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Cycle Farm CSA Newsletter

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This week's share

- 1 bunch radishes (French Breakfast, Sora)
- 1 lb rhubarb (Victoria)
- 1 bunch mustard greens (Red Giant, Green Wave)
- 1/2 lb lettuce (Jester, Australian Yellowleaf, Crispmint, Carmona, Mascara, Grandpa Admire's, Flashy Trout's Back)
- 1 bunch parsley (Darki)
- 1 bunch scallions (Evergreen Hardy)
- 5 green garlic (Korean Purple)
- lovage
- herb bouquet



The field is growing!

Greetings CSA friends! Happy summer!

We are so excited that you are joining us this year. This weekly newsletter is designed to give you an update on happenings on the farm and how your vegetables are growing. Each week we'll include a list of what's in your share and a recipe or some ideas on how to prepare your tasty treats.

We've had a productive spring, including a number of new additions to the farm operation, and our list of daily chores (lambs, chickens). Weeding and bed prep is going much easier this year. We're feeling even better about our no-till and heavy mulching methods.

This week we're including lovage in the shares as part of our Herb Introduction Program (don't fret, soon it'll be up to you with Pick-Your-Own). Here are a few words on lovage: "The green leaves, cut into fine ribbons, are very good with lightly cooked summer veg. Or add them, chopped, to salads or stuffings for pork or chicken, or to fish chowder, or to just-boiled new potatoes in a mustardy vinaigrette. Lovage is delicious with eggs, too – stir leaves into omelettes, scrambled egg or frittata. Tender young stems (from the centre of the plant) can be steamed and served as a side vegetable – lovely with a summer roast chicken. "

(from Hugh Fearnley-Whittingstall recipes as posted in The Guardian)



Grandpa Admire's lettuce in the field, it's been a good spring for lettuce



Favas are flowering!



A new batch of layers

Making an appearance for the very first time ever - we're including *rhubarb* in a CSA share! You may already have a bountiful rhubarb plant at home or a neighbor delivering sacks of stalks to you - but here we are! It's the season! If you are feeling overwhelmed, remember rhubarb freezes well. So you have your own favorite (strawberry) rhubarb pie recipe, but when was the last time you made a galette?! Try this one out:

Rhubarb Galette

Pastry:

- 1 1/4 cup flour
- 1 Tbs sugar
- 1/4 tsp salt
- 6 Tbsp butter
- 1 tsp grated orange zest
- 2 Tbsp ice water

Filling:

- 5 Tbsp confectioner's sugar
- 2 1/2 cup rhubarb, cut into 1" pieces
- slivered orange zest



Chicken tractor, happy birds on pasture

Prepare pastry shell: Combine the flour, sugar, and salt in a medium-size mixing bowl and toss well to blend. Using a blender, 2 knives, or your fingertips, cut in the butter and the orange zest until the mixture resembles coarse crumbs.

Sprinkle the water, 1 Tbsp at a time, over the mixture and toss with a fork until the mixture can be gathered into a ball. Knead it once or twice, then flatten slightly. Cover the dough with plastic wrap and refrigerate for 30 minutes.

Meanwhile, preheat the oven to 350 degrees. Roll out chilled dough on a lightly floured surface to form an 11" circle. Transfer to a baking sheet. Sprinkle 3 Tbsp of confectioner's sugar over center of dough (9" circle in middle). Spread the rhubarb evenly over the sugar, then sprinkle on the remaining 2 Tbsp of confectioner's sugar. Top with the slivered orange zest. Fold up the edge of dough to cover the fruit slightly. Bake the galette until the crust is golden and the filling bubbles, about 40 minutes. Cool slightly before serving.

or you might like... **Ported Rhubarb**

A quick, easy recipe to serve over vanilla or strawberry ice cream, or as a tasty relish for turkey or ham. (disclaimer: we haven't actually tried this one out yet, but it sounds like a great excuse to go pick up a bottle of port)

- 1 lb rhubarb, cut into 1-2" pieces
- 1/2-3/4 cup sugar
- 1/2 cup ruby port
- zest of one orange

Preheat the oven to 350 degrees. Arrange the rhubarb in a baking dish large enough to hold it in a single layer. Sprinkle with sugar to taste. In a small bowl, mix the port and orange zest and drizzle over the rhubarb. Bake until the rhubarb is just tender when pierced with a knife, about 20 to 30 minutes. Serve chilled.



Strawberries are on their way

Thank you all for your support and for joining us this season! We're looking forward to sharing the harvest with you.
Your farmers, Trish and Jeremy