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# Cycle Farm CSA Newsletter

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## This week's share

- 1 bunch kale (Lacinato and Rainbow Lacinato)
- 2 summer squash (Costata Romanesco, Mutabile)
- 4 crookneck squash (Yellow Crookneck)
- 1 lb slicer tomatoes
- 12 oz cherry tomatoes
- 1/2 lb tomatillos (Plaza Latina Giant)
- 3 1/2 oz arugula (Astro)
- 2 cucumbers (Shintokiwa, Mideast Peace)
- 1 bunch scallions (White Spear)
- 2 heads garlic (Music)
- Sage and thyme



arugula harvest

Hello CSA friends,

The days are already getting noticeably shorter, but our list of things to do is swelling. Thank you all for being flexible with us as we adjusted our CSA pick-up in order to scoot out to a conference mid-week. It seems as though we left in the middle of summer, and returned a day later to full-swing fall. The conference as a whole was mostly aimed toward an audience of hobby farms and homesteads; we felt pretty disappointed and out of place. With Cycle Farm, our intent is to be fully integrated, supporting and supported by our community, and not just our human community, but also as members and citizens of the whole biotic community. This is not something we're doing just for ourselves. We are not retreating from a system we disagree with. We're not seeking independence. The keynote speakers, on the other hand, were excellent, inspiring, and spoke to the importance of building connections and engaging with the local food system. If you get a chance, check out the writings and work of Fred Kirschenmann and Ken Meter.

On the farm, transplanting, harvesting, weeding, more harvesting. Grapes are almost ready to harvest for wine. We want the brix (soluble sugar) levels to read up at 22-24%, right now we're at 20-21%. We'll be harvesting hops this weekend, crab apples too, if time allows. Crab apples make a wicked awesome hard cider. The fall round of kales, bok choy, and mustard greens are in and look good. Jeremy seeded a new batch of radishes and we'll get a new round of spinach in here shortly as well.



greenhouse tomatoes



ginger hilled with compost

**Garlic and Greens Pizza** This is a recipe from Moosewood Restaurant Cooks at Home. Try this with your favorite pizza dough, or using pita bread halves, tortillas, or a loaf of french bread.

1/3 cup sun-dried tomatoes, soaked in ½ cup boiling water until soft

4 large garlic cloves

3 Tbsp olive oil

4 packed cups coarsely chopped rinsed and stemmed kale

¼ tsp salt

¼ cup chopped fresh basil

1½ cups grated mozzarella cheese

¼ cup grated Pecorino cheese

Preheat the oven according to the directions for the pizza crust you are using. (450°, except for the tortillas that just get quickly broiled on both sides and then broiled again when the toppings are on, just until cheese is melty and brown)

In a large skillet, sauté the minced garlic in the oil for about a minute. Add the kale to the skillet along with the salt, and sauté on medium-high heat for 5-10 minutes, stirring frequently, until just tender. The cooking time will vary with the age and the freshness of the kale. While the kale cooks, drain and chop the sun-dried tomatoes. Add the chopped basil and sun-dried tomatoes to the kale and remove the skillet from the heat. Spread the kale toppings on the pizza crust using a slotted spoon, and sprinkle the cheeses on top. Bake until crispy and melty.

Deborah Madison is the patron saint of our kitchen, here's a suggestion from her on how to fix up your arugula, from Vegetable Literacy. **Wilted Arugula and Seared Mushroom Salad with Manchego Cheese**

4 large portabello mushrooms

olive oil

sea salt and freshly ground black pepper

1 large shallot, finely diced

4 tsp. aged red wine vinegar, preferably one with a slightly sweet edge

4 handfuls of arugula

chunk of Manchego cheese, at room temperature, to finish

Gently bend then dislodge the stems from the mushrooms. Quarter the mushroom caps, trim any ragged edges, and scrape out the gills. Select a saute pan large enough to hold the mushroom pieces in a single layer. Pour in enough oil to cover the pan generously, and warm over medium-high heat. When the oil is hot, add the mushrooms and cook, turning them occasionally, until browned and appealing. this should take about 6 or more minutes. Season them well with salt and pepper. While the mushrooms are cooking, make the vinaigrette. Combine the shallot, vinegar and 1/4 tsp salt in a bowl, let stand for 10 minutes, and then whisk in the oil. When the mushrooms are ready, arrange them on 4 individual plates. Using the same pan and its residual heat, add the vinaigrette, which should sizzle immediately. Add the arugula and toss with the warm dressing until slightly warmed. (if the pan cooled too much and you had to reheat, turn off the heat once you add the arugula. the object is to wilt the arugula, not cook it.) Pile the arugula on each plate. Using a vegetable peeler, shave thin slices of the cheese onto each plate and serve.

Thank you, CSA friends. Hope you are enjoying the harvest!

Your farmers, Trish and Jeremy