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Cycle Farm CSA Newsletter

Week 1 - June 18, 2015

This week's share

- 1/2 lb mixed lettuce
- 1/4 lb spinach (Butterflay)
- 1 bunch kale (~1 lb White Russian)
- bok choy (3/4-1lb bunch Prize)
- parsley (1 oz Darki)
- snap peas (3 1/4 oz Sugar Ann)
- garlic scapes (Music)
- 1 bunch scallions (Evergreen Hardy Bunching)

Greetings CSA friends, happy tidings from the farm!



hen hugging during the CSA farm tour and social

Hooray for summer! This is the very first share of our 4th year on the farm. Thank you for joining us! This weekly newsletter is to accompany your share with a list of what's in the share, an update as to happenings on the farm, and some recipe ideas on how to prepare your vegetables. There are also several good, tried and true recipes on our special CSA Cook Book website: <https://cyclefarmkitchen.wordpress.com/> We hope you'll check it out and consider sharing some of your favorite recipes too.

Rush rush and hurry scurry. We've been at a sprint these past few weeks it seems, fueled by long days and late night thunder and lightening storms. The CSA farm tour last weekend was such big fun - thank you for coming out to spend the afternoon with us! We also had a great time during the book reading on the farm earlier this week. The consistent rains are certainly a mixed blessing: we haven't yet had to irrigate the fields, and on the other hand, we have slugs and snails like never before. We've got (most) all the tomatoes in the ground, the peppers and eggplants too. Started in on seeding fall brassicas and fennel. Strawberries are fruiting up and will need hooped and netted shortly. The outside of the farm stand is pert near all painted up and sparkly, the inside needs some attention.

There are just a few logistical things we'd like to share with you about the CSA shares and pick-up.

Washing vegetables. We work hard to make sure the vegetables you receive in your share are rinsed, trimmed and ready for you to put away in your kitchen or fix up for dinner. We suggest that you rinse and look things over again before preparing a meal, as you might find something we missed. And it just might be a slug. Or a spider.



chicken tractor / beauty parlor



32 different varieties of tomatoes!



sprucing up the farm stand



slugs and snails and our poor cabbages

Bugs. You will notice the bok choy leaves in this week's share are... lacy. This is the work of a bazzillion slugs. Trish is putting together a handy pocket guide to Cycle Farm crop pests to accompany the CSA shares (coming soon). This will help you to identify the favorite crops and munching patterns of caterpillars, leaf miners, flea beetles, and slugs/snails. We do try to manage for pests through hand picking them, diatomaceous earth, maintaining healthy soil biology and encouraging beneficial insects with forage and habitat. However sometimes we feel a little out numbered.

A bag. Please bring a bag or box with you on Thursday evenings to pick up your share with. We will try and have extras on hand as well.

Parking. We put in a couple parking spots at the farm stand. If those are occupied, there is additional space in the driveway up by the house. We have been asked to not have cars parked along Evans Lane. Thank you for your help with this! Also: there is plenty of bicycle parking available. In fact, we are going to bake a pie for whoever rides their bike most frequently to the farm for pick-up.

If you can't make it. If you are going to be out of town, please ask a friend or family member to come pick up your share for you. Or give us a call ahead of time and we'll arrange another time to connect with you.

Thank you for joining us, we're looking forward to sharing the summer with you.

Your farmers,
Trish and Jeremy



farm stand painting crew hard at work



Jeremy's **Piccalilli-inspired Kale Stem Relish** pairs well with grilled burgers, fried eggs, or use it as a dressing on a sandwich. Jeremy was overwhelmed with kale stems one day, not wanting them all to go to the chickens, as they are so fun to crunch on. This recipe is traditionally made with cabbage and green tomatoes, but we think this is a smart modification. Play with the ingredients and spices to match what you have available.

kale stems from 1 bunch of kale
1/4-1/2 of a red onion
1 Tbsp brown sugar
2 tsp salt
1 chile pepper (Jeremy uses green chile, but dried chile would work well too)
1/4 cup of your favorite tomato-based salsa
1/4 cup apple cider vinegar or red wine vinegar

Add ingredients to a blender and bzzzrrzzzz until blended to relish consistency. Taste and adjust salt, sugar, heat to preference.