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Cycle Farm CSA Newsletter

Week 5- July 19, 2012

This week's share

- 1/4 lb snap peas (Cascadia)
- 1 summer squash (Costata romanesco, even more delicious than zucchini)
- 4 heads lettuce (a mix of Crisp mint, Jester, Emerald oak, and Flashy trout's back)
- 1 bunch green onions
- 1 bunch kale (White Russian and Rainbow dino)
- 1/4 lb bush beans (Red swan and Provider)
- 4 cloves garlic (Korean purple)
- 1 bunch beets, greens (Chiogga, Golden, and Early wonder tall top)
- pea greens
- 1 bunch baby celery leaves



Thank you for helping with our weeds!

Hello CSA Members!

Many fun things happened on the farm this week. The rows of early peas have been replaced by beets for fall harvest, and rows of leeks and onions for early next spring. Cucumbers are now trellised and fruiting. Harvest of the pickling cucumbers, bush beans, and summer squash has begun. Now to add to our list of daily chores, we've got to catch these before they get out of hand. The taste of a baby summer squash is much better than that of a baseball bat sized one. Oh, and they are sneaky, how they grow so fast, when your back is turned. The peppers have started to set flowers. And there are beautiful globes growing on the Buttercup squash.

As always, we are spending long hours weeding. This past weekend, we had a fabulous fun Weeding Party - thank you all who were able to come out and help! Weeding is a perpetual chore and it means so very much to us that you have the interest and take the time to help us. We are also excited for the chance to share the farm and how things are growing with you.

We're happy to be including pea greens in the share this week, especially excited as we've never eaten them before now. Pea greens are the tender, tangled, tendrily bits of the pea vine. They often have a flower or even a small pea attached; they are fun and taste just like snap peas. Deborah Madison, a wonderful vegetarian and local foods chef, has a fantastic recipe for stir-fried pea greens in her Local Flavors cookbook. Here is her recipe modified a bit, to fit our CSA share this week.

Stir-fried pea greens and kale

- bunch of kale
- bunch of pea greens
- 1 Tbs peanut oil (or grapeseed or olive..)
- 1 garlic clove
- sea salt

Wash kale and tear into 2" pieces. Wash the pea greens in a bowl of cold water, then remove and shake off the excess water. Heat a large skillet or a wok. Add the oil, swirl it around, then add the garlic and kale. Stir-fry the kale for a minute, then add the pea greens and a pinch of sea salt and stir-fry until the pea leaves are tender and bright green. Serve right away.



Pea greens

Oh boy. More salad greens in the share this week, we hope you are enjoying them. If maybe you are growing weary of lettuce already, check this out: you don't have to just eat salads. This week's share includes heads of lettuce, including Crisp mint, Jester, Emerald oak, and Flashy trout's back. The crispy, juicy leaves make for great spring roll wraps, you can stuff them with nearly anything and roll them up for a fun salad alternative. Wrap up some stir-fried or roasted vegetables, ground and seasoned pork rolls, use them like naan for curried lentils, or as a taco shell for burrito or taco salad fixings. So many good possibilities.



Photo by Georgia Basso

We went to a talk this past week given to the Black Hills Beekeepers regarding spraying for the Mountain Pine Beetle and the possible effect on honey bee hives. Sounds like we don't have too much to worry about here in the valley. But beekeepers with hives in forested areas where spraying might occur should watch out and take precautions to protect their hives. The spray is noxious stuff, not just for the pine beetles, but for bees, aquatic invertebrates, ..cats. There are *all sorts* of unintended consequences when using pesticides. Our hives are doing well, though maybe slowing down on honey production. There seems to be less nectar available these days with it being so dry. We removed a queen cup that had been built in Lolita's hive. She's still laying well. Curious.

This week's extra special CSA share feature is the Dakota Rural Action South Dakota Local Foods Directory. This little publication is chock full of information on how to eat locally and support local agriculture in South Dakota. We hope you enjoy it and find it useful. DRA is a wonderful group doing important work in education and lobbying for small-scale, sustainable agriculture and conservation. We'd encourage you to check them out and join! <http://dakotarural.org> Thank you all for supporting local agriculture!

Happy eating.
Your farmers,
Trish and Jeremy



Bunching beets for CSA shares



Chicken tractor



Hive inspection, queen cup removal