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Cycle Farm CSA Newsletter *Bonus Week 19 - October 22, 2015*

This week's bonus share

5 lbs potatoes (German Butterball)
2 lbs parsnips (Turga)
1 big bunch carrots (St. Valery)
1½ lb tomatoes
1½ lb green tomatoes
1 bunch kale (¾ lb braising mix; Dinosaur, Rainbow Dinosaur, Bare Necessities, White Russian, Red Russian, Mu's Blue, and Western Front)
1 bunch chives
1 bunch scallions (Evergreen Hardy Bunching)
3 heads garlic (Music)

...and for ½ share members

3 lbs potatoes (German Butterball)
1 lb parsnips (Turga)
1 bunch carrots (St. Valery)
1½ lb tomatoes
1½ lb green tomatoes
1 bunch kale (½ lb, braising mix; Dinosaur, Rainbow Dinosaur, Bare Necessities, White Russian, Red Russian, Mu's Blue, and Western Front)
1 bunch chives
1 bunch scallions (Evergreen Hardy Bunching)
3 heads garlic (Music)

Dear CSA members,

What an amazing finale - *ENCORE!* - to the season! Heaps and brimming baskets full of fall roots. These parsnips and carrots will store well in the fridge. Cut off the carrot greens, wrap the roots (both carrots and parsnips) in a paper towel (to wick away any trapped moisture) and store in a plastic bag in the bottom drawer of the fridge, they should keep 3-4 weeks. Use the carrot tops to make soup, or pesto, or - a special CSA member recommendation - carrot tops make favored pet guinea pig treats. If parsnips are new to you, consider them just as you would carrots. You can prepare them similarly: boiled, steamed, sauteed, roasted, or braised. Try them mashed up along with potatoes or grate them raw and use them in batter for baked goods, parsnip cake or spiced parsnip muffins. We're especially excited about parsnips as this is the *very first time* we've had them in the shares. Previous attempts at growing parsnips were always foiled by voracious gophers. On the farm this week: with the help of good friends with stong backs, we were able to move one of our field tunnels over and anchor it in place - to keep pace with our crop rotation for next year. Thanks MB, Greg, Randi and Dave!

We started on our garlic planting - 500 cloves down, 3500 more to go. This process is going to take some time as the bed prep is significant. The amount of work that needs to get done and the amount of time we have has us in some heated conversation about using a tiller. Several more beds have been tucked in for winter. We're getting food put up, up, up. And we slaughtered the lambs on Saturday.

Thank you all for joining us as CSA members and sharing the season with us. It's been a joy getting to know you and your families and we appreciate having the chance to be a part of your meals each week. There is something profoundly rewarding and seemingly magical about knowing there is a whole beautiful community of farm friends who are feasting 'together' on meals from the farm all summer long. Thank you for supporting local, organic agriculture, for supporting our little farm, for allowing us to do what we love.

We hope you enjoyed the season! Hugs and gratitude from your farmers,
Jeremy and Trish



Power rinsing the parsnips. They sure do clean up nicely.

Parsnip and potato soup with crisp diced bacon

This is a recipe modified from Diane Morgan's *Roots*, perfect cool-weather comfort food. With or without the bacon, delicious.

3 sprigs of thyme, parsley, sage, whatever you happen to have on hand

2 bay leaves

4 Tbsp unsalted butter

1 large onion, or 2-3 scallions, chopped

1 1/2 lbs parsnips, cut into 1" chunks (peel if you prefer)

1 lb potatoes, cut into 1" chunks

1/4 c dry white wine or sherry

6 cups homemade chicken stock

1 cup heavy whipping cream, or whole milk

sea salt and fresh ground black pepper

5 slices of bacon, cut into 1/2" pieces

Melt butter in a large stock pot over med-low heat. Add onions, cover, cook, stirring occasionally, until the onions are soft, but not browned, about eight minutes. Add parsnips and potatoes and cook, stirring constantly until well coated with butter, about two minutes. Add the sherry, raise the heat to medium-high and saute the vegetables, stirring occasionally, until most of the liquid has evaporated. Add the stock and the herbs (you can slip the herbs into a little bit of cheese cloth so they are easy to remove, or you can decide not to fuss with it). Bring to a boil, then reduce the heat to simmer, partially covered until the vegetables are fork soft, soft enough to puree (about 30 minutes). Process the soup either in batches using a blender, or using an immersion blender/boat motor tool (if your herbs are in cheese cloth, remove before blending). Return the pureed soup to the pot/stove, over low heat, add cream. Don't boil the soup, just heat it until steaming and serve with crumbly bits of crispy bacon as a garnish.



So happy, even the carrots are dancing; congratulations and big high-fives to John and Rebecca Williams for winning our "Bike to CSA" contest - riding to the farm to pick up their vegetables each week for 19 weeks!; and breaking garlic to get ready for planting, thanks for your help, company and conversation, Greg!

Parsnip custard (!?) yes, you read this right. Another something amazing from Deborah Madison's *Vegetable Literacy* - modified a smidge.

1 1/2 lbs parsnips

sea salt

1 1/2 cups buttermilk, milk, or half-and-half

1/2 cup loosely packed dark brown sugar

2 whole eggs and 1 egg yolk

3/4 tsp ground cardamom

1/4 tsp cinnamon

1/4 tsp ground nutmeg

1 tsp vanilla extract

1/2 cup heavy cream

Heat oven to 325°F. Peel and chop parsnips and measure 3 cups. Put them in a sauce pan, add water to cover and a few pinches of salt, and bring to a boil. Lower the heat to a simmer and cook until the parsnips are soft enough to mash, 15-20 minutes. Test with paring knife to make sure they are soft. Drain the parsnips and then return them to the pot for a few minutes to dry in the residual heat. Transfer to a blender or food processor add the buttermilk, sugar, whole eggs and egg yolk, 1/2 teaspoon of the cardamom, nutmeg and cinnamon and vanilla extract. Blend or pulse until very smooth. Divide mixture evenly amongst six 1/2-cup ramekins. Place the ramekins in a baking pan and fill the pan half way with near-boiling water. Bake in oven until set and lightly puffed, about 45 minutes. Remove the ramekins from the water bath and serve immediately or allow to cool and chill before serving. Whip the heavy cream along with the remaining 1/4 teaspoon of cardamom until soft peaks form. Serve each ramekin with a dollop of whipped cream and a pinch of ground cardamom.