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# Cycle Farm CSA Newsletter

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## This week's share

- 1 bunch fava greens
- 1 bunch beets (Golden, Chioggia, Early Blood Turnip)
- 1/2 lb lettuce mix (Mascara, Carmona, Crisp Mint, Australian Yellowleaf, Jester, Les Oreilles du Diable)
- 1 bunch scallions (Evergreen Hardy)
- 1 bag basil (Genovese)
- snap peas (1/2 lb. Sugar Ann, Cascade)
- 2 heads green garlic (Korean Purple)
- alfalfa sprouts



technicolor rainbow beets!

Hello CSA friends,

These days we're sporting sweat-drenched t-shirts and big smiles. *We* may be melting, but these exceptionally warm days have been absolute *bliss* for our eggplants and tomatoes. The tomatillos are in all sorts of uproarious bloom, with lanterns swelling. The sunflowers are popping. The green beans are beginning to size up and the squash blossoms are a buzz with pollinators. We are bridging the gap between the wonderful spring flood of asian and mustard greens, radishes and turnips, and the hearty headliners of summer, tomatoes and squash, cucumbers and melons.

On the farm this week: we've been brewing tea. Our 22 gallon compost tea brewer has been bubbling away, put to work feeding our grape vines and rhubarb, squash and corn, plus some of the crops in the back field. We'll keep brewing over the next two weeks, light doses, early morning applications.

The week seems to have slipped by in a blur of weeding and irrigating. Our fields are really well mulched which makes for less frequent and more efficient irrigation. A drawback to this is that all weeding must be done by hand (no wheel hoe, shuffle hoe, etc.). So we are weeding on our knees, a whole lot. A plus on this however, is the weeds tend to be pretty easy pulling and with such excellent soil moisture (despite the heat) we have under all this mulch.

Lots of love and enthusiastic high fives to Abigail, our BHSU Sustainability Program student intern, who has been helping us keep pace with the farm this summer. Thank you, Abigail!

We have been preparing for Sunday morning, our first big butcher day of the season. The birds are doing great, they are enjoying the pasture, eating grass, bugs, soaking in the sunshine. We've been reasoning with ourselves that they have had a life full of really good days, we've taken exceptionally good care of them, cultivating a relationship based on respect and trust. This respect and trust will continue until the end of their lives, on Sunday, when we will process them honorably and with care.

Happy feasting, friends! Wear sunblock, drink water, eat well.  
your farmers, Trish and Jeremy

One of our favorite restaurants in New Mexico, the Tree House Cafe, made beet burgers with a garlic chili aioli sauce. Roasting beets is such a treat, but it's a shame to turn the oven on these days - this is grilling weather! I hunted online for a similar beet burger recipe and found this one on GreenKitchenStories.com

### **Beetroot & Feta Burger** Makes 6-8 burgers, depending on the size

3 cups grated raw beet roots (approx. 4-5 beets)

1 1/2 cups rolled oats or flakes of your choice

1 small onion

7 oz feta cheese or firm tofu

2 cloves garlic

2 Tbsp olive oil

2 eggs

1 handful fresh basil

Salt/pepper

Toppings:

lettuce or cabbage

mango

avocado

tomatoes

onions

\*garlic chili aioli sauce!

Peel and grate beets, onion and garlic on a box grater or use a food processor with the grating blades attached. Place the grated vegetables in a large mixing bowl. Add olive oil, eggs and rolled oats and mix everything well. Add cheese or tofu, basil, salt and pepper and stir to combine. Set aside for about 30 minutes, so the oats can soak up the liquid and the mixture sets (this step is important for the patties to hold together). Try shaping a patty with your hands. If the mixture is too loose, add some more oats. Form 6-8 patties with your hands. Grill the beetroot burgers a couple of minutes on each side – or in a skillet, heating oil or ghee and frying until golden on both sides. Serve with grilled sourdough bread and toppings of your choice.



Bees are busy building comb, collecting nectar



2 weeks / 1 day after the birds



Pasture management committee conference

### **Spring salmon with lemon cream and wilted fava greens** (recipe from theFarmersFeast.me)

1 1/2 cups heavy cream

the peel of 1 lemon, no white pith

8 oz. salmon

sea salt and freshly ground black pepper

1 Tbsp. extra virgin olive oil

1/2 a bunch of fava greens or pea shoots, cut into 1/2 inch pieces (remove stems)

fresh fettuccine for 4

1 Tbsp. chopped fresh chives

Combine the cream and the lemon peel in a non-reactive pot. Season with salt. Bring slowly to a simmer, then reduce heat to low and gently cook for 5 minutes. Remove from heat, adjust seasoning and let steep for at least half an hour. Strain to remove lemon peel. Meanwhile, place the salmon on an oiled baking sheet and season with salt and pepper. Bake in a 300 degree oven until just done (about 10 minutes). When the fish is cool enough to handle, break it into large flakes. When you are ready to serve the dish, combine the flaked fish and lemon cream in a sauté pan. Warm gently. In another skillet, heat the olive oil over a medium-high flame. When the oil is hot, add the fava or pea shoots and a pinch of salt, and stir-fry them until they are just wilted (less than a minute – actually just several seconds). Remove the shoots to a plate. Cook the pasta. When it is almost finished, add the chives to the salmon sauce and check the seasonings. Gently toss the pasta with the sauce, garnish with fava bean flowers, if available, and serve immediately.