



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 16 - October 1, 2015

## This week's share

- 1 bunch kale (Red Russian)
- ¾ lb plums
- 1 bunch scallions (Evergreen Hardy Bunching)
- 2 peppers (Gypsy Queen and Jalapeno)
- 1 ¾ lb tomatoes
- 2 oz basil (Genovese)
- 1 bunch carrots (St Valery)
- 10 oz lettuce (Jester, heads)
- 2 heads garlic (Chesnok Red)
- cucumbers (as many as you would like, Shintokiwa)
- summer squash (as many as you would like, yellow crookneck, Mutabile, Costata Romanesco)

Dear CSA members,  
Plums! When we first moved in, we were advised: "wait until frost to pick these plums, then they'll be sweet." Well, friends, frost is running tardy this season, the birds are starting to hit them, and we think they are plenty sweet enough - Enjoy!  
This week we've been out collecting strawbales from a field in the shadow of Bear Butte. We are jazzed about this - tucking in beds for winter, mulch for next year, it's an important ingredient in our no-till bed management, and we're so grateful to have found a source for chemical free oat straw. Also! One of our field tunnels is nearly completely covered. We've been learning the fine finesse of wiggle wire, stretching plastic, and communication under stress. We took a haul of cucumbers to the food bank. And there are currently 13 (*thirteen!*) different varieties of tomatoes, in various states of seed-saving occupying our kitchen/dining/living table; we are breathing fruitflies. It's gross. And glorious.

collecting mulch for next year's beds; Jeremy exhibits head lettuce; covering the tunnels



found a special friend while pulling carrots this morning; shepherd and his lambs; taking a haul of cucumbers to the Spearfish Community Food Pantry.

**Grilled Kale Salad With Ricotta And Plums** ok, ok, disclaimer, we haven't done this yet, but it sure does seem like a smart thing to do: crispy-charred-cooked kale, creamy ricotta, sweet-sour balsamic and PLUMS?! Yes please. This recipe was modified from a Bon Appetit (July 2012).

4 tablespoons extra-virgin olive oil, divided  
3 tablespoons balsamic vinegar  
2 teaspoons chopped fresh thyme  
1 teaspoon honey

Kosher salt, freshly ground pepper  
a handful of small plums, halved, pitted  
1 bunch kale leaves  
3/4 cup fresh ricotta

Whisk 3 Tbsp. oil, vinegar, thyme, and honey in a medium bowl. Season vinaigrette to taste with salt and pepper. Add plums and toss to coat; transfer plums to a plate.

Build a medium-hot fire in a charcoal grill, or heat a gas grill to high. Brush kale leaves with remaining 1 Tbsp. oil; season with salt. Grill kale, turning once, until crispy and charred at edges, about 2 minutes. Transfer to a work surface; let stand until cool enough to handle. Remove large center stems with a knife and discard (just trim the tough ends from smaller, more tender kale stems).

Divide ricotta among plates; season with salt and pepper. Stir vinaigrette again. Tear larger kale leaves into pieces (leave smaller leaves whole). Place leaves in a large bowl and toss with some of the vinaigrette. Divide leaves among plates. Top with plums and drizzle some vinaigrette over.



plums! Happy fruits of fall!



October pretty things: cosmos blooming at the farmstand, dew on a spiderweb in the oat field

The lambs are on a 3x a day scoot-cycle as the fall forage has waned and their appetites have swollen. The last chicken tractor is making its final passes through the orchard ; these birds will be slaughtered on Sunday. *And* we saw a *praying mantis* this morning while pulling carrots! Praying mantis are voracious predators, they eat everything - both pest insects as well as our beneficials, lacewings, ladybug larvae, etc. We're excited about having them in the garden because top-tier predators are indicators of really healthy ecosystems. It means we're doing a good job as farmers, stewarding a healthy soil and biologic community. YEAH!

A special thank you to everyone who was able to make it out for our work party on Sunday! Beds are ready for garlic in a couple weeks and pert-near a full trailer-load of strawbales was unloaded and wheeled back to the far beds. We really enjoyed spending the evening with you all and it really means the world to us that you all would spend time - from your ultra busy schedules - out here working with us. Thank you.

Coming up! We have two more weeks of CSA harvests. Looking at the field and depending on what weather brings us, we think we may extend the season an additional week - we'll keep you posted. This Wednesday, October 7, we're hosting a FERMENTATION WORKSHOP on the farm, taught by fermenter extraordinaire and CSA member, Cis Rongstad. Space is limited for this so sign up immediately! And Saturday, October 10th, from 2-4:30 is our Celebration of the Harvest party. Hope to see you on the farm.

Eat well, be well!

With thanks, your farmers,  
Trish and Jeremy