



Full Circle Farms

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Food for Thought

This weeks goodies:

Squash - Another recipe on back. Enjoy those tasty and beautiful Patty Pans.

Assorted Peppers - slice'em, dice 'em, chop 'em - these are good with everything!

Edamames (Edible Soybeans) The last week for these, they only have a brief window of harvesting - that's why you'll rarely find them fresh in the supermarket. Remember, just steam in pod for five minutes, squeeze out of pod and salt lightly if desired.

Tomato Assortment -very slowly but surely. The first round of ripe ones have already been fed to the chickens - they suffered from blossom end rot which was aggravated by the wet spring followed by the drought - it creates a calcium imbalance in the fruit. If your tomato has a funny looking patch near the bottom, just slice it off. The rest of the tomato is fine. No point throwing the whole tomato to the chickens! There's lots of beauties on the vines though!

Swiss Chard - one of my favorite dishes includes Tait Farm Raspberry Grille Sauce with sauteed chard and black beans, prepared as a casserole. Carrots

Herbs - parsley, basil, rosemary.

And Flowers to brighten your day!

From the Fields:

We have hooked up the 2500 gallon cistern which collects rain water from the barn roof to a new standpipe near the garden, so that we can now irrigate non-stop. We are facing quite challenging growing conditions, and are doing all we can to keep the crops growing. All transplants planted over the past two weeks have succumbed to the merciless sun beating down on them. I replanted kale, cukes and lettuce this Friday with the anticipated rain in mind.

The much awaited rain last night only brought us less than half an inch of rain, and the soil surface is already dry again. At this time of year you'll hear a lot of farmers talking of "next year". Eternal optimists that farmers need to be in order to keep going, we are always anticipating that perfect growing season just around the corner. The perfect season with an inch of rain every Sunday night, where the weeds, insects and diseases never surface because the crops (and therefore farmers) are not weather-stressed.

Meanwhile, crops are hanging in there, and just a little bit behind in maturing. Tomatoes and peppers have trouble setting fruit in this heat, but once we get over that first round of blossom end rot, the tomato crop still looks good.

As soon as we get a moment to catch our breath, that potluck we've been talking about needs to be scheduled, maybe for a tomato taste-off?...

Sabine and Tom

It's time to make a deposit on your Thanksgiving Bird!

We are raising organic Bourbon Reds (Bourbon Butternuts) and Bronze turkeys the way nature intended - in small groups out on fresh grass, eating grass, bugs and certified organic grains. These beautiful birds are known for their flavorful meat and will be the perfect addition to your "Feast of Giving Thanks".

Bronze turkeys -\$2.50/#, Bourbon Reds \$3.25/# (rare breed, slower growing)

Please let us know if you are interested and give us a \$15 deposit toward our feed costs.

Grilled Zucchini with fresh Rosemary Butter

Delicious with squash, this tasty herb butter is also great with corn or beans, and is a tasty alternative to garlic butter.

Rosemary Butter

2 tablespoons finely chopped fresh rosemary leaves
1/4 teaspoon freshly ground black pepper
1 teaspoon lemon juice
1/2 teaspoon finely grated lemon rind
a pinch of ground cayenne
1/2 cup salted butter, at room temp.

Grilled Zucchini

Medium zucchini
Olive oil

Thoroughly blend together the rosemary butter ingredients, then transfer to deep custard cup or place on a 12 inch long piece of plastic wrap and roll into 1 inch thick log. Chill slightly to firm and let flavors blend.

Slice zucchini lengthwise into thirds so you have long slices about 1/2 " thick. Brush with olive oil. Grill or broil until cooked and soft inside. Top each slice with rosemary butter and serve.

Recipes from a Kitchen Garden , by Renee Shepherd and Fran Raboff



Curried Peppers and Corn

1 tablespoon butter
1 cup chopped green onions
1 green bell pepper, diced
1 teaspoon curry powder
2 1/2 cups fresh cut corn
2 tomatoes
salt and ground pepper

Heat butter in skillet over medium heat. Add green onions and bell pepper and sauté 2 minutes. Stir in curry powder and corn. Chop tomatoes and add to skillet. Continue to cook about 5 minutes, stirring.

🍏 The Moosewood Restaurant