



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 4 - July 9, 2015

This week's share

1 bunch turnips, greens (Japanese Market)
lettuce (1/2 lb Grandpa Admire's, Mascara, Australian Yellowleaf, and Jester)
1 bunch kale (1 lb White Russian)
1/4 lb sunflower shoots
snap peas (7 oz Sugar Ann and Cascadia)
tarragon
1 bunch cilantro (Pokey Joe)
1 bunch scallions (Evergreen Hardy Bunching)

Hello farm friends,

Go go go! Another busy week on the farm; it's amazing how fast a week of such *long* days can zip by. Rows of baby chard and beets are popping up. Tomatoes and peppers are freshly weeded. We butchered our first batch of 50 pastured chickens on Sunday morning, with the help of some wonderfully willing and capable farm friends - some experienced eviscerators and some brand new to the experience. The morning went smoothly, the animals and helpers in good spirits. We feel like we're developing a good system and we so appreciate the help.

Trish's family is here for a week visit, touring around the Hills and we're also putting them to work on the farm. Trish's brother, Dan, and niece, Elora, spent two full days painting the inside of the farm stand (as well as a not-insignificant amount of Elora). And Ann, Trish's mother, has been spending early mornings tending to our vegetable beds, dewy weeding in the company of long shadows, song birds and guinea hens. Elora has helped with morning chores, but we're in a tough competition with Harry Potter for this nine-year-old, voracious reader's attention.

Last Friday we had the honor and delight of visiting with Linfred and Ron Schuttler at the farm stand. We got to learn more about the history of the farm stand and the farmers who built it. There are so many stories about Lumbago Acres and farming in Spearfish Valley, we could have sat and listened, asked questions for more memories late into the evening. We are so grateful for the chance to re-open this farm stand and be a part of the thriving culture of growing good food in this area.



A visit on the porch with the Schuttlers



Jeremy demonstrates eviscerating a chicken



Elora helping out with early morning moving tractors

In the share this week: sunflower shoots and turnips! Sunflower shoots are just what they sounds like. These are just sprouted sunflowers - you might recognize them, as some still have their 'hats' on. Add these on a sandwich or a burger for a great crunch. Or toss them in with a salad or on a wrap. Sunflower shoots have a wonderful, crisp, nutty flavor - we hope you enjoy them!

The turnips in the share this week are a variety of tender spring turnip. These are great for slicing or chopping into wedges and munching on raw. Try these with a salad, or as a small side with salt and pepper. Also: don't forget to eat your greens! Turnip greens are delicious. Use them like any other braising green. Olive oil and salt and pepper. Garlic. Chile powder. Bacon drippings. It's hard to go wrong with turnip greens!



Early morning sunshine on the field

Spicy Skillet Turnip Greens

For when you've got a hankering for some southern hospitality. This side dish comes together quick and easy and partners well with cornbread, butter-beans and a tall iced tea. Also: this recipe calls for using olive oil, but if available, you might try this using bacon drippings instead. This and other turnip (and greens!) recipes can be found on our community cookbook site, <https://cyclefarmkitchen.wordpress.com>

1 tablespoon olive oil
 2-3 scallions, cut into 2" pieces
 1 garlic scape, diced
 1 bunch turnip greens, cleaned and chopped
 1-2 Tbs water
 pinch brown sugar
 pinch red pepper flakes (adjust to preference)
 salt, just a bit

Drizzle olive oil into skillet over medium heat. Add onion and scape and cook until just tender, about 3 minutes. Then add ½ of turnip greens. Allow to cook down and add the remainder of the greens. Add water, brown sugar and red pepper flakes. Adjust the amount of red pepper to your personal taste. You might add just a bit of salt too.



Elora and the shaving horse

My mother, Ann, has come to visit the past few summers, and each time she's here as I set down to write the CSA newsletter I ask if there's anything she wants to add. Here are some quick, sweet thoughts from mom:

There is something humbling about sharing time at Cycle Farm with a nine-year-old. Grandparents discover they just don't have enough answers for all the questions. In fact, some of the questions are my own;

why don't people have skin on their toe nails like chickens do?

why don't you brush the lambs' teeth?

why don't the guinea hens just fly away?

why do all the herbs taste different if they are all growing in the same bed?

why are lettuce seeds so small? why are beets seeds so bumpy?

do sunflower sprouts taste yellow?

This is the time we turn to Trish and Jeremy or son Dan to settle the question... Add 'curiosity' to the crops growing at Cycle Farm.

This week's share brought to you with help from both moms! Thank you Randi and Ann - and thank you all!

Your farmers, Trish and Jeremy