

Cycle Farm

2017 Farm Stand Family Newsletter

for June 3, 2017

Greetings Farm Friends,

We're sitting down to write this newsletter in the dazzling glow of the after-afternoon thunderstorm and feeling grateful for the moisture. On the farm this week we've been delighted by swallowtails – so many swallowtail butterflies – we definitely found a Canadian Tiger Swallowtail, but our library is limited to Baby's First Book of Butterflies and haven't confidently been able to key out the others we've seen. The other half of our garlic beds have been almost entirely weeded, and we've seeded in winter squash between the rows. We are planning on growing 12 different varieties of winter squash this year, these are planted in rows between the garlic beds. As the squash plants mature and start to sprawl, the garlic will be harvested to make room.

Last weekend Jeremy went to Bozeman for a three day workshop on teaching bicycle safety. Also, last weekend, we had the opportunity to host a fancy farm to taco party, such fun. We finished the shallot planting and have a few more flats of onions to get in. A lot of time has been spent on bed prep, with thanks to Madeleine, our 2017 field crew mystic. She embraces all things creepy-crawly, weeds out thistles with her bare hands, and exhibits profound patience with the world's two most silly farmers. We are experimenting with making fish compost – just a small batch, slightly stinky. Robin's are bringing wormy delights back to their nests.

This week has been a test, trying to keep things watered. It seems the nearly endless downpour we had earlier in May, has already starting drying up. *poof*. Jeremy's been running the open ditch which flows into the spruce trees and grapes. The chickens have been enjoying early summer water sports. We had a chance to spend a few days with our friend Martha and her sweet new puppy, Dylan, as they are traveling across the country. We put them both to work planting flowers (100's of flowers!). The last of the spring lettuce has been pulled out of the greenhouse and replaced with basil. We just did the calculations on our yield from two 11' greenhouse beds; over the course of two months (April-May) we harvested over 75 pounds of lettuce! And we put the shade cloth on the greenhouse.



Shade cloth over the greenhouse makes a HUGE difference in managing summertime temperatures; thanks all for joining in on the Tacos and Wine pairing event last weekend.

At the farm stand this week we'll have lettuce (just a bit), Asian greens, arugula (lots), bok choy, *golden beets*, kale, radishes, turnips, and fresh herbs.

Happy June, friends, may it be full of butterflies and honey bees.

Your farmers,
Trish and Jeremy

The arugula is coming on *strong* right now. And as summer heats up and the flea beetle populations soar, we will not be growing much more of this for a good while. Get it while it's ssssspicy. Here is some inspiration on how to make magic with this peppery, yet sweet, positively plucky green: sautéed arugula and garlic with eggs, arugula on pizza, arugula tossed in with mixed greens for some zest to your salad, or replace lettuce with arugula on a BLT (yeh! BAT), arugula pesto (with any other good greens, radish greens, mint or parsley), chopped and tossed with a cool pasta salad, or how about this dressing:

Arugula, Mint, and Lime: a dressing

Chiles, arugula, mint, lime - a dressing to brighten up everything from salads and grains, to fish and meat.

1 chopped serrano chile or jalapeño (seeds removed; optional), or dried chile powder	½ teaspoon finely grated lime zest
½ cup (packed) arugula	¼ cup fresh lime juice
½ cup (packed) fresh mint leaves	½ teaspoon sugar or honey
½ cup vegetable oil	Kosher salt and freshly ground black pepper
¼ cup olive oil	

Purée chile, arugula, mint, vegetable oil, olive oil, lime zest, lime juice, and sugar (or honey) in a blender until smooth; season to taste with salt and pepper.



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!