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Cycle Farm CSA Newsletter Week 15- September 27, 2012

This week's share

- 2 lemon cucumbers
- 2 onions (Newberg)
- 1 bunch green onions
- 5 eggplant (2 Ai qua, 2 Ping Tung, and 1 Diamond)
- 2 jalapeño (Craig's grande)
- 3 sweet frying pepper (Jimmy Nardello)
- 3 hot pepper (Hot Portugal)
- 3 bell peppers (Purple beauty and green bell)
- 1 bunch carrots (1½ lb including greens, St Valery)
- 3 lb tomatoes (1 lb mixed cherry and pear; 2 lb slicers: Aurora, Uralskiy Ranniy, Tigerella, Moongold, Paul Robeson, Wapisinicon peach, Katja, Pink Caspian)

Hello CSA Members!

Oh frost. We welcomed in autumn right and proper with a good frost on the field on Saturday night. It came unexpectedly, so Sunday we had a rushed harvest of tomatoes, squash, cucumbers, melons, and peppers. It's hard not to be a bit woeful when looking out at the rows that were just last week lush and green. A lot of things are still doing fine despite the frost - brassicas are happy, winter wheat has sprouted, popcorn is ready to harvest. The chickens have graduated out of the tractors and are free-ranging through the spruce trees and grapevines. The food preservation celebration this past weekend was awesome. Thanks to those of you who joined us. We had fun, learned some new things and enjoyed sharing in everyone's enthusiasm for canning, fermenting, and drying.

We are making preparations for a Harvest Party potluck on the farm. Mark your calendars, Saturday October 13th, 3:30 to 7:00PM. Bring your friends, bring your kids. Bring your friends' kids. We will have a farm tour, horseshoes, a tasting of 9 different winter squash varieties, and of course, a glorious feast together. And lastly, Spearfish Harvest Fest is this weekend! We'll be at the Farmer's Market downtown on Saturday morning. We'd love to see you down there.



Frosted squash leaves



Bucket-load of carrots



Happy birds

Here's a poem to commemorate our fallen curcurbits.

Fire and Ice, by Robert Frost

Some say the world will end in fire,
 Some say in ice.

From what I've tasted of desire
 I hold with those who favor fire.

But if it had to perish twice,
 I think I know enough of hate

To say that for destruction ice
 Is also great.

And would suffice.

Pan roasted carrots Trish's most favorite way to eat carrots.

- 2 Tbs extra virgin olive oil
- 1 bunch carrots, trimmed and thinly sliced, 1/8" (peeling is optional)
- Sea salt and black pepper
- 4 sprigs fresh rosemary or dried equivalent
- 4 tsp honey
- 1 Tbs butter

In a large saute pan, heat the oil over low heat. Add the carrots and salt and pepper to taste. Cook, turning the carrots occasionally, until golden brown, 15-20 minutes. Add the rosemary during the last 5 minutes of cooking. Just before serving, add the honey and butter, mix well. Serve hot.

Here is an enchilada recipe shared with us by CSA member Cyndee Bosworth - originally a Moosewood recipe. Thanks for sharing this Cyndee - looks delicious!

Eggplant-Almond Enchiladas

1 Tbs olive oil
1 cup minced onion
6 cups diced eggplant
1 tsp. salt (possibly more, to taste)
lots of black pepper
4 medium cloves of garlic, minced
1 medium green bell pepper, minced
1 cup lightly roasted almonds, minced
1 packed cup grated jack cheese (or a similar mild white cheese)
12 corn tortillas
1 batch mexican Red Sauce (see recipe below)
or try with tomatillo salsa verde!

1. Heat olive oil in a deep skillet or Dutch oven. Add onion, and saute for about 5 minutes over a medium heat.
2. Add eggplant, salt and pepper, and mix well. Cover and cook for about 10 minutes over medium heat, stirring occasionally, until the eggplant is soft.
3. Add garlic and bell pepper. Stir and cook 5-8 minutes more, or until the pepper is just tender. Taste to correct salt.
4. Remove from heat; stir in almonds and cheese.
5. Preheat oven to 350° F. Moisten each tortilla briefly in water, then place approximately 1/4 cup of eggplant filling on one side and roll up. Gently situate the filled enchiladas in a baking pan. Pour a batch of sauce over the top. Bake uncovered for about 30 minutes.

Mexican Red Sauce

2 tsp. olive oil
1 cup minced onion
1/2 tsp. salt
1 1/2 tsp cumin
2 tsp chili powder
3 cups chopped tomatoes,
peeling and seeding optional
1 cup water or tomato juice
black pepper and cayenne, to taste
4-6 medium cloves garlic, minces
optional: freshly minced cilantro, for the top

1. Heat olive oil in a medium-sized saucepan. Add onions and salt, and saute over medium heat for about 5 minutes, or until the onion is translucent. Add cumin and chili powder, and saute about 5 minutes more.
2. Add chopped tomatoes and water or juice. Bring to a boil, partially cover and lower heat. Simmer at least 30 minutes (or even longer). Add the black pepper, cayenne, and garlic at anytime during the cooking. (The later you add the garlic, the more distinct its presence.) Add the cilantro when you are finished cooking the sauce.
3. The sauce can be left in chunky form, or you can puree all or part of it in a blender or food processor.

HOT SAUCE VARIATION:

Follow the recipe for Mexican Red Sauce. When you saute the onion, add 1 Tbs or more crushed red pepper or 1-2 tsp finely minced serrano or jalapeño chilies.



The eggplant were (somewhat) protected from the frost because they are lined up between the tall corn and amaranth and the super-tall sunflowers. We covered them in remay - just to be sure we'd get one more week of eggplant. And boy, do we have eggplant.

Hope you enjoy!
Your farmers,
Trish and Jeremy