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Cycle Farm CSA Newsletter

Week 3 - July 2, 2015

This week's share

- 1 bunch beets, greens (Early Wonder)
- lettuce (1/2 lb Grandpa Admire's, Mascara, Australian Yellowleaf, and Jester)
- mustard greens (6 oz Red Giant, Green Wave, Golden Frill)
- snap peas (1/4 lb Sugar Ann and Cascadia)
- basil (1 1/2 oz Genovese)
- garlic scapes
- 1 bunch scallions (Evergreen Hardy Bunching)

Hello farm friends,

Oh hurrah for beets and greens, basil and baby mustards! We're pulling beets of of the greenhouse to make room for a planting of tomatoes for late summer, early fall. The basil are getting intercropped with the field tomatoes, as they are such amiable garden companions - and our tomatoes can use all the love they can get right now. The baby mustards are what we could salvage from re-growth after they got smooshed during last week's storm. We're mighty grateful for these scant, spicely morsels - hope you like them too.



re-trellising the fallen peas



flats of fall brassicas popping up



Grandpa Admire's lettuce on the rebound

This week has been chock full of weeding and seeding. We finished seeding trays for fall brassicas (kale and cabbages), beets and basil. We transplanted out more flats of lettuces (*thank you, Randi!*) to replace what we lost. And what we 'lost' has come back fierce and amazing. A phoenix from the ashes, Shredder from the garbage heap - it's an epic rebound for the lettuces. I think it's safe to say the salad greens in the share this week have superhero powers. So grab a fork and a cape, mind the ZAP, POP, KAZAAM!, and may you use your new powers for good, my friends. This weekend we are butchering the first round of pastured chickens. They look healthy and happy and we are enormously grateful for the good work they've done in our orchard. We are sold out of birds for this first date. If you are interested in a chicken (or several), just let us know and we can put you on the list for next month.

Just a few notes about things in the share this week -

A tip about storing beets and greens: When you get home, cut the leaves off the beets and store the roots and leaves separately in plastic bags the crisper drawer of the fridge. Leaves draw moisture from the roots and tend to leave the roots soft. Also, about the greens: beet greens are delicious. Cook them up like you would other braising greens, like chard or collard greens. Examine your greens for the brown areas of leaf miner damage, tear that part out, the rest of the leaf will be fine eating.

These are snap peas - *not* shelling peas. The pods are edible, you can eat the WHOLE THING. The whole pod is eaten and has a crunchy texture and very sweet flavor. Snap peas may be eaten raw or cooked. (We don't grow shelling peas).

(continued) Please excuse the appearance of the mustard greens. The hail took it's toll on these poor plants, this is the best of what we could salvage. Tomorrow, we're pulling out the plants and putting in fall cabbages. Consider them not for their blemishes, but instead for their assertive flavor and winning personality. Spicy when fresh, they mellow out cooked.



greenhouse cukes are climbing



spending hot days in the shade



chicken tractors in formation on rotation



Pan-Griddled Scallions Debora Madison (author of *Local Flavors* and *Vegetable Literacy*) has a great recipe for pan griddled red onions where you keep the skins and roots on when cooking. It seems somewhat crude on the griddle, but so insanely delicious. I've been preparing scallions as snacks, in a similar way - roots and all. The greens tend to get a bit crispy, which I like, while the white scallion bases turn to melt-in-your-mouth onion bliss.

1 bunch of scallions

½ tablespoon unsalted butter or olive oil

Fresh ground black pepper and coarse sea salt to taste

Place a medium griddle (or skillet) over medium-high heat. Add the butter or oil. When the pan is very hot, add the scallions. Cook, tossing gently, until the scallions just begin to brown, about 5 minutes. Immediately sprinkle them with sea salt and black pepper and transfer to dinner plates or a small platter and serve. These would be a delicious side to just about anything.

And lastly, many thanks to those of you who came out to help during our weeding party this past Sunday. It was such a great chance to catch up, feast together, *and* liberate the brassicas from weeds. We really appreciate having CSA members come out to the farm, to see how things are growing and get a deeper understanding of where your food comes from. We also really like getting to know you; you all are a mighty inspiring community of good food enthusiasts and land health advocates, and we always learn so much. We will certainly have more weeds and more weeding parties this season, we'll keep you posted.

Thank you for all your support and enthusiasm!
happy feasting, Trish and Jeremy

