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# Cycle Farm CSA Newsletter

Week 5 - July 18, 2013

## This week's share

- 1 bunch collard greens (Champion)
- 1 bunch bok choy (Prize)
- 1 bunch green onions (Evergreen Hardy)
- snap peas (5 1/4 oz. Sugar Ann, Cascadia)
- snow peas (1/4 lb Schweizer Reisen Snow)
- 4 heads lettuce (Jester, Jester Verde, Hyper Red Ruffled Waved, Grandpa Admires)
- wild spinach (also called Lamb's Quarters or Good King Henry, 2 oz)



checking in on the hives

Dear CSA friends,

Hope you all are able to find shade these days. The heat has been great for the nightshades; eggplants and tomatoes have doubled in size these past couple weeks. Tomatillos look fantastic: they are flowering with lots of friendly yellow blooms - a few lanterns have set already. The wheat 'crop' Jeremy has forbade me from weeding out of the new herb bed (with grand aspirations of a homegrown loaf of bread) has suddenly fallen prey to the sparrows. The snow peas and snap peas are just starting to slow down. We're leaving the Sugar Ann snap peas to set seed for next year. Tomatoes are trellised in the greenhouse. We'll be staking up the tomatoes in the field this weekend.

Our weeding and wine party was a big hit. It was such fun to tackle a chore with good friends and excellent conversation. Thank you for coming out to join us and help save the potatoes. It really means alot to us - not only to get that checked off our to-do list - but also to have time getting to know our community, sharing the farm and sharing enthusiasm for good food and rewarding work.

Believe it or not, we sold out of garlic scapes at the Farmer's Market last weekend! This is a big deal. Last year we got foul looks from people when we brought scapes to the market. We answered a lot of questions, had a major education campaign, but not many sales. We ended up bringing buckets of scapes home to put up ourselves as pesto and pickles. So Spearfish has learned to love scapes. Hoorah! What's next? Wild spinach? Annette Hanshaw (the mama guinea) has hatched her keets. She's protecting them well, though the chickens are awfully interested in the new, tender niblets. Opal Fly (the papa guinea) is doing a wonderful job serving as sentry and keeping an eye out for his lady.

We checked in on the bee hives yesterday. It looks like we have lost the queen in Lolita's hive. We had been watching the number of bees drop and the laying pattern was getting more and more scattered. This time, in looking at the hive, we were unable to find new eggs or brood, or the queen. Watching a hive die slowly is even crummier than losing two hives over the winter. On the otherhand, Pygmalion and our most recently caught hive, Bertha Mason, are doing well.



Thank you for helping to save our potatoes!



harvesting peas, daily



washing, bunching onions

## *Scallion crepes with stir-fried greens..*

This is a bit of a lengthy recipe, but we had it for lunch and have to share it with you. Reminds Jeremy of breakfast from the street vendors in China, while he was traveling with the circus. We've modified it a bit from Deborah Madison's Local Flavors cookbook, one of our favorites.

### the scallion crepes:

3 eggs  
1 Tbs sesame oil  
1 Tbs vegetable oil  
1 c water  
3/4 c milk  
1/2 tsp salt  
1 c flour  
3-4 scallions, very thinly sliced  
sesame seeds

### the vegetables:

2-3 bok choy  
1 c snow peas  
2 oz. wild spinach  
sea salt  
sesame or peanut oil

Combine the first 6 ingredients in blender on high speed. Add flour, blend again for 10 seconds. Pour batter into a bowl and set aside to rest while you prep the vegetables.

Preheat the oven to its lowest setting. Heat a 9" non-stick pan with a little vegetable oil. When the pan is hot, add 1/3 cup of batter and swirl around bottom of pan. Scatter some scallions and sesame seeds over the top and cook until golden on the bottom, about 1 min. Flip the crepe and cook the other side until it's dry. Slide onto a plate in the oven to keep warm. Continue making crepes until the batter runs out (about 8 crepes).

When you're done cooking the crepes, coarsley chop the bok choy and snow peas. Saute bok choy, snow peas, and any left over scallions in oil until tender-crisp and bright green. Add in the wild spinach and let it wilt down. Season with salt to taste.

Present the crepes in a stack, the greens in a dish and let each person assemble their own. We really enjoyed this with a chili garlic sauce.

Just a few words about wild spinach! At Cycle Farm we have an incredible diversity of weeds. We appreciate this diversity as beneficial insect habitat, for soil nutrient cycling, and, on occasion, for how delicious and healthy they are. Wild spinach, also known as Lamb's Quarters is rich in magnesium and potassium, it has more fibre, beta carotene (pro-vitamin A), vitamin C, riboflavin, calcium, zinc, copper and manganese than domestic spinach. (Domestic spinach has more iron and folic acid.) You might enjoy them sauteed lightly with garlic and other vegetables, or because these greens are so tender, you might prefer them fresh as a wild addition to a salad.

Happy eating,  
Trish and Jeremy

