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# Cycle Farm CSA Newsletter

October 2, 2014

## This week's share

- 3 heads garlic (Purple Glazer)
- 1 ¼ lb slicer and cherry tomatoes
- 2 bulbing onions (Ailsa Craig)
- 1 cucumber (Shintokiwa)
- 2 romanesco tops
- 1 bunch kale (White Russian)
- 1 winter squash (Oregon Homestead Sweet Meat)
- 1 bunch chives

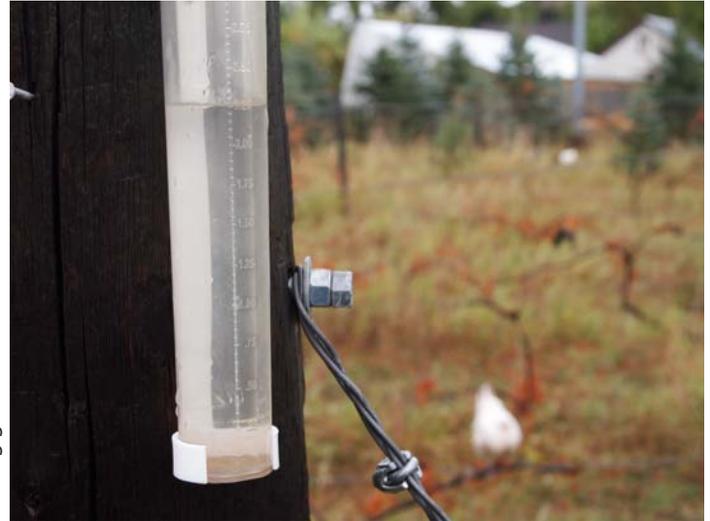
Dear CSA members,  
 Days of wind and rain, with nights of hot tea and pots bubbling on the stove -  
 Happy October, happy autumn!

We got just about 3" of rain early this week, not as much as the southern hills area, but enough to send the chickens under the spruce trees to fluff up their feathers and wait it out until the next opportunity to jet out and snag bugs. Enough to spur the farmers to hurry-scurry to put the drying popcorn and curing winter squash safely under cover. And enough to allow us some time to start puttin' up cider, salsa, jam, juice. At this time of year, as things begin to wane outside, the larder shelves start to bloom.

Hooray hooray! We are happily celebrating the grand and glorious opening of the west river On-line Local Food Co-op - as of *yesterday*! The co-op is an online, year-round farmers market. As the summer CSA and Farmers Market in the Park are wrapping up over these next few weeks, keep an eye on the co-op for locally grown, farm fresh, seasonal delicacies throughout the winter months. This style of local distribution model is a tremendous asset to our growing local food system and something that we are incredibly thrilled to be a part of. We hope you'll check it out, <http://dakotarural.org/eat-local-foods/local-foods/>. There is a one-time membership fee that is entirely refundable.

Just a few quick things about this week's share: the squash is a variety called Oregon Homestead Sweet Meat. It is a delicious, long-keeper that has been specially bred to have a very small seed cavity - which means more squash flesh! So smart. These are the very last of the tomatoes, they look good, but watch for frost spots. Consider: fried green tomatoes and green tomatoes pie. Also - kale - yesterday was National Kale Day! Happy eating!

Feeling grateful that it's not snow.



The cider press is going gangbusters. No apple is safe.



Monarch on the echinacea



## Romanesco stem, leaves

It may look like you have a small palm tree in your share this week. Don't be affronted. Don't be hesitant, keep an open mind - there's a bounty of deliciousness here. We'll walk you through it. This is what happens to romanesco broccoli that never heads. The stem is just like kohlrabi or broccoli stem, crunchy and sweet, nutty. The leaves are thicker than kale, but still cook down nicely and make AWESOME chips. Hunt through the leaves for sweet, tender florets. These are great in a stirfry, quiche, or frittata. Using this does however take a little prep time, it's what we call *slow food*.

Jeremy made a salad/slaw this afternoon for lunch by grating the peeled stem, along with onion and apple, adding cumin seeds, salt and pepper, and tossing in red wine vinegar and olive oil. We also crunched on the stem raw, just out in the field, and decided it would be delicious served on a crudite platter with a favorite dipping sauce. Or just sprinkling with salt and pepper. To access the stem, just peel/slice off the woody exterior. This takes a deliberate and steady knife.

Romanesco leaf chips - like kale chips, only better. Rip the greens off the thick stem. Further rip the leaves into chip-size pieces. Toss leaves in olive oil and spread in single layer on a cookie sheet. Sprinkle the leaves with salt and pepper (we tried this with some ground amarillo chile pepper - so good!) Bake in an oven at 350 degrees for about 10-15 minutes. Keep an eye on them, pull out the tray when the leaves are crispy, just beginning to brown. Eat up!

We hope this gives you a good idea of where to go with this somewhat bizarre share item. You certainly won't find romanesco stem & leaves at Safeway. Probably won't find it listed in your Best Recipes Book. But we hope you find it unexpectedly delicious!

Bon appetit, notre petit palmiers.

Your farmers, Trish and Jeremy



romanesco (headless)



romanesco leaf chips



romanesco stem slaw