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Cycle Farm CSA Newsletter

Week 14- September 17, 2015

This week's share

- 1 bunch kale (6 oz Lacinato)
- 3 summer squash (Mutabile, Costata Romanesco)
- 2 Yellow Crookneck
- 1 bunch scallions (Evergreen Hardy Bunching)
- 2 peppers (1 jalapeno, 1 sweet pepper)
- cucumbers (as many as you would like, Shintokiwa)
- 1 lb 6 oz. tomatoes
- 1 bunch beets (Early Wonder Tall Top and Shiraz)
- 10 oz lettuce (Red Butter Romaine and Jericho)
- 3 heads bok choy (Prize)



so grateful for our healthy, hungry pasture management
committee and for our community for supporting
good meat

Greetings CSA members,

Happy bounty! Our planting of cucumbers is exploding with fruit right now, so it's time to pickle. Please take as many as you'll use and enjoy! We're coaching on the lemon cucumbers, they are flowering plenty and we're eager for the diversity. Construction work on the field tunnels has resumed with gusto after a long summer hiatus. We're wanting to get these covered before temperatures drop and hopefully protect the fierce-blooming eggplants. On Sunday, we butchered another round of 50 chickens (plus several roosters and old layers brought over by neighbors culling their flocks). Big, heart-felt thanks to our cheery evisceration crew! Wiring for the PV array is almost complete, with thanks to Jeremy's father Dave, Master of Wiring Wizardry - Master of All Things, really. Long mornings harvesting, rescuing turkeys from bird netting on the front grapes, pulling off and wrapping up birdnetting, digging up potatoes, collecting dry beans.

As we harvest from the field with the cooler weather approaching, we are thinking about cleaning up the beds, tucking things in and away. A big part of this is not just considerations for this fall, but also looking ahead to spring and next year's growing season and our crop rotation. We're in the process of counting seed and planning garlic for next year - these cloves will be planted in just a few weeks and be one of the first crops to appear in the spring. Between now and October (!) we need to prepare beds (weeding, a light dressing of compost, and heavy straw mulch) for garlic. As we're harvesting potatoes, we're getting those newly emptied beds ready for a rye winter cover crop, which should grow a few feet tall next spring. We'll be able to cut/crimp/mow this crop down in place and use it as a mulch for next year's winter squash beds. In addition, we are thinking about which beds will be planted with the earliest spring crops (peas, spinach, radishes, etc.) and making sure these beds will be ready to plant first thing. No-till requires a bit more planning and a considerable amount more work.

Speaking of which! We're having our **last farm work party of the season**, Sunday Sept. 27th, 4:00-6:30PM, with food following! It just so happens to *also* be a full moon and lunar eclipse, so bring your woolly sweater and stay late with us to watch the show (the eclipse is just after 8PM). We'll be getting beds ready for garlic and seeding cover crops to overwinter.

Grilled zucchini salad with beets and scallions The idea for this comes from a recipe originally published in Bon Appetit magazine (May 2015), for grilled steak salad with beets and scallions. We don't eat a whole lot of steak, but we were enticed by the "grilled" and the aioli. So we're modifying the recipe a bit to use grilled zucchini instead of the steak - of course, if you want to be true to the original Irish recipe, find yourself a good New York strip or skirt steak.

Aioli

1/2 cup vegetable (or chicken, or beef) stock
1 egg yolk
1 tsp. Dijon mustard
1/2 cup vegetable oil
2 tsp. fresh lemon juice
1 garlic clove, finely chopped
kosher salt and fresh ground black pepper

Salad

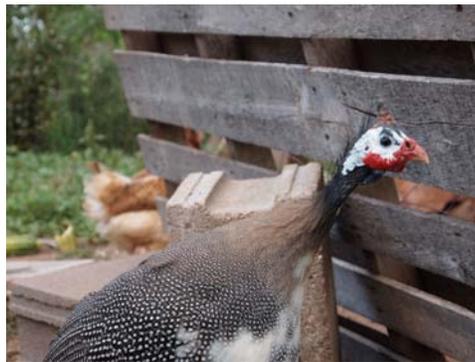
2 medium zucchini, quartered
1 garlic clove, chopped
2 Tbsp olive oil, divided
kosher salt and black pepper
1 bunch of scallions
salad greens
1 Tbsp fresh lemon juice
3 beets, peeled, thinly sliced
1 Tbsp balsamic vinegar

For the aioli - bring stock to a simmer in a small saucepan over medium-low heat; cook until reduced by half, about 5 minutes. Whisk egg yolk and mustard in a bowl, whisking constantly, gradually add oil, drop by drop at first, until mixture is very thick. Whisk in lemon juice and garlic; season with salt and pepper. Stir in stock.

For the salad - Drizzle the zucchini with 1 Tbsp. olive oil and toss with garlic, salt and pepper. Grill over medium-high heat until lightly charred. Transfer to plate. Meanwhile, toss scallions on a baking sheet with 1 Tbsp oil; season with salt and pepper. Grill, turning often, until tender, about 4 minutes. Transfer to plate with zucchini (you might set these in an oven at 200 deg, just to keep them warm). Arrange greens on a platter; season with salt and pepper. Drizzle with lemon juice and 1 Tbsp oil. Toss beets in a bowl with vinegar and remaining 1 Tbsp oil; season with salt and pepper. Arrange over greens. Top greens with scallions and zucchini. Serve with aioli.



basil in the field, companion planted with tomatoes



plan your menu, we'll be offering guinea fowl for the holidays



making up a batch of kimchi



We love being a part of your meals this summer.
Thank you and happy feasting!
Your farmers, Trish and Jeremy