



Full Circle Farms

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Week of August 24, 2002

Food for Thought

This weeks goodies:

Squash - you know what to do...

Assorted Peppers - mostly sweet and mild, spicy ones available by request.

Tomato Assortment - Starting to get an interesting variety. Green Zebras are still a favorite, and Shummig's Striped Hollow is proving an interesting one as well. Enjoy these with fresh mozzarella and some basil. And can anyone ever eat too many tomato sandwiches?

Kale - beautiful and so nutritious. Get your calcium here.

Potatoes - tasty recipe on back. Yellow fleshed, pink skinned!

Onions & Garlic - always needed

Melons - ah, nothing tastes as delicious as a sun picked melon.

The little smooth ones are Sweetie Butterscotch melons. Wonderful snack size, eat the entire inside up to the rind, even if that flesh is green.

Basil - for those tomato dishes.

Parsley - I know you folks just love it. Parsley potatoes anyone?

And Flowers to brighten your day!

From the Fields:

It's getting closer to the end of August already. It's Ag Progress Days this week out at the Penn State Rock Springs Research Center on Route 45 past Pine Grove Mills. It will take place Tuesday through Thursday this week, with Wednesday being open till 8pm. - worth a visit if you've never been. You'll see the most modern and largest tractors ever, and a corn maze to boot! And quite an interesting crowd as well...

The Grange Fair will be on after that out at the Centre Hall Grange Fairgrounds. This is the oldest and largest camp-in fair in the US, with sturdy tent spots being passed from generation to generation. They're not kidding when they say that someone has to die in order for a new person to get a camping spot at the fair! This is the place to come to see rabbits, pigs, goats and cattle competing for blue ribbons with their 4H kids in tow. And make sure to visit the vegetable and flowers on display in the buildings.

That's the fair highlights of the month! Both fairs offer all the deep-fried foods you could possibly ever desire, including deep-fried cheese!

This weekends plantings of romaine and kale look great, and we've got a nice stand of green beans flowering, which means more beans coming soon! My back hurts just thinking about it! Cukes never did well so far, but I've got a late planting in which should do very well.

Now, are you still doing those rain-dances? We need rain, lots of it, soon.

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 \$3.00/# (rare breed, slower growing)

Let us know if you are interested & give us a \$15 deposit toward our feed costs.

Grilled Vegetables with Onion Sauce

About 1 pound potatoes, cut lengthwise into wedges
4 small squash, halved lengthwise
3 medium sweet peppers, cut into 4 wedges
1 tablespoon olive oil
1 cup chopped onion
1 clove garlic, minced
1 tablespoon butter
1 tablespoon cornstarch
1/2 teaspoon sugar
1/4 teaspoon salt
2/3 cup dark beer
1/2 cup vegetable or chicken broth
Prep 25 minutes. Makes 4 servings

In a medium saucepan cook potato wedges, covered, in boiling water for 4 minutes; drain. Drizzle potatoes, squash and peppers with olive oil. Grill vegetable on greased rack of uncovered grill directly over medium coals about 10 minutes or until tender. Meanwhile, in small saucepan cook onion and garlic in hot butter over medium heat about 4 minutes or until onions are tender. Do not burn garlic! Stir in cornstarch, sugar and salt. Gradually stir in beer and broth. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat and serve over grilled vegetables.

From: Fresh and Simple - Better Homes and Gardens Cookbook



Here's a typical Australian way of preparing Swiss chard - only they call it silverbeet:

Home-Made Mayonnaise

1 egg
1 cup vegetable oil
2 tablespoons lemon juice
1 drop hot pepper sauce
1/2 teaspoon Dijon-style mustard
1/4 teaspoon salt.

