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Cycle Farm CSA Newsletter

Week 1 - June 9, 2016

This week's share

1/4 lb mixed lettuce

10 oz braising greens mix (kale, mustard, beet greens)

napa cabbage (Nozaki Early) *or* 1 bunch beets (Early Wonder)

1 bunch radishes (Sora, French Breakfast)

4 green garlic

1 bunch scallions (Evergreen Hardy Bunching)

Greetings CSA friends, happy and hot tidings from the farm!

We are launching full speed ahead -without breaks, no brakes!- into our 5th season growing and we are so excited that you are joining us this year. Each week, we'll post a blog update and newsletter online, including a list of what's in the week's share, an update as to happenings on the farm, and some recipe ideas on how to prepare your vegetables. There are also several good, tried and true recipes on our special CSA Cook Book website: <https://cyclefarmkitchen.wordpress.com/> We hope you'll check it out and consider sharing some of your favorite recipes too.

It's been a surprisingly productive spring on the farm, with bountiful harvests of greens from the field tunnel and the greenhouse. We've been able to take things to local restaurants and stock our farmstand market since the beginning of April. Now that the CSA season has begun, harvest priority has shifted to filling our weekly CSA shares. Excess or produce with too small of quantity to make it into the shares will be distributed through other markets. We have tried to plan for excess produce, so hopefully you will continue to find our vegetables available at local restaurants throughout the summer.

There are just a few logistical things we'd like to share with you about the CSA shares and pick-up.

Washing vegetables. We work hard to make sure the vegetables you receive in your share are rinsed, trimmed and ready for you to put away in your kitchen or fix up for dinner. We suggest that you rinse and look things over again before preparing a meal, as you might find something we missed. And it just might be a slug. Or a spider.

Bugs. You will notice the napa cabbage leaves in this week's share are... lacy. This is the work of a bazzillion slugs. We do try to manage for pests through hand picking them, diatomaceous earth, maintaining healthy soil biology and encouraging beneficial insects with forage and habitat. However sometimes we feel a little out numbered.

A bag. Please bring a bag or box with you on Thursday evenings to pick up your share with. We will try and have extras on hand as well.

Parking. We put in a couple of parking spots at the farm stand. If those are occupied, there is additional space in the driveway up by the house. We have been asked to not have cars parked along Evans Lane. Thank you for your help with this! Also: there is plenty of bicycle parking available. In fact, we are going to bake a pie for whoever rides their bike most frequently to the farm for pick-up.

If you can't make it. If you are going to be out of town, please ask a friend or family member to come pick up your share for you. Or give us a call ahead of time and we'll arrange another time to connect with you.

Thank you for your support, we're looking forward to sharing the summer with you.
Your farmers,
Trish and Jeremy

A few recipe ideas:

Napa cabbage - chop and stir fry on high heat with sesame oil, minced green garlic, ginger and crushed chiles.

Braising greens mix - chop and saute with diced bacon.

Scallions - toss with oil, season (garlic powder, salt and pepper, chile powder, Bragg's, etc) and grill on a hot bbq for a great side with burgers or brats.

Green garlic - tender, but with a bite! use these the same way you would the scallions.