



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 2 - June 27, 2013

## This week's share

1 bunch radishes (small)  
snap peas (Sugar Ann)  
1 bag spinach (Bloomsdale  
Longstanding)  
1 bunch parsley (Survivor Italian)  
garlic scapes (Chesnok Red)  
alfalfa sprouts  
Honey

Dear CSA friends,

Oh hail.

This past Sunday, we got a deluge of ping-pong ball sized hail stones. We ran back to the house as the first rain started, and tucked inside. From inside we watched out the windows as the house sounded like it was under fire, helpless. So incredibly vulnerable. The crops fared alright. We lost a number of plants, but no one crop was completely wiped out. Big leafy greens took a beating. Garlic, tomatoes, peas - they all look pretty battered. While we're feeling exceedingly grateful that we didn't get hit harder, we are now feeling even more stressed and disappointed with the harvest for our CSA shares.  
coming weeks!

We've been set back a bit, so this week we don't have lettuce or braising greens for the shares. You'll notice the spinach is a little beat up, as are the snap peas. The snap pea harvest was a fair amount less than we anticipated, the west side of the trellising was pummeled pretty badly. Good news: there are still lots of flowers and there should be new growth and fruit set in the coming weeks!

In order to help beef up the basket this week - we are trying something new - SPROUTS! Shortly after the hail and assessing the damage, Jeremy got a bunch of seeds soaking. We've only done sprouts on a home/ball-jar-by-the-kitchen-window-scale. It's been great fun having flats full of these little ones, you really *can* watch them grow. They've done wonders for rebuilding our confidence.

Farm happenings this week: There has been a fair amount of reconstruction and rehab after the hail storm on Sunday. Several tomato plants are now perched on crutches or sporting braces. Nearly an entire row of new radishes and our second set of baby bok choy decided they've had enough and have bolted (already?!). Marcus has been over helping out with the trellising hops - which have now reached the top cable and are already vining back down. Annette Hanshaw is still setting on her clutch under the spruce tree. We checked in on the bees. The new hive, Pygmalion, is doing SO WELL. They are filling in the hive with new comb loaded with pollen and nectar. Lolita is doing less well, the queen is not laying well and the hive numbers have fallen significantly. We may try and re-queen this hive. Popcorn rows are in and growing. And weeding, we are constantly weeding.



holy smokes



garlic scapes



mottled java says "hails bells"



A bumblebee on asparagus flowers



Mason bee



Mason bee nests

Last week, we mentioned catching a swarm of honeybees from a friend's yard in town. On Tuesday, we checked in on the new hive to make sure that the queen was laying well and that everything inside seemed ok. We were thrilled to find that the hive had already built seven full combs with brand new bright white beeswax and the bees were working on two more. To celebrate, we've included some honey from last summer's hives in the share this week.

However, the honeybees are not the only pollinators we're excited about. On the farm there are many native pollinators and we are actively working to create/improve habitat for others. These pollinators include the well-known bumble bee as well as orchard, mason, and leafcutter bees, and some flies, moths and butterflies. We are planting a diversity of flowers to provide season-long food sources and intentionally leaving undisturbed areas along the margin of our field for nesting sites. The holes we drilled for mason bee nesting are already being capped over with mud - suggesting there are baby bees inside.

Different pollinator species have different preferences for time of day to feed, weather, favorite flower type, etc. Having a diversity of pollinators around the farm helps encourage a good fruit-set and is one way we are building a resilient farm system.

### **GARLIC SCAPES!**

What a treat, we hope you enjoy these as much as we do. A garlic scape is the flower bud of a hardneck garlic plant. DELICIOUS, a bit more mild than garlic-garlic. We enjoy eating scapes with just about everything. We will fry them up with scrambled eggs, grill them whole, on pizza, or toss them in with pasta sauce or stir-fried vegetables. Also scape pesto or hummus. We've also pickled garlic scapes. To prepare, trim off the flower end (it tends to be stringy) and dice them up like you do other alliums, 1/8" to 1/4" pieces. Scapes generally store well in a plastic bag in the fridge.

Here is a recipe for garlic scape pesto you might enjoy on a sandwich, with crackers, or on bruschetta or pizza.

1 cup garlic scapes (8 or 9 scapes), top flowery part removed, cut into 1/4-inch slices

1/3 cup walnuts

3/4 cup olive oil

1/4 to 1/2 cup grated Parmesan cheese

1/2 teaspoon salt, or to taste

Ground black pepper

Here's what to do

Place the scapes and walnuts in the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in the oil and process until integrated. With a rubber spatula, scoop the pesto out of the bowl and into a mixing bowl. Add Parmigiano-Reggiano and salt and pepper to taste. Keeps for up to one week in an airtight container in the refrigerator. Also freezes well; add the cheese after the pesto has thawed.

Your farmers,  
Trish and Jeremy