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# Cycle Farm CSA Newsletter Preseason teaser! - May 30, 2014

## This week's share

- 1lb bok choy (Prize)
- 3/4lb turnip greens
- 1/2lb lettuce (Jester, Australian Yellowleaf, Crisp Mint)
- 1 bunch cilantro (Santo)
- 1 bunch scallions (Evergreen Hardy)
- tarragon



Extra early share!

Dear CSA friends,

Surprise! The bok choy we had planned to be ready for our first CSA share, mid June, has decided it's ready for dinner NOW. So here we are with an early teaser share. Sometimes (often times) we don't make the schedule, we just oblige.

We're off to a good start this spring. The soil is gorgeous, the weeds are spirited, the starts are strong. We're trying to stay on top of prepping beds and transplanting - it's a rush, but it's going smoother than last year at this time. Tomatoes head out this next week.

We've had great help out on the farm this spring, friends, family, workcrews from SDSU and BHSU, and a BHSU summer intern! Cob construction is getting done in the greenhouse and we're learning how to use the space more efficiently.

There are 50 young chickens (just about 3 weeks old) that are about to leave their cozy brooder for life on pasture in the orchard. They'll be rotated following the lambs. The lambs are weaned and now enjoying a full and varied grass and greens buffet. The laying hens have been very tolerant of the lambs trying to raid their coop and hogging all the good shade spots under the trees.



Jeremy loaded with starts headed out to transplant



Planting ginger in the greenhouse

Garlicky Bok Choy - so very simple.

1Tbs olive oil (or coconut, peanut, sesame, butter, bacon grease... whatever you're into)  
2 cloves of garlic, chopped  
1 shallot, chopped (or use a scallion from this week's share!)  
1 lb bok choy, rinsed and cut into 3-4" pieces  
1 Tbs soy sauce

Heat oil in a large skillet or wok over medium-high heat. Add garlic and shallot/scallion and cook, stirring, until fragrant, about 30 seconds. Add bok choy, soy sauce, and 2 Tbsp. water and cover immediately. Cook 1 minute. Uncover and toss, then cover and cook until bok choy is tender at the core, about 3 more minutes.

Asian Slaw - this works well served as a cold salad over lettuce, or cooked together with noodles or rice, adding tofu or cooked shredded chicken. This recipe is from the Tucson CSA recipe collection.

1 head bok choy, shredded  
¼ head purple or green cabbage, shredded  
3-4 green onions, sliced  
1 orange (or other citrus) sliced into segments

Mix vegetables and toss together with one of the following dressings:

Peanut Ginger Dressing	Sesame Soy Dressing
2 Tbs peanut butter	1/8 teaspoon dry mustard
1" piece fresh ginger, grated	1 tsp sugar
¼ cup orange juice	1 Tbs rice wine vinegar
1 Tbs rice wine vinegar	1 Tbs soy sauce
1 Tbs soy sauce	1 Tbs oil
	1 tsp toasted sesame oil
	1 tsp chili sauce

If tarragon is new for you, here are some ideas to work with... tarragon is the French 'King of Herbs', you'd recognize it as the seasoning in those fancy Frenchy saucy bearnaise and hollandaise dishes. It's a great herb for blending into vinaigrettes and other dressings. Add it to white beans as a soup or salad. Dice it up and decorate your eggs with it. Decorate your salad with it. Hold on! Add it to your favorite egg salad recipe!

Here's a tip from Deborah Madison: if you are cooking with tarragon, it's best to add it at the end rather than the beginning as the oils are volatile and quick to dissipate in the heat.

Here's something to look forward to: we just found a recipe for Blackberry Tarragon Paletas (Mexican icepops). Sounds pretty smart. We might not be growing blackberries, but the chokecherries are all in bloom. We've just added Chokecherry tarragon sorbet to the to-do list.



Trish and Abigail preparing bunches of greens for the CSA shares



Many hands make for fun, muddy work cobbing in the greenhouse.

Thank you all for your incredible support and enthusiasm. We're looking forward to another good year and we're so very honored to be growing food for you this season!

Eat well.  
Your farmers,  
Jeremy and Trish