

Cycle Farm

2017 Farm Stand Family Newsletter

for June 10, 2017

Greetings Farm Friends,

Hot, hot. More hot. The first couple rows of tomatoes are planted out in the field, peppers too. And fennel, celery and celeriac, more cabbages, and our special farm kale breeding project (now in year 5!). Field cucumbers and winter squash have sprouted. This week has been so hot and dry that we've been trying to get most things done early in the morning and later in the evening, which leaves us spending the hot juicy center of the days fussing about making sure everything is getting water. Including the farmers. We'll be starting snap pea harvest this upcoming week. The arugula and Asian greens have been getting hit with flea beetles. We're ripping them out for our summer succession, a planting of the 4 sisters: Taos blue corn, a couple different winter squash varieties, Hidatsa Shield Figure beans, and Rocky Mountain bee plant. And the grass pollen is adrift and plenty and eyes are red and itchy.

Excitement on the farm this week: Mama and Papa Jenkins are visiting from New Mexico. We're catching up over coffee and weeding, cherry picking through our to-do list, and enjoying some outstanding farm meals together.

Also exciting: we have new residents in our native pollinator box! A *Hylaeus*, or yellow-faced bee. This is a native solitary bee that lays eggs in cells of saliva. Most *Hylaeus* bees are found in the Hawaiian Islands. And, we've read, many *Hylaeus* bees are species of concern listed by the USFWS. At this point, so far, there are two holes capped with bee spit. So let's have a piña colada and celebrate. Check them out on Saturday when you come by the farmstand.

For the farmstand this week we are harvesting lettuce, kale, arugula, Asian greens, mustards, beets, rhubarb, pea shoots, and the very first of our garlic scapes. Lots of fresh herbs, cilantro, sage, oregano, thyme, mint, loveage, tarragon. If you don't see what you're after bunched up and ready at the farmstand, we can head out to the herb garden and pick some fresh for you. If you are interested in something specific or getting a heaping quantity, let us know, we'd love to hook you up! And, if you are looking for something special to fill in an empty spot in your home garden, come by and pick up some starts. This will be our last weekend for start sales.

We are headed full steam ahead into mid summer, 10 weeks into our farmstand market, and we would like to hear from you about how the season has been going from your perspective. In general, are you finding what you want when you come to the market? Are you pleased with the quality of the produce you bring home? For our return CSA customers, how does this plan compare (so far) with our previous years' set up? (and remember we usually start the CSA share program in mid-June).

Another glass of water.

Your farmers,

Trish and Jeremy

P.S. We hope to see you on Sunday for our special farm friends gathering and farm tour, stop by anytime between 2:00 and 4:00 PM.



The garlic is hip-high and scaping. The Hylaesus brood capped. Mowing grass in the grape rows (yech... pollen).

Roasted beet, arugula salad

You might enjoy this salad with warm beets right out of the oven, or cool the beets in the fridge before serving.

FOR THE SALAD:

- Arugula, chopped in thin strips
- 3 large beets peeled and roasted

FOR THE MAPLE BALSAMIC VINAIGRETTE:

- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 1 tablespoon pure maple syrup
- 2 teaspoons stone ground mustard
- ½ teaspoon ground cinnamon

FOR DECORATIONS:

- Bourbon Candied Pecans
- Dried cranberries or currants
- Fresh goat chevre
- Fresh cracked pepper

Preheat the oven to 400 degrees F.

Scrub the beets and chop into wedges. Spread beets out on a baking sheet and roast until very soft when poked with a fork, about 30 minutes. (Optional, peel the beets, if you prefer).

Allow beets to cool enough to handle. Unwrap them from the foil.

MAKE THE MAPLE BALSAMIC VINAIGRETTE:

Add all ingredients for the vinaigrette to a small blender and blend until smooth.

PREPARE THE SALAD:

Add the arugula to a large serving bowl and toss in desired amount of Maple Balsamic Vinaigrette.

Serve salad with roasted beet wedges, maple-bourbon candied pecans and cranberries, black pepper, and goat cheese.

Greenhouse summer successions are planted (cucumbers, tomatoes, basil and peppers); ditch water in the spruce trees is helping keep the feathered ladies cool; grapes are budding!