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Cycle Farm CSA Newsletter

Week 2 - June 25, 2015

This week's share

- 1 bunch radishes (Sora)
- 1/2 lb radish greens
- snow peas (2 1/4 oz Schweizer Riesen)
- snap peas (10 oz Sugar Ann and Cascadia)
- 1 bunch kale (~1 lb White Russian)
- herb bouquet (culinary sage, thyme, oregano)
- garlic scapes (Music)
- 1 bunch scallions (Evergreen Hardy Bunching)

Greetings friends,

Battered and blue, but chins up and hopeful!

The storm yesterday afternoon was the worst hail we've had since we started farming. We lost a full row of ready-to-harvest and soon coming lettuces and another of mustard greens. Peppers were hard hit and we lost 1/3 of our tomatoes. The majority of the plants in the field are still so young, we are hopeful that they won't be set back much, but instead use this experience as incentive to grow with added vigor - and afterall, the hail hit the weeds as well.

The hail has given us a whole new appreciation for diversity in planting - both in variety types and in timing. One of our garlic varieties has a less rigid stem and always looks droopy, we've found these guys fared better than the hip-high and robust variety that didn't hold up well at all. Similarly, the large-leaved varieties of mustards suffered a lot of damage, but our extra-frilly variety with thin, wispy leaves are somewhat more hail tolerant. Although we've lost the next few weeks of lettuce, we've been true to our succession planting schedule, so there's more coming(!) and even these battered plants may yield us a harvest of baby greens in a week or two. Other crops we are succession planting include beets, fall brassicas, scallions, asian greens, and mustards.

We'd like to share some quick thoughts on the storm and rougtimes, how these though events bring out differences in us and yet help us build a stronger working relationship. After the storm, Jeremy immediately put his boots on and headed out to see what can be gleaned, mumbling something about making lemonade. He counted remaining tomato plants. He mapped out (space and time) things to transplant and new succession plantings. On the other hand, I fussed about the beautiful lettuce, our CSA share tomorrow, the incredible waste of food and my broken heart. I hide from the gore and I attack the kitchen in a (much needed) cleaning fit, head out to flip the compost pile, and finally *then* I'm ready to start assessing the field. Jeremy hops readily into problem-solving, remedy-mode and I need some time to digest what's just happened before making decisions and acting. Collectively this works well, I temper his urge to immediately rip everything out before getting a full understanding of what might recover.



(60 lbs of lettuce) aw hail



It's hard and we're stressed, but if we're working towards building a resilient agricultural system, disturbance events are necessary. This refers to not just crops that can bounce back after disturbance, but also to our relationships and finances. Beyond just recovering, we want systems that get stronger as a result of the disturbance. Which is why paying attention to our differneces, appreciating and honoring how we handle situations differently, and supporting and encouraging each others' strengths in times of stress is so important.

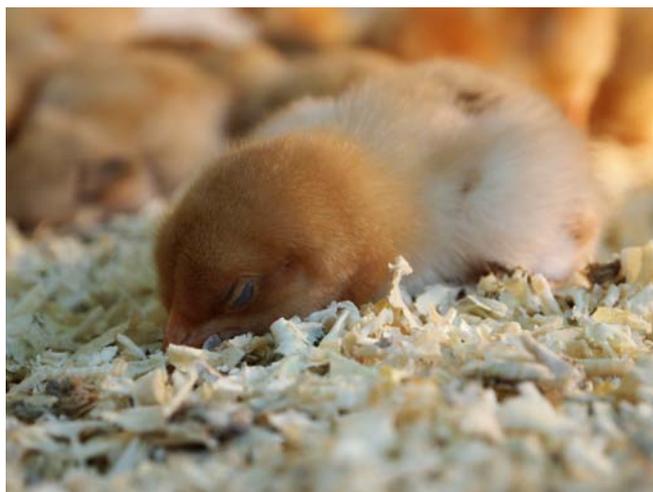
A few notes on radish greens - for best storage of radishes: remove the greens and store in a plastic bag in the crisper drawer in the fridge. Leaves tend to wilt if left attached to the radish roots.

Check out the Cycle Farm Kitchen CSA online cookbook for ideas on **radish green recipes**. And here are a few additional ideas:

- sauteed greens with butter and garlic scapes
- radish leaf pesto
- miso soup with greens and garlic scapes
- curried lentils (dal) and greens
- quiche with greens, garlic scapes and scallions
- lasagna with white sauce and greens



Pasqual enjoys a good chin scratch



oh sweet, exhausted chicks - we can relate



the farm stand is positively sparkly

Radish Greens Dal

- 2 cups chopped radish leaves, washed and finely chopped
- 1 cup red lentils
- 1 small onion, chopped
- 1 small tomato, chopped
- 2 green chiles, slit lengthwise
- 1/2 tsp finely chopped ginger
- 1/4 tsp ground turmeric
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- 1 tbsp olive oil (or butter or ghee)
- Salt to taste

Cook lentils (dal) in a covered pot, 1-1/2 cups water along with salt and turmeric powder.

Heat oil in a pan. Add mustard seeds. When mustard seeds pop, add cumin seeds. When cumin seeds start to crackle and slightly change color, add in the chopped onions, chopped ginger, and green chile. Saute until onions turn light brown in color. Then add in the chopped tomatoes and fry for a minute. Add the chopped radish leaves and salt.

Cover with a lid and cook on low heat for 2 minutes. Add the cooked lentils along with 1/2 cup water.

Let the lentils cook on a medium low flame for 4-5 minutes or until it reaches desired consistency. Remove from heat. Serve hot with rice, naan or roti.

Thanks, all, for your good thoughts and encouragement. It's hard to express the extent of our appreciation for this strong and supportive community. Thank you for investing in us and our farm, we're grateful to be sharing the season with you - the ups and the downs. Here's to more ups!

Eat well!
Your farmers,
Trish and Jeremy