



# Full Circle Farms

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## Food for Thought

### This weeks goodies:

**Summer Squash** - The rain really perked them up!

**Assorted Peppers** - Remember that red peppers are the same as green ones, just ripened longer. Your hot peppers will usually turn to red, just store them a while.

**Tomatoes, Tomatoes, Tomatoes...**

See recipes on back. I hope you all know never, ever to store tomatoes in the fridge, they will lose all their flavor and texture. Store them, on the kitchen counter, out of direct sunlight. If your tomato ends up with a funny soft spot, just cut that part away before you use it for cooking. Enjoy learning all about the different flavors of these heirloom tomatoes. You will never find these in the store - they have been bred for flavor, not uniform shape or shippability.

**Onions & Garlic** - always needed

**Carrots** - a tasty back to school snack...

**Melons** - last week for these already, but they sure taste like summer!

And **Zinnias and Cosmos** to brighten your dinner table.

### From the Fields:

Phew, what a nice reprieve that little bit of rain was. Good for the garden and good for the farmer's soul! It was a break from watering for a few days, but I'm already irrigating again. The rain didn't add up to much, and the ground is quickly drying up again where it is not mulched. The temperature drop is wonderful and plants are much less stressed. Peppers are still setting more fruit, and I'm hoping they'll get up to size before the first frost...

I've tilled up some of the ground where crops are finished, and will be seeding a winter cover crop of rye this week to enrich the soil with organic matter and protect it from erosion.

New seedings of lettuce mix, spinach, arugula are in the ground, being watered and expected to provide tasty late summer meals. Tender green beans are looking great and will be on your plates again next week.

Turkeys are out in the pasture now, protected from predators such as raccoons, stray dogs and skunks by an electric poly-netting, which appears to be working very well. Still time to get yours for Thanksgiving!

HEY!

**A tentative date is being set for Sunday, September 8<sup>th</sup>, for a Potluck Dinner at the farm. You'll get a chance to make fresh salsa and everyone will get a fresh jar to take home!**

See you at the farm, *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.**

### Easy Garden Tomato and Garlic Pasta

3 ripe tomatoes  
3 cloves garlic  
1 small bunch parsley or basil  
1/2 cup fruity extra-virgin olive oil  
3/4 pound pasta  
Salt and pepper

Cut out the stem ends and dice the perfectly ripe tomatoes. Peel and chop garlic, chop parsley or basil. Have all ingredients ready and by the stove. Put the pasta on to cook in rapidly boiling salted water.

Heat the olive oil in a heavy-bottomed skillet until quite hot but not smoking. Toss the garlic in the oil. Right away, before garlic browns and stir, they will probably splatter a little. Add parsley/basil and cook just a minute or two, until the tomatoes are warmed and have started to "relax". Season to taste with salt and pepper, and toss with the cooked pasta.

Serves 4

From: Chez Panisse by Alice Waters.

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:** Our favorite - Adding 1-3 cloves of finely chopped/minced garlic!  
Or Adding 1/2 teaspoon grated lemon peel before first processing.  
Or 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