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# Cycle Farm CSA Newsletter

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## This week's share

- 1 bunch leeks (King Richard)
- 1 winter squash (Winter Luxury)
- 1 lb, 6 oz. slicer and cherry tomatoes
- 1/4 lb arugula (Astro)
- basil (7/8 oz. Genovese)
- 1 cucumber (Shintokiwa)
- 1 bunch scallions (Evergreen Hardy Bunching)
- 4 lbs potatoes (German Butterball)

Hello CSA friends,

Arugula, leeks, potatoes and every good thing! I hope you are all as excited about this week's share as we are. We've been going full-steam this week. We harvested our winter squash. Our experiment with intercropping the squash and popcorn ended up shading out the squash more than we had anticipated. As a result our squash this year are diminutive and low-yielding. We started bringing in the popcorn; some of it looks fantastic, some of it needs more time, some of it has fattened local raccoons.

Our second round of meat birds have all been butchered and sold. We now have 16 original layers, 35 new layers (not yet laying), and 12 guinea hens; a lot of birds, they should help provide better egg production for our market. Raising pastured poultry has been a good learning experience, and our hope was that it would be maybe somewhat profitable as well, however our initial look at the numbers is not that bright. We are putting together a report on our pastured poultry experience and we will keep you posted.

Save the date! We would like to invite you to a special CSA Appreciation Harvest Party at the farm on Saturday the 11th of October. No work, just play. And eat! We'll have a flight of squash to sample and side-by-side garlic tasting, horseshoes and fresh apple cider pressing. Bring your family. This should be a great time to get together and celebrate the season with fellow CSA members!

Happy feasting, friends! high-fives from your farmers, Trish and Jeremy

P.S. As I'm writing this, it's 96 degrees outside and 101F in the greenhouse. Greenhouse tomatoes are thrilled. Your farmers are melting. Better make that high-fives *and* big, schwetty bear-hugs from your farmers - t.



Tomato harvest is an immersive experience



Gold Medal tomatoes from the greenhouse

## Winter Luxury Pumpkin Pie

Amy Goldman, author of *The Compleat Squash*, has this to say: "Winter Luxury Pie is my favorite orange pumpkin, and were she not the finest pie stock in the land, she still would be a knockout. . . Winter Luxury Pie makes the smoothest and most velvety pumpkin pie I've ever had. When cut into a wedge on a plate, it holds its shape, color, and flavor long after the competition has keeled over and died."

Here is a recipe and helpful hints from Jessica and the Seed Savers Exchange blog for GRANDMA IVAH'S PUMPKIN PIE, ([www.blog.seedsavers.org/blog/winter-luxury-squash-pumpkin-pies-dreams-come-true](http://www.blog.seedsavers.org/blog/winter-luxury-squash-pumpkin-pies-dreams-come-true)). For the complete, illustrated guide, I urge you to check out the website - it's so very nicely done. Here's what Jessica recommends:

Winter Luxury should be baked whole, pierced for a few tiny vent holes, stem trimmed. Bake at 350°F until it "slumps" and softens after an hour or so. If you wish, you can cut a lid, remove the gunk and seeds, and replace the lid loosely before baking (this method yields a drier pie). The cooked pumpkin is hotter than hot potatoes: Be careful when you cut out or remove the lid. Seeds and strings, if left inside, come out easily. Take a large spoon and simply scoop the pumpkin out like ice cream. The flesh peels away from the desiccated rind without a shudder and leaves it flat. Puree the flesh in a blender, adding liquid if needed. My standard pumpkin pie recipe comes from my Grandma Ivah Babcock. It's a family heirloom just as Winter Luxury squash is a garden heirloom.

1 ½ cup pumpkin puree  
1 cup sugar  
½ teaspoon salt  
1 - 1 ¼ teaspoon ground cinnamon  
½ - 1 teaspoon ground ginger  
¼ - ½ teaspoon ground nutmeg  
¼ - ½ teaspoon ground cloves  
3 eggs  
1 ½ cup milk (preferably whole)  
2/3 cup (about 6 ounces) evaporated milk.

Preheat oven to 400°F. Prepare pie plate with a single pie crust. Mix pumpkin puree, sugar, salt, and spices. In a separate bowl combine eggs, milk, and evaporated milk. Blend milk mixture into pumpkin mixture (texture will be very thin). Pour into pie crust. Bake for 50 minutes or until the center of the pie has begun to set. The pie will continue to set as it cools to room temperature. Enjoy!

As a side note, some people dislike the moist bottom crust of pumpkin pie. One method for a drier, crisper crust is par-baking



World's best butchering crew - Thank you!



Harvesting popcorn is loads more fun with friends