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# Cycle Farm CSA Newsletter

Week 16 - October 4, 2012

## This week's share

- 1 buttercup squash
- 1 bunch kale (1/4 lb, mixed dinosaur and rainbow dinosaur)
- 4 heads garlic (Korean purple and Persian star)
- 1 bunch green onions
- 6 tomatillos (Plaza latina giant)
- 5 sweet frying peppers (Jimmy Nardello)
- 5 hot pepper (Hot Portugal)
- 1 bunch carrots (1½ lb including greens, St Valery)
- 2 lb tomatoes (1 lb mixed cherry and pear; 1 lb slicers: Aurora, Uralskiy Ranniy, Tigerella, Moonglow, Paul Robeson, Wapisinicon peach, Katja, Pink Caspian)

Hello CSA Members!

How did this happen? October is here. Where did the summer go? There is still so much we need to get done.. in June. It seems as though things should start slowing down now - everyone keeps asking us. But it seems that we are more busy now than we've been all year. Our task list seems longer than ever. Or maybe it's just the pressure is on now. The irrigation ditch has been shut off for the season. There are still things growing in the field, so we especially appreciated getting the rain yesterday. Although, 38 ° F and wet makes for miserably cold harvesting fingers (for me. Jeremy feels no cold, ever).

We are way behind on the greenhouse. The harvest party may end up being a strawbale stacking party as well. We made our very first wholesale sale this week. We sold a few squash to the natural foods store in town. It is fantastic to have locally grown produce available in stores. This is very important to us, and we want to support this. Until now, our entire market has been direct to consumer, both through the CSA and at the weekly Farmer's Market. Sharing our produce directly with the people who are going to go home, cook it up, and eat it is a magical thing. Hearing about how they prepared it/what they liked the following week, either at market or during the CSA pick-up, is doubly wonderful. Therefore, it was a bit jarring to see our produce go off for resale to an unfamiliar market. It's a strange feeling for us, sort of incomplete, like an unclosed loop. So thank you, CSA members, we love you.



Dakota black popcorn



dry beans.. drying

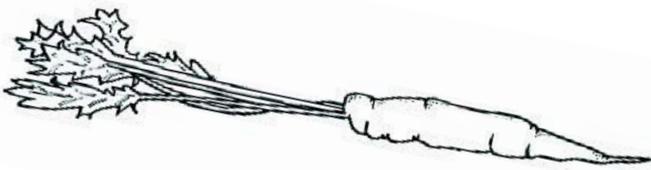


Radish and the winter squash

Don't forget to eat your carrot greens! Carrot greens are edible and they are delicious. Toss them into your next pot of carrot potato soup, or included them in a pasta sauce. Or crunch on them fresh, right off the carrot. Here is a recipe for carrot top pesto from Diane Morgan's cookbook *Roots*. She suggests serving this pesto as a dip with crackers, smeared on bruschetta with a dollop of goat cheese, or mixed in with pasta.

### Carrot top pesto

1 cup lightly packed carrot leaves  
(stems removed)  
6 Tbsp. extra-virgin olive oil  
1 large garlic clove  
¼ tsp. kosher or fine sea salt  
3 Tbsp. pine nuts, toasted  
¼ cup freshly grated Parmesan cheese



### *Preparations for frost, extending the season*

Last night we got a good frost, tonight we're expecting another. Yesterday, in preparations for this, we did a full harvest of all the fruits - everything. Little baby eggplant, unripe tomatillos, green tomatoes, everything went into buckets or stacked in flats in the basement. The plants would not survive the forecasted frost, so we pulled all the fruit we could salvage.

And then we spread out the row covers to protect what was left. The newly transplanted spinach and the kale grex, the rows of lettuce, baby bok choy, napa, kale and swiss chard are all tucked under neat white blankets. We did not cover peas, brassicas, carrots or beets. They can handle it.

The dry beans were mostly ready for harvest, but there were still a good number of green pods on the vines. This is exciting. Rather than hand harvest each pod individually, at each row, we started at one end, cut the plant at the ground level and started rolling the bean plants together into a giant tumble weed. Like a giant tangled bean plant cinnamon bun. These bean vine tumblers are now drying in the garlic shed. Along with the amaranth, which is spread out on tarps.

When the beans have finished drying down, we'll spread the pile of plants out on a tarp and stomp on them. Dance. To release the dried beans from their pods, then we winnow. The amaranth will be collected by shaking the seeds out of the flower heads.

The corn has also been harvested. Most of the cobs have dried well on the stalks, they are now set out in the garage where they can continue to dry. We have both Dakota Black popcorn (for popping) and Taos Blue corn (for flour). Given that the garlic shed, the basement, and the garage are now all fully occupied by produce, we brought the squash in to finish curing in the living room. It's important not to let a squash freeze, as that would compromise its storage potential. And we're looking forward to squash soup in March.

We do have enough squash for the CSA, (buttercup this week and others these next couple weeks too), but if you are interested in stocking up your root cellar with a few extras, let us know!

In a food processor, combine the carrot leaves, oil, garlic, and salt and process until finely minced. Add the pine nuts and pulse until finely chopped. Add the Parmesan and pulse just until combined. Taste and adjust the seasoning. Use immediately, or cover and refrigerate up to 2 days.

### *A note on toasting nuts.*

Toasting pine nuts, almonds, walnuts, pecans, hazelnuts, cashews and pumpkin seeds brings out their flavor. Spread the nuts or seeds in a single layer on a rimmed baking sheet, place in a preheated 350F oven and toast until fragrant and lightly browned, 5 to 10 minutes, depending on the nut or seed.



Organizing honey comb for winter



Black walnuts need hulling



Greenhouse north wall gravel-fill

Happy October, friends!  
Your farmers,  
Trish and Jeremy