



Full Circle Farms

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It's September Already!

Food for Thought

This weeks goodies:

Summer Squash - Plants are slowly winding down. I'm sure by now we've all got our craving for fresh summer squash satisfied for another year though...

Tomatoes, Tomatoes, Tomatoes...

So many more beauties on the vines! The names of the ones you've been enjoying so far include heirlooms such as green Zebras, Garden Peach, Aunt Ruby, Grandma Mary, Jubilee and Big Beef. Enjoy them with pasta, on sandwiches, chopped and added to stir-fries. This is the only time of year tomatoes will taste this good!

Garlic - I'm sorting through it now. The biggest bulbs will be used as seed stock for next years' garlic, to be planted next month.

Potatoes - Tom loves the tiny little gourmet bite-sized potatoes, and often adds left-over roasted potatoes to our breakfast omelets.

Green Beans - a tender and tasty new crop coming in.

Greens - Mix of swiss chard and red russian kale, for those of you who can't decide which one you like better!

And **Posies of course**. The flowers are winding down, so not sure how much longer they'll be gracing your tables.

From the Fields:

We definitely had a reminder that the end of summer is drawing nearer. A few cooler, foggy days on which I actually got to wear wool socks and long sleeves, what a nice change from temperatures in the nineties. It goes so quick! The fall greens were loving it, romaine is looking good and freshly seeded spinach just jumped out of the ground on these cooler days. Tomatoes slowed their ripening overnight, apparently caught by surprise by the sudden change. And now it's quite warm again, wool socks back in the drawer.

This time of transition is not always an easy one, and we're never quite sure whether we're glad to see summer go or not. I guess it depends on how the harvest and farm work is going that day! I do know it's time to get the firewood in the wood shed, and Tom has been busy with the chain saw clearing out the fallen trees that were toppled during the violent spring storms.

Labor Day has come and gone, kids are heading back to school. Humming birds are heading south again, but I'll leave the feeder out for a few more weeks for some of the stragglers passing through. CrickFest in Coburn was a huge success, with great food, wonderful music, good folks galore and even an osprey flying overhead with a large fish in it's talons.

We're looking forward to our potluck this Sunday, an opportunity to get some of you out here for the first time for as troll around.

See you at the farm, *Sabine and Tom*

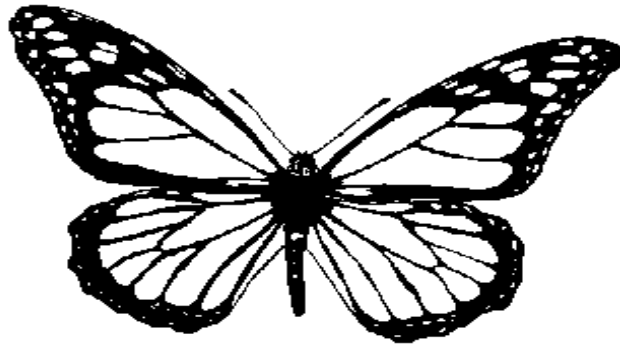
POTLUCK September 8th, 2002, 5pm

We wanted to get one in before the frost...
Please RSVP by this Friday so that we can plan accordingly and can coordinate what everyone will be bringing.
Please bring along the recipe for whatever dish you prepared so that it too can be shared!
Hope to see you at the farm!

Gremolata – A Traditional Italian Condiment

2/3 cup finely chopped fresh parsley
2 cloves garlic, minced
1 1/2 tablespoons grated lemon zest (yellow part only)

Mix all ingredients. Let stand at least 30 minutes to allow flavors to blend. Use to top baked potatoes, broiled chicken, or any mild –flavored baked fish. Makes 2/3 cup.



penne with Green beans & Tomatoes

6 ounces dried penne Pasta (about 2 cups)
4 ounces green beans, cut into 1 inch pieces
1/3 cup chopped onion
1 clove garlic, minced
2 teaspoons olive oil
3 ripe medium plum tomatoes, seeded and chopped (about 1 cup)
1/4 cup dry white wine (or vegetable or chicken broth)
2 tablespoons finely shredded Parmesan Cheese
1 tablespoon snipped fresh parsley

Start to finish:30 minutes, Serves 3

In large saucepan cook pasta and beans in lightly salted boiling water about 14 minutes or until pasta and beans are tender. Drain and return to saucepan.
Meanwhile, in medium saucepan cook onion and garlic in hot oil over medium heat for 2-3 minutes, or until onion is tender. Do not brown garlic, it gets bitter! Reduce heat to low and add tomatoes and wine; cook and stir for 2 minutes more.
Add tomato mixture to pasta mixture; toss lightly to combine. Transfer to serving dish. Sprinkle with parmesan cheese and parsley. If desired, season to taste with fresh ground pepper.

From: Fresh and Simple by Better Homes and Gardens