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# Cycle Farm CSA Newsletter

Week 2- June 28, 2012

## This week's share

- 1/4 lb snap peas (Sugar snap select, Cascadia, Sugar magnolia, Opal creek)
- 1 bag mixed lettuce (See list below)
- 4 heads lettuce (Flashy trouts back)
- 1 bunch garlic scapes
- 1 bunch green onions
- 3 bok choi (Prize)
- 2 head Napa cabbage (Nozaki early)
- 1 bunch chard (Fordhook giant)

Oh the heat and hail! We've been on our toes this week making sure things are getting water, nervously checking for bolting cabbages and lettuce. Feeling grateful for the rain on Sunday, but we could have gone without the bonus hail.

With the help of a whole lot of icewater and some shade breaks, we got a lot accomplished this week. The tomatoes are weeded and we finished transplanting the basil out into the tomato beds. The pole beans and scarlet runners have a fancy new trellis to climb. The greenhouse footings are getting leveled and ready for construction. The garlic have been harvested, sorted, and hung to cure. We have continued plumbing work on the new irrigation system, now we're just waiting for the filter which has been on backorder. *And* we checked in on the bees; they are doing great, building comb like mad - there may even be honey for us this year!



## *A bit about our lettuce...*

Despite the heat, the lettuce are in top form. We have several varieties of loose leaf and head lettuce growing this year. The lettuce rows are positively magical. Jeremy spent a fair amount of time this winter pouring over the seed catalogs. Having never grown here before, we wanted a diversity of varieties to see which would produce best in this area. We also want to see which work best for filling CSA shares and taking to market. Which do we prefer in terms of harvesting, washing, tasting? We ended up with a pretty thorough selection of lettuce varieties: color (green, red and mixed), type (loose leaf, butter head, head, and cos), and leaf shape (oak leaf, ruffled, frilled, smooth). With such diversity, we're beginning to identify favorites. Some varieties are doing beautifully, like the Grandpa Admires from last week's share. While the more delicate varieties are not bearing the heat and hail as well, perhaps they will be a better fall lettuce.

All of our lettuces are open-pollinated, both heirloom varieties as well as brand new releases. We'll go into more detail as to why this is important to us in a future CSA newsletter. The short version is that can save seed from the varieties that perform best here and thereby improve our lettuce over time.

We are excited to be bringing a diverse range of salad greens to Spearfish this season. It's important to love your lettuce. A salad shouldn't be a chore. Lettuce is a delicious treasure in and of itself, it is not just a vector for salad dressing. Let us know what your favorites are!

Napa cabbage, also called Chinese cabbage, is an Asian green commonly used in making kim chi - a tasty Korean sourkraut. The leaves can be used as wraps for spring rolls or steamed dumplings, or added to a soup or stir fry. Here is a recipe for a cool, refreshing napa slaw.

### **Napa Cabbage Slaw with Cilantro Dressing**

1/4 cup rice vinegar (or apple cider vinegar)  
2 teaspoons sugar, or honey  
1 teaspoon fresh, grated ginger  
2 tablespoons olive oil  
1 fresh serrano (or jalapeno) chile, finely chopped, with seeds  
1 small head Napa cabbage, cored and cut crosswise into 1/2-inch slices  
2-3 green onions, sliced  
1/2 cup coarsely chopped cilantro  
pinch of salt and juice from a lime

Whisk together vinegar, sugar, ginger, oil, chile, and salt and lime juice. Add remaining ingredients and toss well. Let stand for a few minutes, tossing occasionally. Serve with rice noodles or enjoy on its own!



Trellises are up and beans are climbing.



Eggplants are hail-kissed, but happy.

A few technical details: we would love to re-use rubberbands for bunching things, if you can help save and return them to the farm each week, that will help us a lot. However, it is not feasible for us to wash and re-use the plastic bags each week. Instead of using plastic bags, we are working on making muslin produce sacks. If anyone has spare time, a sewing machine, and is willing to sew, we have the fabric and would appreciate the help!

Also you'll notice this week's share is a bit heavy on the Asian greens. We had originally planned to include the bok choy and Napa cabbage over separate weeks. But with the heat, some started to bolt indicating they were both ready to harvest now in order to be edible and enjoyable. This makes us a little nervous about filling baskets next week. However, one of the beauties of a CSA is being tied to the season more than if you were shopping at a supermarket. It is becoming too hot for early season vegetables (i.e. spinach, radishes), but it's still too early for the summer harvest (i.e. squash, tomatoes). As farmers we are excited to try and figure out how to time plantings in order to allow a cushion for weather and provide a continuous supply of mixed vegetables throughout the season.

We hope you all are able to stay cool - happy eating.

Your farmers,  
Trish and Jeremy