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## Cycle Farm CSA Newsletter

Week 2 - June 16, 2016

### This week's share

1/2 lb mixed lettuce (Jester, Grandpa Admires, Australian Yellowleaf, Red Butter Romane)

bok choy (Prize)

1 bunch kale (White Russian)

1 bunch radishes (Sora, French Breakfast, Pink Beauty, Plum Purple, White Beauty, Philadelphia White)

1 bunch garlic scapes (Music)

1 bunch scallions (Evergreen Hardy Bunching)

1 bunch tarragon

Hello CSA friends,

Another hot week, another basket of cool, crunchy greens! The heat has taken its toll on our Asian greens, the bok choy has decided it's had enough and started to bolt. On the other hand peppers, eggplants and tomatoes aren't bothered in the slightest. The trick has been making sure our irrigation filter doesn't clog with algae from the creek, as it's prone to during hot days. It's beyond disappointing to think you've been watering, when in fact there is no water running through the drip lines. Keeping everything adequately watered on these hot days is important, including the farmers.

On the farm this week we've been busy getting additional plant starts out into the field, seeding new trays for fall crops, weeding, more weeding, pulling out expired spring crops and replacing them, and getting distracted by all the activity in the parsnip insectary. Jeremy has counted 6 different types of wasps!

Things to look forward to: sugar snap peas are flowering and setting fruit. Basil is coming along well with the heat. Onions look stoked after having just been weeded. And we have several flats of peas germinating for pea shoots in next week's shares.

Big thanks to those of you who were able to make it to the farm last Saturday for our CSA social and farm tour. If you couldn't make it, don't worry, we will have more events this season: weeding parties, hopefully some live music and a harvest party in the fall. We really appreciate your support and interest in good food and thoughtful agriculture and we love sharing our farm with you.

Enjoy the feast!  
your farmers, Trish and Jeremy

Ideas for items in this week's share:

**kale** - tear into large pieces, toss with olive oil and salt and pepper, spread out on cookie sheet and roast in 350 degree oven until crispy chips.

**bok choy** - garlicky bok choy! (see recipe below...), or julienned and eaten in spring rolls with a peanut sauce

**garlic scapes** - these are the tender flower stalk of hardneck garlic, cut off the fibrous top below the white bud and use the remainder as a mild garlic. Great with eggs, stir fry, pickled, grilled whole.

**tarragon** - rinse and cut into 4" pieces, steep in a jar with white wine vinegar or champagne vinegar for 2 weeks. Use tarragon vinegar as salad dressing with olive oil or with a fish or chicken dish.

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**Garlicky bok choy!** This is a favorite on the farm, an easy, quick dish. You can find this as well as other ideas for bok choy online at our farm community cookbook.

1Tbs olive oil (or coconut, peanut, sesame, butter, bacon grease... whatever you're into)

1-2 garlic scapes, chopped

1 shallot, chopped (or use a scallion from this week's share!)

1 or 2 small-medium bok choy, rinsed and cut into 3-4" pieces, both stems and leaves

1 Tbs soy sauce

Heat oil in a large skillet or wok over medium-high heat. Add garlic scapes and shallot/scallion and cook, stirring, until fragrant, about 30 seconds. Add bok choy, soy sauce, and 2 Tbsp. water and cover immediately. Cook 1 minute. Uncover and toss, then cover and cook until bok choy is tender at the core, about 3 more minutes. Serve with rice or udon noodles.