



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 Pineapple, one of the larger, striped types is exceptionally tasty this year. Enjoy tomatoes 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 was Ag Progress Days this week out at the Penn State Rock Springs Research Center on Route 45. Next week 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 tender green beans coming in a week or two. My back hurts just thinking about it! Cukes never did well so far, but I've got a late planting in which are looking good.

Oh yeah, did you notice the RAIN? We feel blessed with these gentle showers. The garden is happy, the house is actually getting cleaned a little, and I'm transplanting and seeding like crazy under these ideal conditions. It didn't come in time to save a lot of the crops, but is a wonderful boost nevertheless. Enjoy and keep up those raindances!

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". The Bourbon Reds will be on the smaller side.

Bronze Turkeys -\$2.50/#, Bourbon Reds \$3.00/# (rare breed, slower growing)

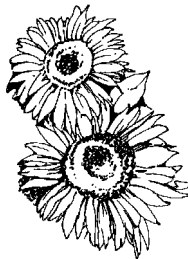
Let us know if you are interested & give us a \$15 deposit toward our feed costs.

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 vegetables 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



Tom and I eat sooo many tomato sandwiches this time of year, and they're even more delicious with this mayonnaise. Make a jar and keep in fridge, you'll use it up pretty fast!

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.

In blender, process egg, 1/4 cup oil, lemon juice, hot sauce, mustard and salt at high speed until blended, about 30 seconds. Remove top of blender. Continuing at high speed, slowly add remaining 1/4 cup oil. Continue until thick and smooth. Serve immediately or pour/scoop into 1 cup container with a tight lid and refrigerate up to one week. Makes about 1 cup.

Variations include: Adding 1-3 cloves of finely chopped/minced garlic! Adding 1/2 teaspoon grated lemon peel before first processing. Substituting olive oil for vegetable oil and red wine vinegar for lemon juice... Try with the basic one first, and go from there.

From: How to Cook with Herbs, Spices and Flavorings by Doris Townsend.

