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Cycle Farm CSA Newsletter

June 26, 2014

This week's share

- 1 bunch cilantro (Santo)
- 1 bunch bok choy (Prize)
- 1 bunch beet greens (Early Blood Turnip)
- 1 bunch mustard greens (Golden Frill)
- 1/2 lb lettuce (Australian Yellowleaf, Mascara, Grandpa Admire's)
- 1 bunch garlic scapes (Music)
- 1 bunch scallions (Evergreen Hardy)
- snap peas (Sugar Ann)
- strawberries!
- Pick-Your-Own herbs

Dear CSA friends,
 It's been a full week of long days putting out more transplants, filling in new seed trays with late summer/fall crops, and weeding. Always weeding. We are so enormously grateful for Abigail, our BHSU student intern, who has been coming out to the farm in the mornings and helping us out. Not only for the extra working hands, but for all the great conversation and commraderie. Please, when you feast on your summer's bounty, we would ask that you all raise you glass with us and salute Abigail and the BHSU sustainability intern program.

The field looks great these days. Tomatillos are standing tall, the okra and malabar spinach is close behind, soon to outpace. The basil and tomatoes are companion planted. We had rather poor germination on our shallots, but the few we got are strong and gorgeous. Our parsely for seed is flowering (this is parsely that overwintered, mega hardy). The kale grex seed pods are maturing.

We are urgently trying to keep pace with the weeds. But, it seems, we are out numbered. Rather than exhaust ourselves or admit defeat, we're throwing a weeding party! It's always more fun to face adversity with a band of friends! Come join us on Sunday evening, 4:30-6:30, for a work party and stay for a potluck and some live bluegrass music. Bring a dish to share and a lawn chair.

The share this week includes beet greens. We were aiming for beets, but they are maturing too slowly and we need to make room for cucumbers. Next week we should have actual *beets* in the share!

Also, HOLY SMOKES, *strawberries!* We planted these guys 2 years ago and this is our *very first harvest*. We are so outrageously tickled by this, we absolutely have to share the joy with you, our incredible CSA members. So please excuse the scantness - this is just the beginning of a glorious strawberry patch! HOOORAY!

And a quick note about the head lettuce - as you wash these, check for slugs. Ugh. We tried to get them all during our rinse, but undoubtedly...



Grass-fed and oh-so happy



Shallots!



Trish trellising tomatoes in the greenhouse

Oh joy, oh bliss! It's garlic scape season! If you are unfamiliar with garlic scapes, brace yourself - they are captivating. A scape is the flower stem of the hardneck garlic plant. We cut these off in order to help direct more energy towards growing the garlic bulb. The scapes are tender and wonderfully garlicky. You can saute them and use them in a stir-fry or grill them, chop them up and add them to scrambled eggs, or use as a pizza topping. This is a recipe from Deborah Madison's Vegetable Literacy.

Garlic Scape and Walnut Pesto

- 12 garlic scapes, thinly sliced (about 1 cup)
- 1/4 cup walnuts
- 1/4 cup walnut or olive oil
- 1/4 cup olive oil, or as needed
- Sea salt
- Parmesan cheese, for grating
- Freshly ground pepper

Put the scapes and walnuts in a food processor and pulse to break them up. With the motor running, gradually pour in the walnut and olive oils until the mixture is smooth, adding more oil if needed for a good consistency. Add 1/2 tsp salt, then the cheese, and pepper to taste. Use immediately or cover and refrigerate for up to a week.

Beet greens, this week. Beets, the next!

These greens are from a row of beets we had planted in the greenhouse early this spring. We thought we had the timing right, that they would bulb up before our cucumbers were in and growing. We thought incorrectly. The cucumbers are in, they are up, and they need room - so out come the beets. We've still got a row of good, bulbing beets that we'll harvest next week, so consider this just a sneak peek. We've been enjoying beet greens this spring; as we thin the rows we save the thinned beets and typically roast them as beet green chips - just like you would kale chips. They have a bright, sweet, beety flavor, you might also enjoy them in a refreshing, raw, and chunchy salad.

Beet Greens Salad with Parsley, Lovage, and Mint

- 1 bunch beet greens
- 2 Tbsp chopped parsley
- 2 Tbsp chopped lovage
- 2 Tbsp chopped mint
- sea salt and freshly ground pepper
- zest and juice of 1 lemon
- 1-2 Tbsp olive oil

Julienne the beet greens (cut into thin strips), stems included. Toss with the chopped herbs and 1/2 tsp of salt. Add 1 Tbsp lemon juice, the zest, and just enough oil to coat the greens lightly. Season with pepper and chill before serving if time allows.



Abigail, our rockstar BHSU student intern, a smile, and a bucket full of scapes



We're handing out DRA South Dakota Local Foods Directories this week, with the share. If you are excited about incorporating even MORE local foods in your menu, come out to the Farmers Market in the park on Saturday mornings, 9AM to noon. We'll be there, come meet our farmer friends and see what else is growing locally!

Happy feasting!
Your farmers,
Trish and Jeremy

We're taking herb starts to the Farmers Market - stop by and see us on Saturday mornings!