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# Cycle Farm CSA Newsletter

Feb.19, 2012

## What is a CSA?

Community Supported Agriculture (CSA) is a partnership of mutual commitment between a farm and a community of supporters. CSA members purchase a "share" in the farm in the spring and are, in turn, provided with produce from the farm throughout the growing season. Becoming a CSA member creates a responsible relationship between people and the food they eat, as well as a commitment to environmentally sound, local food production.

## What does it mean to be a member?

Being a CSA member means becoming a "farming partner," sharing the inherent risks as well as the potential bounty of the seasons. At Cycle Farm, we incorporate several growing techniques to protect members from weather-related shortfalls. CSA members receive top priority throughout the season as they receive weekly shares of delicious, freshly harvested produce picked at its prime. If you love to eat, appreciate freshness and flavor, value local farming, and are willing to explore a different way to think about your food, join Cycle Farm for a CSA subscription in the 2012 season.

**About us:** Cycle Farm is a 3-acre family farm in Spearfish Valley, farmed by Jeremy Smith and Trish Jenkins. 2012 will be our first year farming full-time. We plan to grow diverse fruit and vegetable crops for the Spearfish Farmer's Market and a CSA. We feel that farming here in Spearfish Valley will enable us to have a meaningful engaged relationship with our community. Farming allows us to work directly on issues we are most concerned with including building local economic resiliency and farmland preservation.



We'd like to share a bit about our philosophy and practices. At Cycle Farm, we...

- produce food that is diverse, chemical-free and naturally grown.
- grow for flavor and nutrition, rather than ease of shipping and shelf-life.
- preferentially grow open-pollinated and regional varieties.
- use no-till, full-circle, sustainable farming practices to both build soil and grow food.
- seek methods that limit off-farm inputs, enhance land health, and encourage ecological diversity.
- work to build community resilience in Spearfish Valley by growing food for our neighbors.
- foster community engagement and education regarding our local food system.
- aim to connect with and promote this region's agricultural, land-based roots.

**Nuts and Bolts:** Our 2012 CSA share period will run for 18 weeks, from June 21 to October 18, and costs \$425. The approximate weekly value of produce is \$24. A typical weekly share will contain anywhere from 5-10 vegetables and will generally feed a family of four, or a couple who really enjoy eating their veggies, depending on individual eating habits. The shares will be more bountiful in the summer months, simply because this is when our crops are in abundance. Also, when available we will add a bouquet of fresh cut flowers.

Being our first year farming full-time, our costs are estimates based on market value of produce. To meet the true cost of producing these vegetables and to pay ourselves a living wage, our CSA share costs will likely increase in the future.

CSA Crops we are growing by season:

**Spring/Early Summer Crops:**

Mustard greens, Radishes, Spinach, Bok choy, Lettuce, Chinese cabbage, Collard greens, Snow and snap peas, Beets, Scallions, Turnips, Herbs

**Summer Crops:**

Lettuce, Swiss chard, Scallions, Carrots, Kale, Summer squash, Cucumbers, Green beans, Garlic scapes, Garlic, Peppers (sweet and hot), Eggplant, Tomatoes, New potatoes, Raspberries, Melon, Cabbage, Tomatillos, Broccoli, Fennel, Collard greens, Leeks, Mustards, Herbs, Cut Flowers

**Fall Crops:**

Broccoli, Kohlrabi, Onions, Potatoes, Celery, Daikon radish, Leeks, Carrots, Beets, Parsnips, Rutabaga, Spinach, Mustards, Chinese cabbage, Winter squash, Collards, Cabbage, Lettuce, Brussels sprouts, Garlic, Grapes, Fennel, Watermelons, Herbs

**Winter/Storage Crops:**

Broccoli, Potatoes, Garlic, Onions, Carrots, Leeks, Turnips, Rutabagas, Kale, Collards, Spinach, Winter squash, Cabbage, Herbs



As a CSA member, you will receive a weekly newsletter with recipes, preparation and storage tips, farm news and announcements. Here's a sample recipe for one of our favorite snacks:

**Kale chips**

1 bunch kale (or collards or other winter greens)  
1 TBS olive oil  
salt and pepper to taste

Trim stems off kale leaves and tear leaves into chip-size pieces. Toss leaves with olive oil and salt and pepper. Spread evenly on a cookie sheet. Bake at 350° F until the edges brown, but are not burnt (10-15min). Enjoy.



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CSA members are also invited to attend events at the farm, such as volunteer work parties, Weed and Reads, crop flight sampling, a hop picking party, weekly farmshare pick-up, and an end of the season special harvest potluck. We're looking forward to seeing you on the farm.

Your enthusiastic farmers,  
Jeremy and Trish

