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# Cycle Farm CSA Newsletter

Week 7 - July 30, 2015

## This week's share

- 2 heads garlic (Purple Glazer)
- lettuce (½ lb Florence, Mascara)
- 1 bunch chard (½ lb, Better Beta Mix)
- snap peas / snow peas (½ lb Sugar Ann and Cascadia or Schwiezen Reisen snowpea)
- 1 bunch basil (1¾ oz Genovese)
- summer squash (Costata Romanesco or Mutabile)
- 1 bunch scallions (Evergreen Hardy Bunching)
- 1 herb bouquet (sage, thyme, and oregano)



bright, happy sunflowers are all over the farm

Dear CSA members,

This week we've fully settled into the summer weeding routine. Some of this work is quicker, maintenance weeding around established crop plants, but we are also pulling out rows of spring and early summer crops (i.e. kale and garlic) to make room for one more big push of transplanting and seeding of fall crops before it's too close to first frost.

We just finished transplanting out the fall kales and mustard greens which are taking off well. This week we plan to get another round of lettuce into the field as well as more beets. And we will be direct seeding arugula, spinach, and cilantro - which will hopefully time itself for when the tomatoes are ready for pico de gallo.

Deciding to farm using human power and no-till methods means that our biggest weed problems are perennial grasses and creeping jenny. We're making progress on the grass but it comes back in quickly. The creeping jenny is quickly becoming one of Jeremy's favorite plants. Ask him why, make sure you have some time to get cozy and listen. He'll wax poetic on how effective it is as covering and protecting the soil making it more hospitable for other plants to come in. And how resilient it is. It's deep penetrating perennial root system, bringing up nutrients from way down in the soil profile, and it's flowers providing food for our honey bees and native pollinators. He's composing a love poem. Annabel Lee's got nothing on Creeping Jenny.



Fruit set on the grapes looks good



Racking for new solar panels arrived, Cycle Farm special delivery



Bachelor button seeds. This time of year, Trish perpetually has some sort of seeds in her pocket

**Shaved zucchini salad with nuts** Crunchy, salty, cheesy, citrusy. Bland zucchini is the result of an uninspired chef. This recipe has been modified from the most recent Bon Appetit magazine. Hold on to your argyle socks, it's pretty hip(ster).

1 tsp. finely grated lemon zest	1 cup fresh basil, arugula or other small greens
3 Tbsp. fresh lemon juice	½ oz. Parmesan (a handful, ish), finely grated
3 Tbsp. olive oil	1/3 cup unsalted, roasted nuts, coarsely chopped (BA suggests macadamia nuts, but anything would work well here: walnuts, almonds...)
1 Tbsp. Dijon (or what have you) mustard	<i>optional</i> (since we won't have winter squash for another couple months): 3 Tbsp. unsalted, roasted pumpkin seeds (pepitas!), or sunflower seeds
1 tsp. honey	
1 tsp. soy sauce	
salt and fresh ground pepper	
1 ½ lb zucchini/summer squash, thinly sliced (got a mandolin? use it here. Or alternatively the big holes on a box grater would work too.)	

Whisk lemon zest, lemon juice, oil, mustard, honey, and soy sauce in a large bowl; season with salt and pepper. Add zucchini, greens, and seeds and toss to combine. Serve salad topped with Parmesan, and more pepper.

**Rainbow swiss chard and zucchini enchiladas** Don't be shy of those beautiful summer squash, there are plenty of ways to use those up. Throw together a pan on enchiladas to serve up for several meals.

12 corn tortillas	
1 bunch swiss chard, chopped	1/2 onion or 3-4 scallions, chopped
2 lb zucchini, chopped	2 cups cheddar cheese, grated (and or queso, cream cheese)
1 jalapeño, diced	12 ounces (about 1 ½ cups) enchilada sauce or salsa

In a large fry pan saute the onions, jalapeño, zucchini, and swiss chard in a little oil over medium heat for about 10 minutes until soft. Let cool a bit. In a medium fry pan, heat 1/3 - 1/2 a cup of canola oil. Fry each tortilla for about 5 seconds on each side till just soft. Place on a paper towel and soak up the extra grease. Pour a little enchilada sauce or salsa in a small bowl. Working in an assembly line, dip each tortilla in the sauce, just enough to coat. Place them in a large baking dish and stuff with the vegetable mixture and a sprinkle of cheese. Roll them up and top with the remaining cheese and sauce. Bake at 400 degrees for 25 minutes. Let rest for 5 minutes before eating.



Everything's coming up rainbows - swiss chard and flowers



*A few quick notes on storing some of the vegetables in your share this week:*

The chard will keep best in a plastic bag in the fridge.

Trim the cut ends of the basil, remove the rubber band, and set in a cup of water on the counter (the fridge has unparalleled dehydrating powers on leafy greens)

Garlic should keep well in a dark spot on the counter or shelf in the cupboard.

Thanks all! Wishing you another good week of happy feasting with friends and family.

Your farmers,  
Trish and Jeremy