



Jeremy Smith and Trish Jenkins
287 Evans Lane, Spearfish, SD 57783
605-559-FARM (3276)
cyclefarmer@gmail.com
www.cyclefarm.net

Cycle Farm CSA Newsletter

Week 1 - June 20, 2013

Hello CSA friends, Happy summer!

We are so excited that you are joining us this year, our second year farming and our second CSA season! 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 also include a list of what's in your share and a recipe or some ideas on how to prepare your tasty treats.



This week's share

- 1 bunch radishes
- 1 bag of mixed mustards (arugula, red giant, golden frill, and ho mi-z)
- 1 bag of mixed lettuces (1/2 lb of carmona, cracoveinsis, jester, mascara, crisp mint, and flashy trout's back)
- Bok choi
- 1 bunch parsley
- 1 bunch garlic greens
- ... and a South Dakota Local Foods Directory!



Planting onions



Planting sweet potatoes

Coming into our second year of farming, there are a number of things we are feeling really positive about. Having the deer fence up around the field is saving our little tender things, the greenhouse has been a huge resource and time saver, and we so appreciated having an efficient irrigation system in place and ready to water as soon as the ditch came on. And the very best part has been already having an interested and supportive CSA community - returning members and new friends. Thank you everyone, we feel deeply grateful.

We have also had a number of challenges this spring. The biggest being the weather. Over the winter, when we were planning out the schedule of planting, we planned early season crops that would do well in hot/dry or cold/wet. However, we didn't plan for having 3 weeks of snow and not being able to get them planted. And the soil temperatures kept cool by snow and rain has delayed growth on crops we expected to be ready earlier. We are learning.

So please bear with us, this early share is quite meager, but things are growing! Just give us sunshine and time.

Here's a quick list of notable farm events from this past week. We caught a swarm of honey bees this weekend and we're very happy about having the additional pollinators on the farm. Early snap peas are flowering and setting fruit (something to look forward to next week!). Garlic are just starting to scape and winter squash are sprouting and look great. With the recent warming soil temperatures, we've planted sweet potatoes - 6 different varieties, including traditional orangy ones, but also white ones AND *purple* ones. We are working expeditiously to get beds ready for the popcorn (we're a little worried, we may be too late). We are making plans and crunching numbers for building a walk-in cooler. The *June drop* just started on the fruit trees. (This is when the fruit set is too great for the tree to adequately allocate resources for seed development, so the tree naturally drops a portion of fruit that won't mature over the season. In a few weeks, once the apples and pears have dropped what they're going to, we will go through and hand thin some more to remove noticeably diseased fruitlets and encourage larger fruit and a more healthy crop.) The lady guinea hen, Annette Henshaw, is setting on a clutch of eggs under one of the spruce trees. Jeremy is battling grass pollen allergies, the pollen is especially potent this year.

Mustard Greens!

Hoorah! Last year the flea beetles decimated our mustards - but not this year! Have you ever seen mustard greens SO STUNNING?! If mustard greens are unfamiliar to you, here are some ideas on how to enjoy them. Prepare to fall in love. They are zesty and oh-so peppery.

- toss them in with a stir-fly
- scramble them in with eggs for breakfast
- braise with garlic and olive oil, s & p (Trish's favorite)
- layer on a sandwich for crunch and kick
- saute with onions and add to beans and rice
- rip them up and toss them in with salad greens

Tell us how you what you come up with, we're always interested in new recipes and ideas.

There are a couple of upcoming events - mark your calendars! The Spearfish Farmer's Market in the Park is starting up this Saturday morning, from 9AM to noon. Stop by and see us, we'll be there with herb plants, honey, and lettuce. Also, we are having our first Weeding Party of the season - next Saturday, from 4-6:30PM. We'll provide snacks and something cool to drink. Hope you can come out and get your hands dirty - we appreciate the help and enjoy sharing the time with you.

ONE LAST THING: there is a bunch of radishes in the share this week. Please eat your radish greens! They are delicious (a bit spicy, like the mustards) and very good for you. You'll notice the leaves are speckled with holes, those are from the flea beetles. It's ok. Just eat around the holes.

Your farmers,
Trish and Jeremy



Trish and our friend John with a swarm



Annette Henshaw's clutch

