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# Cycle Farm CSA Newsletter

July 31, 2014

## This week's share

1 bunch kale (White and Red Russian)  
1 head cabbage (Early Jersey Wakefield)  
1/2 lb lettuce mix (Mascara, Carmona, Crisp Mint, Australian Yellowleaf, Jester, Sucline, Two Star, Jericho)  
1 bunch scallions (Evergreen Hardy)  
dill (Bouquet)  
snap peas (Sugar Ann, Cascadia)  
4 stems celtuce (Cracoviensis)  
thyme  
sage



So many shades of green

Hello CSA friends,

It's been a full, long week, yet somehow all we can report is: we killed chickens and we killed weeds. On Sunday, we slaughtered 50 of our pastured chickens. We're feeling enormously grateful for the incredible help of Jeremy's folks and our farm friend, Lindsay, who maybe didn't know exactly what they were in for, but mustered up good spirits and patience, and wild ninja evisceration skills. It took us a fair amount longer than we had anticipated (Slow Meat), but this time allowed for good, low-stress handling of the birds. We're also deeply grateful for the contribution the birds have made to our soil, our psyches, and to the feasts at our neighbors' tables. Having sold all the birds also feels pretty good (and saves us freezer space!), so *thank you* for supporting local, sustainable, humane meat!

And then we've also been weeding. And hunting and smooshing Colorado Potato beetles. And lamenting the state of our brassicas being bullied by flea beetles, especially the kale which is getting hit hardest. Flea beetles are harder to smoosh.

Jeremy has garnered some new culinary skills. With a bounty of chicken bits and pieces, so far he's put up rendered chicken fat and liver pate. We inhaled the cracklings (oh holy smokes, fried fat!?! YUM!) We had braised hearts with stirfried cabbage and peas, lemongrass and sesame oil for lunch. I'm not sure what's in store for the gizzards - maybe kabobs? Oh, goodness, and the feet! We may work in the dirt, but we EAT LIKE KINGS.

Early this week we checked in on the new beehive (two weeks since catching the swarm) and discovered that we *should have* checked in on them a whole lot *sooner*. It would appear we have something of a Warre-style hive now. Many healthy bees, minimal management. This has been another one of those really good learning opportunities: with a new hive building new comb, check bees every couple days - NOT every couple weeks. I've taken to calling this hive Pipi Longstocking, she's full of vigor, productive and creative, *and* completely askew.

A glimpse of fruits to come!



Patience, grasshopper. Next week.

We've been working with a passionate group of local bicycling enthusiasts to organize the 2nd annual Spearfish Bike Week - the very last week of August. Right now we are pulling together the last bits, sponsorships, volunteers. It's shaping up to be an excellent week, jam-packed with fun pedal-powered community events. Mark your calendars, August 25-31. We'll be sending out more information about this soon.

Deborah Madison's **braised summer cabbage** is described as "something you can probably make with your eyes closed." This is a recipe from her unparalleled book, *Vegetable Literacy*. I love this book more than words can say.

About a 1 lb cabbage

Butter, to finish

sea salt and freshly ground black pepper

Slice the cabbage into 1/2-inch-wide ribbons. Put them in a wide pan with 1/2 cup water. Cook, covered, over medium heat until the cabbage is wilted and tender, about 10 minutes.

Drain the cabbage well and toss it with butter. Taste for salt and season with pepper. "That's it and it's just fine, especially if you are serving it with a number of other dishes at a meal with their own herbs and seasonings." If you're featuring this on its own, Deborah suggests trying it out with one of the following: Gorgonzola butter, dill and green onions, mustard butter, or with toasted bread crumbs and rosemary.

A few words about some of the items in your share this week:

Some lettuce plants are grown specifically for their bolting stem, called celtuce. Peel it well, slice it thinly, and include it in a salad for its crisp texture. Or saute it in a stir fry.

Dill! Sunshine and happiness! Dill partners well with eggs, corn, root vegetables, green beans, summer squash, fresh or cottage cheese, and fish. Use the whole thing, stem and flower both!

Oh, kale. The kale this week has been perforated by a vast, abundant assembly of flea beetles. Please consider this nothing more than an aesthetic offense. The kale is still perfectly fine to eat - just eat around the holes. We suggest chopping the leaves up coarsely and sauteing them in olive oil with garlic and salt and pepper. You'll be so smitten with how it tastes, you'll forget the flea beetles entirely.

Eat well,  
Trish



One of our new, young layers



Keets, mama saying "stay away, you paparazzi"



Flea beetle damage