

Cycle Farm

2017 Farm Stand Family Newsletter

for July 1, 2017

Greetings Farm Friends,

Happy summer thunderstorms! We've had 3 inches of rain in these past few storms, we and the soil are grateful. Our good sweet farmdog, however, appears to have had quite enough of all the booming.

On the farm this week: we've been brewing up batch after batch of compost tea for peppers, tomatillos, and cucumbers. Lettuce successions are making their way into the field. Beans are planted. We are trying out some creative interplanting that we've never done before. Onions are freshly weeded, they look fabulous. Unfortunately, the most recent rain may have cost us a good scallion seed crop, we'll give things time to dry out and see. Drying racks and cables are strung with a constant rotation of herbs spread out and hung up. We have some new herbal tea blends you might be interested in checking out, freshly picked and dried (including chamomile, nettle, fennel, peppermint, lemon balm, and catnip).

We've had a fun mix of birds on the farm this week, including Black-headed Grosbeaks, Lark Sparrows, a House Wren, a Great Horned Owl, and (we are pretty sure) a Northern Harrier. Our friend, Greg, came by with a spotting scope to look at the owl and he got some great photos. It was neat to take time to watch the owl preen, sleep, and every now and again open one bright yellow eye to glare at us.

The harvest list for this week includes lettuce, kale, snow peas and snap peas, garlic scapes, and rhubarb. At the farmstand we'll also have fresh and dried herbs, eggs, and teas. We should have pea shoots ready for the Saturday farmstand (timing for Thursdays and Saturdays both is proving more difficult than it really should be). We have leaf hoppers causing damage in our lettuce beds and we may decide to rip out and replant. If we do this, we may have a few weeks without lettuce greens – we'll keep you posted.

Wishing you all a safe and merry Fourth of July. We'll be celebrating and working, maybe even dust off our copy of the Declaration of Independence and reflect on those founding values of a welcoming, inclusive, and diverse land of opportunity for all people.

Your farmers,
Trish and Jeremy



milk weed blooming and covered in all sorts of little critters; and a sleepy owl (photo credit: Greg Albrechtsen)

Rainy Day Garlic Scape Soup

A recipe from the Featherstone Farm Cookbook.

3 cups of garlic scapes, cut into 2-inch pieces
1 medium-sized onion, chopped
1 Tbs olive oil
1 tsp fresh thyme leaves (of 1/2 tsp dried thyme)
3 cups chicken (or vegetable) broth
1 cup cream
Salt and fresh ground black pepper

Sauté the garlic scapes and onion in the olive oil over medium heat until the vegetables become soft. Add the thyme at the end. In a food processor, puree the vegetables and add chicken broth as needed to make a smooth paste. In a sauce pan, heat the vegetable mixture and add the remaining broth. Bring to a simmer and add the cream. Adjust the seasoning with salt and pepper.

A few other ideas for garlic scapes:

Add to stir fry, curry, or pasta sauce. Finely chop and mix in with tuna fish salad for a delicious sandwich. Combine with basil, pine nuts, olive oil, Parmesan cheese and lemon juice to make pesto. Add sautéed scapes to salad dressing or a pasta salad dish. Chop and mix into ground beef for burgers with a kick. Dress up frittatas, omelets and scrambled eggs. Sprinkle chopped scapes over pizza.

Lettuce inspection before harvest; collecting catnip.

