

Cycle Farm

2017 Farm Stand Family Newsletter

for June 17, 2017

Greetings Farm Friends,

OOo! We certainly welcomed late night thunderstorms and cool mornings this week, but you'll notice our snap peas didn't much appreciate the hail.

This week has been full of early morning wet and muddy weeding. The pile of weeds we've been dumping over the fence into the chicken yard is beginning to have a noticeable elevation difference. Soon enough those pretty ladies are going to have to strap on crampons to get to the good stuff. More tomatoes are planted out, also: tomatillos, ground cherries, peppers and more peppers, and eggplant. We saw our first monarch butterfly of the season. And baby rabbits. We appear to suddenly have no shortage of baby rabbits.

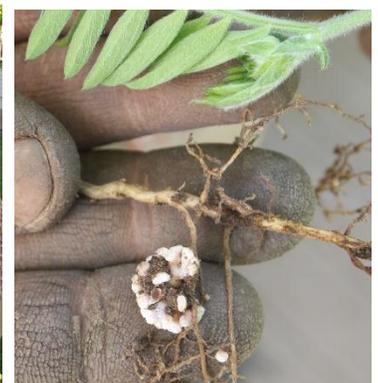
Madeleine came over and helped us butcher our roosters. We've never kept roosters on the farm before; these two late-bloomers snuck by us when we culled our young roosters last fall and they have since grown into amorous/aggressive little monsters. We have enjoyed having them on the farm, they've taught us a good deal about chicken behavior and helped us realize the accuracy of cartoon rooster stereotypes. It's been quiet here without them. We'll be enlisting assistance in butchering baby rabbits here shortly. Earlier this week, Jeremy went to a lichenology workshop where he had the chance to learn about the biology, ecology and identification of lichens. It's been fun to get up close, nose-to-old fence posts, and admire our farm lichen communities.

At the farm stand this week we'll have heaps of garlic scapes, lettuce, beets, kale, bok choy, rhubarb, and peas. And a variety of fresh herbs, including the very first of our basil harvest. Also! We'll be opening the farmstand Thursday evenings from 4:00-7:00PM as well as Saturday mornings, 9:00 AM to noon beginning this next Thursday, June 22nd.

Ready, set - grow!

Your farmers,

Trish and Jeremy



We had a great time visiting and sharing the farm during our farm tour get together last weekend, thanks for coming by! Many thanks to Madeleine for helping us butcher our roosters. And (!) look at the size of this root nodule on a vetch plant, this is no-joke nitrogen fixation. (Above, Trish planting tomatoes in a very straight line.)

Rhubarb lemon bars

This is adapted from a recipe from The Gourmet Cookbook, it has more lemon *and* rhubarb. These were a hit at our farm tour and gathering last weekend, the recipe was requested – here it is.

Crust

2 cups all-purpose flour
1/2 cup granulated sugar
1/2 teaspoon salt
12 tablespoons cold unsalted butter, cut into chunks

Filling

3/4-1 cup rhubarb, chopped
1/4 cup lemon juice
3 large eggs

(...filling continued)

1/2 cup granulated sugar
2 tablespoons + 1 teaspoon all-purpose flour
2 tablespoons heavy cream
2 teaspoons grated lemon zest, from about 2 lemons
1/2 cup fresh lemon juice, from about 2 lemons
1/8 teaspoon salt

And powdered sugar for garnish

Preheat the oven to 350F, with a rack in the middle. You'll use a 9-inch square pan, but you can leave it ungreased.

For the crust: In a food processor, pulse together all of the ingredients except the butter to combine. Add the butter and pulse until the mixture looks like coarse meal. Pour the dough into your pan and press it onto the bottom. Bake for about 20 minutes, until the crust is just barely golden brown.

In the meantime, make the filling: In a small sauce pan, put chopped rhubarb and 1/4 cup lemon juice. Cook this down to slop-consistency, remove from heat and let cool. Whisk together all of the ingredients, including rhubarb-slop for the filling until combined. Be sure there are no lumps of flour left in the mixture.

When the crust has been partly baked, remove it from the oven and pour the filling into the still-warm crust. Return to the oven until the filling is set, about 16 minutes. Transfer the whole pan to a rack to cool. Cover and refrigerate until cold. This will take at least 4 hours, so you may as well give yourself overnight.

To serve, cut the bars and sprinkle with powdered sugar.

Super-fast and simple pasta with kale and scapes

We're pulling some late evenings in the field this time of year, by the time we have projects finished up, tools tucked in and PM chores done, it's often after 9:00. If we're on our A-game, we'll get washed up and eat something before crashing into sleep. Fixing up a pot of pasta to toss with whatever greens (fresh herbs, arugula, kale, garlic scapes, etc) are at hand is our go-to quick dinner of choice these days.

½ lb linguine or penne, whathaveyou (J prefers penne)
2 cloves garlic or 2 garlic scapes, minced
½ cup olive oil

½ bunch kale, chopped
¼ cup parmesan cheese
Salt & pepper, red chile flakes

Boil pasta according to the package in salted pot of water. Heat ¼ c. oil in a frying pan and add the garlic (scapes!) and continue to stir until well toasted. Add the kale to the frying pan with a little bit of the pasta water and sauté quickly. Toss the oil mixture with the drained pasta and add salt & pepper to taste. Add the rest of the oil as needed. Mix in or top with parmesan and serve.