiar to you, you might call them weeds. We call the delicious. Lamb's quarters is also known as quelites, or wild spinach. Not only does it taste incredible, but it's got an amazing nutritional profile - it contains MORE nutrients than spinach. We'd suggest you use it just as you would use its inferior cousin, spinach. Here are some ideas: sauteed with onions and garlic and mixed with scrambled eggs, blended with peaches and yogurt as a green smoothie, toss in with salad greens, saute with mixed vegetables for stirfry, mix in with baked beans.



eggplants are blooming



ground cherries

This week has brought us some pretty darling new farm friends. Mama guinea hen, Annette Henshaw, hatched her keets. Absolutely adorable and miniature little poofs. We set up a fence to help protect them from the predacious chickens, only to discover that baby keets are small enough to fit right through chicken wire mesh. This caused no small worry to Trish until she was nearly disemboweled by both angry parents when she tried to amend the fence and got too close. I pitydahfool chicken who messes with Mama Guinea. AND Jeremy and our good friends John and Rebecca caught a wild swarm earlier this week! It is SO GOOD to have bees back on the farm!



cabbages starting to head

Quelites and beans

2 cups pinto beans, cooked
olive oil
garlic to taste
1/2 cup chopped onions
1 Tbs dried chile
1 bunch quelites
salt to taste

We were first introduced to quelites, wild spinach or Lamb's quarters, while we lived in New Mexico. They are commonly considered a weed - but why?! They are delicious! Quelites can be used in any recipe that calls for spinach, it's endlessly versatile and extremely nutritious. Hope you like this 'weed' as much as we do.

Heat the oil in a saucepan, add the onion, garlic and chile seeds and cook until the onion is just beginning to wilt.

Add the pinto beans and quelites and continue cooking until the greens have wilted. Add salt to taste.

Serve with rice, tortillas, marinated and grilled meat, cheese, sour cream, you fill in the rest! Try a bowl of beans with a fried egg for breakfast. So filling, so good.



Birds will be ready for bar-b-que next weekend



kale grex seed is ready to harvest

Next weekend, Sunday July 27th, we'll be slaughtering this season's first batch of 50 chickens. These birds came to the farm as day old chicks in the mail from a hatchery that specializes in pasture-raised poultry. The birds spent this early summer on pasture, in tractors, in rotation a few days after the lambs. Along with forage, Jeremy has been mixing a feed to ensure they are getting the proper protein and minerals they need. The feed is a blend of organic and transitional whole grains, all non-GMO.

The birds are doing really well, we're pleased with how healthy and active they are. We're also thrilled with the positive impact they are having on the land and vegetation in our orchard area. They will be 11 weeks old and we're hoping they will come in at around 3.5 - 4 lbs each, dressed weight. On Sunday morning, we will slaughter and clean the birds, and cool them in an ice bath. If you are interested in purchasing some chicken, please let us know this week. We will have the birds available for pick up on Sunday afternoon from the farm. This way, if you want to cook it up fresh you can do that, or take it home to freeze whole or parted..

We'll be charging \$4.50/lb for the birds. This price reflects the cost of the chicks, their feed, and, in part, their tractor, waters, spa membership fees - and *hints* at paying for our labor. Please contact us if you would like to reserve a bird or have any questions.

Eat well,
Trish and Jeremy