



Full Circle Farms

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Last week of August, 2002

Food for Thought

This weeks goodies:

Summer Squash - The rain really perked them up, but these plants are starting to wind down,

Tomatoes, Tomatoes, Tomatoes...

See recipe 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. Hope you enjoy all the different flavors, shapes and colors 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...

Swiss Chard - this must be my favorite "green" to harvest. The beautiful veins of yellow, orange and red are works of art.

Green Beans - tender and young, I'm sure these are the tastiest beans you've ever tasted. I ate them non-stop as I was picking - crunchy and delicious!

We're taking a week off from the peppers to allow them to get up to a better size.

And **Zinnias and Cosmos** to brighten

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 producing for several weeks.

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!

PotLuck Coming Soon!
Join Us Sunday September 8th, for a
Potluck Dinner -5pm at the farm.
Please RSVP by Next Friday!

See you at the farm,

Sabine and Tom

There's Still Time to Order your Special Turkey!

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 & Please give us a \$15 deposit

Hope to see you all out at

CrickFest

this LaborDay from 1-5pm at Coburn Park.

Join local folks for local food, local music and other activities to honor and celebrate
Penns, Elk and Pine Creeks .

Your chance to learn more about our watershed, about fly-tieing and casting,
protecting our creeks and the critters that live there

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.

*Take time to work,
It is the price of success.
Take time to meditate,
It is the source of power.
Take time to play,
It is the secret of perpetual youth.
Take time to read,
It is the way to knowledge.
Take time to be friendly,
It is the road to happiness.
Take time to laugh,
It is the music of the soul.
And take time to love
and be loved.*

Adapted from an old Irish prayer