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Cycle Farm CSA Newsletter

Week 4 - June 30, 2016

This week's share

- 1 lb mixed lettuce (Vulcan, Sucrine, Mescher, Jester)
- 1 bunch kale (3/4lb White Russian)
- 1/2 lb snap peas (Sugar Ann and Cascadia)
- 2.5 oz pea shoots
- 1 bunch basil (3/4 oz Genovese)
- 1 bunch garlic scapes (1/2 lb Music)
- 1 bunch scallions (Evergreen Hardy Bunching)

Hello CSA friends,

We've been watching the fire on Crow Peak through binoculars in the evenings this week, thinking about cycles in nature and the positive role of fire in our local ecosystem - cycles abound.

It has been a fun and productive week on the farm. Trish's mother, Ann, is visiting for just over a week which means we are getting a lot of cool early morning weeding done with coffee and conversation. The bindweed is starting to flower so we are doing our best to keep it out of the vegetable beds, though it is pretty rampant elsewhere. Having mom here is also giving us a good excuse to get off the farm more than usual. We went to see music in the city park Wednesday, and will try to get up to Roughlock Falls this weekend. Jeremy's mother Randi is our regular harvest/wash/package helper on Thursdays and it was a treat to have both mothers involved this week. Having mom on the farm also means margaritas accompany afternoon tasks like making soil blocks and seeding fall kale and mustards.

We are doing a whole lot of watering these days, trying to keep our plants healthy and growing strong. This year we are having to replace a lot of our four-year-old drip tape due to the emitters calcifying up. We are fortunate to be served by the Evans-Tonn ditch that runs through the valley, fed by Spearfish Creek. We are doubly fortunate that we happen to have a piped lateral of the ditch running underground along Evans Lane. We have our irrigation system tied directly into the lateral so we have gravity pressurized water from Spearfish Creek all the way to the back of our property.

Ideas for items in this week's share, on the holiday weekend/ neighborhood potlucks/ backyard bar-b-que theme:

pea shoots - add these to a grilled bluecheese burger, or toss with salad greens

lettuce - saute bacon and onions, add a little brown sugar and red wine vinegar, pour over greens for wilted lettuce salad

basil - on pizza or with pasta salad, julienne leaves (slice super thinly) and use to top a scoop of fresh berries or ice cream (ie Leones' blackberry basil)

kale - a massaged salad or green fritata

scallions - drizzle with olive oil and grill whole on hot bbq

scapes - mince and mix into hamburger patties

This means no pump to worry about and that we can easily water overnight if necessary. The only downside is that we have a filter between the lateral and our lines to keep algae, leaves, bugs and other detritus out of our drip tape. The filter usually needs cleaned a couple of times a week but sometimes we have to clean this filter twice a day to keep pressure in our drip tape up.

On an entirely different note, we are donating Cycle Farm flower seeds to the upcoming South Dakota Yoga Conference. As a thank you they have given us a promo code for our customers to use for a discount off of the registration fee. If you are interested in going to this conference (or know anyone else who might be!), just let us know and we'll pass along the discount code.

Happy holiday weekend - eat well, friends!

Big smiles from your farmers,
Trish and Jeremy