



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

Cycle Farm CSA Newsletter

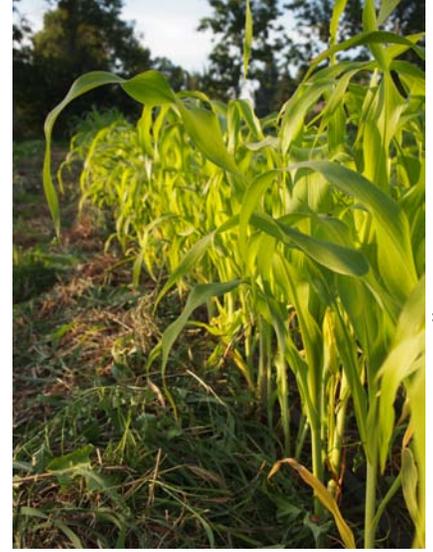
Week 6 - July 25, 2013

This week's share

- 1 bunch chard (Fordhook Giant, Rhubarb Red, Golden)
- 1 bunch basil (Genovese)
- 1 bunch green onions (Evergreen Hardy)
- snap peas (6 oz. Sugar Ann, Cascadia)
- snow peas (4 oz. Schweizer Reisen Snow)
- mixed lettuce (1/2 lb. Jester, Jester Verde, Hyper Red Ruffled Waved, Mascara, Australian Yellow Leaf, Grandpa Admirers)
- 3 heads green garlic (Persian Star)
- zinnia or sunflower



squash are beginning to blossom



popcorn is growing tall

Dear CSA friends,

We're going vertical! Tomatoes are trellised, a la basket weave. The pole beans in the front field are all rigged up on strings to A-frames. We finished hilling the potatoes, using straw mulch and weedy bits.

We've been busy with weeding, trying especially to keep ahead of the prickly lettuce, thistle and lambs quarters going to seed.



beans trellising



weaving trellis for the tomatoes

Bok choy and another round of basil are planted out in the field. We've cleaned up the squash and corn field; the squash are sending out their long runners and have just started flowering. We hope to have squash flowers in the share next week. The chokecherries are just starting to blush. There are noticeably fewer chokecherry fruit this year - maybe they were not pollinated fully, as they were flowering during early spring rains and cool temperatures when fewer bees would have been out flying.

We don't yet have the walk in cooler set up. Things are getting tight, we're out of room in the additional fridge and now overflowing into the cool of the basement. It doesn't look good for getting the cooler set up this year, we just don't have enough time. Jeremy remains optimistic. Trish is going to buy another couple coolers and blue ice.

Quick confetti chard

This is a simple and speedy recipe for chard, adapted from Susie Middleton's *Fast, Fresh & Green*. By slicing it thinly, you can minimize cooking time.

1/2 large bunch of chard	1/2 tsp kosher salt
2Tbsp extra virgin olive oil	1/2 tsp sherry vinegar (optional)
1 tsp minced fresh garlic	1/2 tsp honey (optional)
big pinch of crushed red pepper flakes	Parmesan (garnish, optional)

Rinse and dry the chard leaves (whole with stems), stack them on top of each other, roll them up tightly cigar-style, and slice them across into very thin ribbons (about 1/8" wide). Think angel hair or maybe linguine pasta. Slice the stems into small 'confetti,' 1/8"-1/4" pieces.

In a large skillet, heat the olive oil over medium heat. Add the garlic and cook until softened and fragrant (about 1 minute). Add red pepper flakes, stir, and add the sliced greens, stems, and salt. Cook, stirring to incorporate everything in the pan, until the greens turn bright green and somewhat wilted. Remove the pan from the heat and taste. If you like, combine the sherry vinegar and honey in a small bowl, mix it well, and mix it into the greens. And serve! Alternatively, skip the honey-vinegar mixture and serve the greens garnished with a few Parmesan curls.



15-spotted lady beetle



red longhorn beetle

Yesterday, we were weeding between the winter squash and popcorn and in displacing a clump of dirt had to pause for a while to take in all the activity in just a small area on and just below the surface. The first thing to catch our eyes were the bigger invertebrates, a millipede and a numbers of sowbugs (rolly pollys) and predator species: daddy long legs and a wolf spider. There were also tiny, young grasshoppers and leaf hoppers shooting off in all directions. And with closer inspection - I'm talking nose to dirt - we saw two different types of snails one was 1/8" long ice cream cone shaped, the other was more like a galaxy, spiral shaped, and itty bitty. and spring tails, mites, tiny fast moving beetles, little flies and worms cruising through. We also noticed white fibers of mycorrhizae from different fungi. And this is only what was visible in a quick look. It's pretty incredible to think of what's there that we can't see. Fungi, bacteria, protozoa, magic faerie dust and good juju. We love our rhizosphere here at Cycle Farm.

Some of the other special buggy highlights we've been finding around the farm include ground dwelling bees, lace wings, predatory flies, butterflies and dragon flies, a *white ladybug*, and fat happy ladybugs on the aphid coated turnip greens. (Regarding the white ladybug: we had to check into it. In our research, we learned a whole lot about identifying different ladybugs. So far, we've found 15-spotted ladybugs (the white one), 7-spotted ladybugs, and convergent ladybugs. Red ones and orange ones. Some with no spots. And the look-alike pesky buggers, Mexican bean beetles).

Happy bugs, happy soil, happy eating,
Trish and Jeremy