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Cycle Farm CSA Newsletter

Week 3 - July 4, 2013

This week's share

1 bunch mustard and turnip greens
snap and snow peas (Sugar Ann, Cascadia
and Schweizer Reisen Snow)

1 bag lettuce (6 oz. Jester, Carmona, Flashy
Trouts Back, Mascara, Hyper Red Ruffled Waved,
Gandpa Admires, Australian Yellow Leaf,
Cracoveneis, Orielles du Diable w. Johnny Jumpup
flowers)

1 bunch cilantro (Santo)

Dear CSA friends,
Happy Independence Day! Things look *so much better* now than last week. We're feeling recuperated from the hail and have fully transitioned from planting to weeding. There is lots of weeding to do. We will hopefully have some time to put towards some much-needed infrastructure improvements, like the green house, a vegetable wash /prep area, and a walk-in cooler.

The Farmer's Market in the Park is hopping. If you haven't already checked it out, you should - every Saturday morning from 9 AM to noon. Lots of local treats from fresh vegetables to fancy hand crafted jewelry, fine art and strange fuzzy things with googly eyes. All local and wonderful, it is truly not to be missed.

The fencing wars have begun in the front field. Deer have been nipping (mowing) down our beans. Jeremy rigged up a 'fence' with t-posts and bird netting. It's charming, for sure, and so far effective. Potatoes are flowering and glorious. We've started the hunt for bean beetles - and found slugs all over the beans too. SO GROSS.

We've got our fall brassicas seeded. The grapes are swelling. Snap peas are in peak production. Inexplicably, the chard and kale appear to be on freeze-frame. We may end up with baby chard and kale greens in the share next week. Annette Hanshaw (our sweet mama guinea hen) is still dutifully sitting on her clutch. One of the laying hens is growing spurs. She hasn't started crowing, but we're supportive of whatever life path she chooses.



hope you enjoy the flowers in your lettuce mix this week!



fennel in the sunshine



so gross

2013 Cycle Farm Index

Rows in annual rotating crop production: 80

Miles of linear vegetable beds: 1.2

Total acres of farm property: 3

Feet of fencing installed: 1,850

Feet of trellised hop vines: 950(ish)

Number of different annual crop types: 40

Varieties of vegetables growing: 175

Varieties of carrot: 4

of winter squash: 11

of lettuce: 25

of tomato: 32

Maximum weight cargo bike has carried: 350 lbs (plus Jeremy)

Number of orchard fruit trees planted this spring: 32

of sweet potato slips planted: 220

Number of bees per hive (during peak nectar flow): 30,000

Gallons of gasoline used on the farm this year: <1

Percent of harvested American cropland

that was organically managed (in 2008): 0.516

Total number of American farmers in 1910: 6 million

total today: 2 million

Percent of American farmland scheduled to

change hands in the next twenty years: 70

Number of acres of farmland lost everyday in South Dakota: 10

Average age of American farmer: 57

Average age of Cycle Farmers: 30

Years we've been farming: 1.5

<http://www.farmland.org/programs/states/sd/default.asp>

<http://www.youngfarmers.org/newsroom/building-a-future-with-farmers-october-2011/>

http://www.csrees.usda.gov/nea/ag_systems/pdfs/farm_transitions_update.pdf

<http://www.ers.usda.gov/data-products/organic-production.aspx#.UdXmJvLOTzg>



garter snake on slug patrol



a weed in the greenhouse
neither of us could bring ourselves to pull

An idea for mustard and turnip greens...

Here is a recipe for greens braised with ginger, cilantro and rice. Modified a bit from one of our favorite cook-books "Local Flavors" by Deborah Madison. You can use any variety of greens – mustard greens, chard, beet greens, turnip greens, etc. – depending on what you have on hand and what kind of flavor you want.

1 bunch of greens

3 TBS olive oil

1 onion, diced

¼ cup cooked rice (or another favorite grain)

2 TBS finely chopped ginger

1 tsp ground cumin

1 tsp paprika

a bunch of cilantro, chopped stems
and leaves

sea salt

plain yogurt or lime wedges

Wash the greens well, then chop, but don't dry them. Heat oil in a wide heavy pot over medium heat. Add the onion, rice, ginger, cumin, and paprika. Stir to coat with the oil. Cook for 2 minutes, then add the cilantro and the greens. Sprinkle with 1 tsp salt, cover the pan, and cook until the volume has reduced, about 10 to 15 minutes. Give everything a stir, then reduce the heat to low, re-cover, and cook slowly for 20 minutes. There should be ample moisture in the pot, but check once or twice to make sure that nothing is sticking to the bottom. If the pan seems dry, add a few tablespoons of water. Cook until the greens are really tender, about 10-15 minutes more. Serve warm or at room temperature, with yogurt spooned over the top or with a squeeze of fresh lime.

Hooray for early morning rain showers! Your farmers, Trish and Jeremy