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Cycle Farm CSA Newsletter

Week 17 - October 8, 2015

This week's share

- 4 lbs potatoes (Yukon Gem and Yukon Gold)
- ½ lb lettuce (Flashy Trout's Back, Red Butter Romaine, Mascara, Jericho, Outredgeous, Kalura)
- 1 bunch kale (½ lb Lacinato, Dinosaur)
- 1 cabbage (1½-2 lb Donator)
- 1 onion (Dakota Tears)
- 1 lb tomatoes
- 1 bunch scallions (Evergreen Hardy Bunching)
- cucumbers (as many as you would like, Shintokiwa)
- summer squash (as many as you would like, Mutabile, Costata Romanesco)
- thyme and sage



rye seeded and tucked in for winter

Dear CSA members,

A wet rainy morning harvest has us thinking about colcannon (potatoes and cabbage and cream) and kale potato barley soup - a hot bowl to warm our cold, wet finger tips.

We completed our final pastured poultry slaughter on Sunday morning, thanks to all our customers - we sold out. We unloaded another trailer of straw bales in the back field, at the same time testing Jeremy's trailer reverse skills. Turns out Jeremy is a bodhisattva of the trailer. It's beautiful to watch him navigate the rough terrain in the narrows behind the greenhouse, avoiding chickens and plum trees with grace. We finished clearing out the potato beds, seeding in a rye covercrop and spreading out straw mulch. The rye should germinate quickly, before the ground freezes then sit dormant until spring when it will come back with strong growth and out compete weeds. It should grow a couple feet tall by the end of May at which point we'll mow it in place and use it as a mulch for next season's winter squash.

The first of our 2 tunnels is fully covered! Oh wow - our chard, cucumbers, eggplant and peppers are basking in warmth now. It really does transport you. Walk through the scissor doors on a cold, wet morning and you can practically smell the curry spices and feel the warm breeze off the Andaman.

On Wednesday night we hosted a krauting workshop led by our friend and comrade in krauting, Cis Rongstad. We learned heaps and are so appreciative of Cis sharing her experience and knowledge on the chemistry, biology and good flavors of kraut.

We're really looking forward to our Harvest Party celebration is this Saturday, 2:00PM. We'll have the grill going with farm feasting, a garlic tasting, and a flight of 7 varieties of potatoes to sample. A farm tour will be at 2:30. Everyone is welcome, please bring your friends and family!



leek scapes are spouting. it's been too wet for our leek seed



collecting cabbages in the rain



A view of the field from on the tip top of a tall truck-load of strawbales

Colcannon is a traditional Irish creamy mashed potatoes and cabbage dish. My impression is that colcannon is like succotash or ratatouille in that the recipe is more of a general theme than a rule, it may be specific to how your mother does it, or flexible to what you have available. Some recipes are strict with the cabbage, we suggest trying this out with any ol' kohlr-family green (try kale or collards. Edgy, huh?). Some recipes call for bacon, some substitute half the potatoes for parsnips, you see what I mean. This is a recipe modified from SimplyRecipes.com - if you have an especially good recipe or variation let us know!

2 to 2 1/2 pounds potatoes, cut into large chunks (peeling is optional, we don't bother)

Salt

5-6 Tbsp unsalted butter (with more butter for serving)

3 lightly packed cups of chopped cabbage, kale, chard, or other leafy green

3-4 green onions (including the green onion greens), minced (about 1/2 cup)

1 cup milk or cream

Put the potatoes in a medium pot and cover with cold water by at least an inch. Add 2 tablespoons of salt, and bring to a boil. Boil until the potatoes are fork tender (15 to 20 minutes). Drain in a colander. Return the pot to the stove and set over medium-high heat. Melt the butter in the pot and once it's hot, add the greens. Cook the greens for 3-4 minutes, or until they are wilted and have given off some of their water. Add the green onions and cook 1 minute more. Pour in the milk or cream, mix well, and add the potatoes. Reduce the heat to medium. Use a fork or potato masher and mash the potatoes, mixing them up with the greens. Add salt to taste and serve hot, with a knob of butter in the center.



Chemistry, biology and BIG FUN at the Intro to Krauting workshop yesterday. THANK YOU, Cis!



World's prettiest cabbage, Donator.

We have one more week in the CSA, however it looks as though we may have a BONUS share following that. We'll keep you posted via email. The field looks great and we're tickled pink to have such an extended season of harvest. Hope you are enjoying these autumn meals. Thank you for joining us on this adventure of eating seasonally. Full bellies, big smiles, your farmers,
Trish and Jeremy