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Cycle Farm CSA Newsletter

Week 18 - October 15, 2015

This week's share

- 3 lbs potatoes (French Fingerling)
- 4 leeks (>1 lb, King Richard)
- ½ lb lettuce (Sucrine, Kalura, Jericho, Outredgeous, Mascara)
- 1 bunch rainbow chard (½ lb, Better Beta Mix)
- 2 oz basil (Genovese)
- 2 sweet peppers (Frank's, Sweet Chocolate, Jimmy Nardello, Gypsy Queen and/or Orange Bell)
- ¼ lb shishito peppers
- 1¾ lb tomatoes
- 1 bunch scallions (Evergreen Hardy Bunching)
- cucumbers (as many as you would like!, Shintokiwa)



Shishito peppers - saute these in a skillet with a bit of olive oil. cook until blistered, serve with salt, eat whole. Scrumptious.

Dear CSA members,

Week 18, where did the summer go?! Ordinarily we would be writing this *last newsletter* with a heavy heart, however, our extended season has gifted us with a bounty of food still ready to come out of the field, this means we'll have an additional BONUS WEEK! YIPPEE! We did get our first frost last night - it came unexpected, the forecast was for 43 degrees, but at 6:30 this morning the thermometer read 32. Eep! Nothing was covered. Our field basil is toast. But don't you worry, there's still basil growing strong in the greenhouse and some things just get sweeter with the cold temperatures - cabbage, kale, and green tomatoes - so many green tomatoes! Our first frost always feels bittersweet, this year it feels a bit thicker on the sweet than bitter. With frost comes a real visible transition on the farm. We're able to pull out clearly expired plants - like zucchini and cukes - that we just haven't yet developed the self-discipline to have ripped out weeks ago, when the math flipped to more time spent harvesting dregs than value of their yield. With frost, we get to do a final round of weeding and ready our beds for winter under a fresh load of compost and straw mulch. Our time to tuck in beds has come and we are scurrying.



L to R: chard, cucumbers, eggplant and peppers, more peppers; our first frost came by surprise last night; feeling thankful for this tunnel.



Leeks are one of the first things planted outside, as ultra thin whips, 6" deep in the soil - possibly Trish's least favorite things to plant, most favorite to eat.

Thoughts on frost, continued...

The late frost this year has been pretty marvelous: we've been able to get harvest from crops we had nearly ruled out (with the exceptionally cool, wet spring and mid season hail, so many crops, namely peppers, eggplants, tomatoes, we're set back). Conversely, it makes our late fall planning and field winter prep a bit more complicated. It's hard to make plans for planting schedule and harvest when first frost date can be anywhere from mid-September to mid-October.

A few things about vegetables in the share this week:

The potatoes are a variety called French Fingerling. You've seen these in the shares before. These delectable beauties ranked highest in our taste test flight during Saturday's Harvest Party celebration. Tied for best flavor and texture profile with the irresistible, ever-favored German Butterball.

The lettuce spent the evening uncovered and did not fare well. The bags in the share this week are salvaged from what made it. For this reason, we suggest eating this up sooner rather than later (we've heard reports of our lettuce keeping well for 3+ weeks!).

We spent the afternoon, and will finish up tonight, pulling green tomatoes in from the field. These will set aside until next week. Study up: we'll quiz you on clever ways to use green tomatoes. Chutney, salsa, pie, batter fried...

And leeks! SO GOOD. Use (eat) the white portion and save the greens to add to a vegetable or chicken stock. Some ideas for how to use your leeks - try them braised with whole/halved tomatoes and served with fresh basil and parmesan. Of course, potato leek soup. Leeks 1/2ed lengthwise, schmearred with butter, sprinkled with just a teensey bit of sugar and broiled until carmelized and crazy delicious. Sliced thin along with potatoes and served up on a pizza, with bacon and sage. A leek frittata or quiche.

Thanks for a good season, all. We're looking forward to seeing you all (all 1/2 share members included) for our SUPER SPECIAL BONUS CSA share next Thursday, from 4-7PM.

Cheers and merry feasting! Your farmers, Trish and Jeremy



Such profound gratitude for these handsome fuzzy fellows! We've enjoyed spending the summer with our eager, cheery, always hungry and hard working Pasture Management Committee. From the very bottom of our hearts, thank you, Ysidro, Ambrose and Pasqual.



Kale diversity display (7 varieties!), flight of potatoes, and roasted and raw garlic taste testing. We enjoyed spending time with everyone who came out to the Harvest Party celebration on Saturday. Thank you all for your support this season - you make this all possible.