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Cycle Farm CSA Newsletter

Week 12 - September 3, 2015

This week's share

- 1 head cabbage (Early Jersey Wakefield or Donator)
- 1 bunch Swiss chard (1/2 lb Better Beta Mix)
- mustard greens (6 oz Red Giant, Golden Frill, Green Wave)
- 3 summer squash (Mutabile, Costata Romanesco)
- 3 Yellow Crookneck
- 1 bunch scallions (Evergreen Hardy Bunching)
- 2 jalapenos
- 2 heads garlic (Purple Glazer)
- 4 cucumbers (Shintokiwa)
- 2 lbs grapes (Valiant)



better late than never

Greetings CSA members,

Peppers! It's the beginning of September and we're just now harvesting the first of our nightshades (!) - what a quirky season. We just had our very first ripe field tomatoes (there were two, we ate them), from a farm breeding project we started 2 years ago, a tomato we're calling Tigeryella (a sport from a 2013 Tigerella planting). We dutifully saved seed from these two fruit (they are fermenting in a dish on the windowsill in the living room, smells heavenly), as they are proven early maturation. Tigeryella is 2" round yellow with darker yellow-gold stripes; Tigerella is a widely grown variety, red with yellow stripes.



A cucumber salad for 175 people, Spearfish Bike Week Community Ride and local food bbq feast. Being able to feed our friends and neighbors is the most amazing feeling ever.



Two cool cats on a hot tin roof - now with solar panels!



some get away from us. this one is larger than my thigh. you might say it ran away from us.

There is much to celebrate this week. After hosting a farm tour on Saturday, Jeremy's father, Dave, and one of the morning's tour participants/brand new friend/exceedingly helpful fellow/James, Jeremy, and Trish (for the two-feet-on-the-ground parts) put the racking and solar panels for our new PV array on the greenhouse. They aren't hooked up and producing power yet, but hopefully by the end of this next weekend, or mid September, we'll be pulling in energy from the sun via both chlorophyll AND smart silicon crystals! We've sized the array to produce more than our current usage, the surplus will feed back into the grid along with excess energy from the wind turbine. The solar panels and our no-till practices combined now mean that the farm can be carbon negative - we should be able to sequester more carbon in the soil than we consume/create through activities on the farm, including our vehicles' gas as well as shipping for seed, supplies, and feed. Ultimately, we would like to get the farm to a point where we are able to sequester carbon for our CSA members' commute to the farm as well, but we're not quite there yet, so ride your bike (if you can!) and help us out.

A short bit about open-pollinated varieties and variation

When you pick up your share each week, it's easy to notice the vegetables are not all uniform. Carrots are different shapes and sizes, the variation in cabbage heads, peas with different crunch and flavor. At Cycle Farm, we've intentionally chosen varieties that exhibit variation in characteristics because they, in general, are stronger in an organic production system than more uniform hybrids. Open-pollinated varieties have a more diverse gene pool which provides more flexibility for different conditions, pests, and disease, without having to rely on chemical supports. Hybrid varieties on the other hand tend to be selected for uniformity under controlled growing circumstances. This is important in large(er) scale agriculture when you want the crop to be ripe at the same time and equal size for shipping. But this is not us. Frequently this uniformity is achieved at the cost of flavor which is one of our more important criterias.



vegetable beds in early September

Curried vegetables with dahl or how to eat up a whole lot of vegetables, clean out the fridge, and feast for a week, from the Moosewood Collective.

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| 1 1/2 cups red lentils | |
| 3-4 green onions | 1 tsp ground cumin |
| 1 jalapeno | 1 Tbsp grated fresh ginger |
| 2-3 cloves garlic | 2 cups of water |
| 3 Tbsp olive oil or ghee | 1/2 head cabbage and/or 2-3 carrots, shredded |
| 3-4 small/med potatoes, diced (about 4 cups) | 1 bunch chard, stems chopped thinly, leaves chopped coarsely |
| 1 medium zucchini, cubed | 2-3 Tbsp lemon juice |
| 1 Tbsp curry powder | salt to taste |

Rinse the lentils. In a covered sauce pan, bring water (about 4 cups) and lentils to a boil. Reduce heat, uncover, and simmer for about 30 minutes, until tender. (The lentils could easily be substituted with quinoa or rice). In a large soup pot, saute the scallions, garlic, and jalapeno in the oil for several minutes. Add potatoes, zucchini, curry powder, cumin, and ginger and continue to saute for 2-3 minutes, stirring often. Pour in the 2 cups of water. Add shredded cabbage, carrots and chard stems, cover, and simmer for 10 minutes.

If you prefer a smooth dahl, pour the lentils and their cooking liquid into a blender or food processor, and puree for 2-3 minutes. When cabbage is tender, stir in the chard leaves, the dahl and lemon juice. Simmer just until the chard has wilted. Add salt to taste, and serve immediately.

Pickled cucumbers, a recipe from Sally Fallon's Nourishing Traditions. Lacto-fermented cucumbers are refreshing and less acidic than pickles preserved in vinegar, not to mention all the good-for-your-gut enzymes they deliver.

3-4 long cucumbers, 1 Tbsp mustard seeds, 2 Tbsp fresh dill, snipped, 1 Tbsp sea salt, 4 Tbsp whey (or just use an additional 1 Tbsp salt), 1 cup water (filtered, or well water)

Wash cucumbers well and slice 1/4 inch rounds. Place in a quart-sized, wide mouth mason jar. Combine remaining ingredients and pour over cucumbers, adding more water if necessary to cover the cucumbers. The top of the liquid should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage.

Eat well! Be well!
Your farmers, Trish and Jeremy