



Full Circle Farms

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Week of September 11th, 2002

Food for Thought

This weeks goodies:

Baby Curly Kale - see recipe on back. Nice and tender, will keep well in fridge. Make sure you check for little green tag-a-long worms before starting to chop away!

Summer Squash - the plants keep surprising me by producing more under these dry conditions. Slice them, brush them with olive oil and herbs and grill them.

Tomatoes - Enjoy them, flavor is excellent this year.

Peppers - We gave these plants a week off from picking, and you'll notice they've sized up nicely.

Green Beans - they're taking a beating from the MBB's (Mexican Bean Beetles), and this will be one of the rare occasions when I use the botanical insecticide Rotenone. It's one thing when they go after the plants, it's another when they go after the actual beans!

Seedless Grapes - Bartered with Mount Nittany Winery for these tasty grapes. These grapes are at their peak of ripeness, so please enjoy them asap - they are delicious. Since they are so ripe, just pick through them as soon as you get them home and discard the mushy ones, the rest will keep much better that way. You get the good ones, we make jelly out of the rest. When you get a chance, stop by the winery off of Brush Valley Road this fall for a wine tasting. It's a beautiful setting, especially once the leaves start turning!

And **Flowers** are still coming along...

From the Fields:

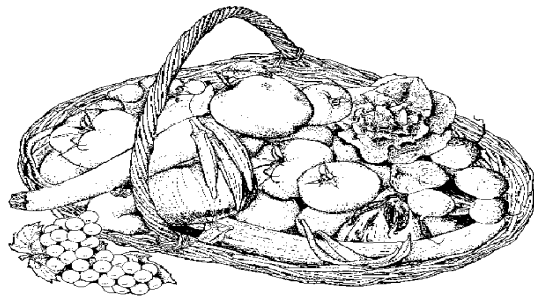
Last year September 11th fell on a Tuesday, a CSA pick-up day like today. The weather was almost like today, not quite as warm, but a beautiful blue sky, and the garden was filled with migrating monarch butterflies and goldfinches crowded on the sunflowers. I did not write a newsletter that day, but spent the day in the garden, in tears, my ears glued to my solar-powered radio.

Let us remember that peace and tolerance begin at home, with our families, our friends, our neighbors. When we mourn those lost on September 11th, let us not forget those all over the world who deal with acts of terror on a daily basis. Just because we live in America does not make us immune to the terrors of this world. We must strive for peace on a national, international and local level, and work towards this relentlessly.

Thanks to all who came to our Potluck on Sunday - we had a great bunch of folks come out, enjoyed incredible food and even got to shoot our longbows until it got too dark.

The world would be a better place if there were more potlucks...

In Peace, Sabine and Tom



Sauteed Kale with garlic and vinegar

A basic method of cooking greens that works equally well for all leafy greens, such as swiss chard, mustard, collards etc.

1 bunch kale
2 tablespoons olive oil
1 clove garlic
1 tablespoon red wine vinegar

If older leaves, strip leaves off the tougher stems, otherwise use whole. Chop coarsely and wash in plenty of water. Drain well, but do not spin dry. Heat large saute pan and add olive oil and enough kale to cover bottom of pan. Allow these greens to wilt before adding the rest. When all kale has been added, season with salt, stir in garlic and cover the pan. The greens will take anywhere from just a few minutes to 15 minutes to cook, depending on their maturity. When tender, remove lid and allow any excess water to cook away. Turn off heat and stir in vinegar.

From : Chez Panisse by Alice Waters

I had this letter to the editor published in the CDT last Tuesday; wanted to keep you updated in what's going on in our neck of the woods.

Farmland versus Houses?

I recently had a second visit from the A.D. Marble & Company, gathering data for the SCCCTS study for the possible new highway between Potters Mills to State College. Apparently all local landowners impacted by one of the possible new road alignments are being visited for more detailed follow-up studies.

We operate a 60-acre certified organic farm, raising alfalfa hay, vegetables, chickens and heritage turkeys, all sold locally within our community. My husband Tom was raised on this farm.

Three of the possible alignments dissect our property directly through our three best fields and through our pond, which is home to bullfrogs, spring peepers, dragonflies, kingfishers, green herons, sandpiper and migrating ducks. The road would preserve our farmhouse, built by one of General Potter's sons in the 1800's, passing within 250' from the house. Our barn, cider press and corn crib would be untouched, but there would be no fields to provide a bountiful harvest in the fall.

The visitors from A.D. Marble & Co. questioned me whether our farming operation would still be "viable" if this road alignment were chosen.

The answer was "No". Our remaining property is reclaimed wetlands, suitable for conservation programs and wildlife habitat, but it is not land suited for providing a livelihood, especially once separated by a four-lane highway.

The result: One less farm along the path of this new road, which is aimed for Black Hawk Gap to access I-80, and nicknamed the Great Wall of Centre Hall due to it's probable elevated approach (50' to 100') to Nittany Mountain.

Irreplaceable farmland lost, forever, never to produce food again. Like our farm, there are too many other farms threatened by this alignment along the valley floor. Some of these farms are in Conservation Easements, assuring that they will be farmland forever, never to be developed, unless of course this road gets to them first....

As the determination of the final route draws nearer, I urge all to protect this precious rural and agricultural heritage of ours. Houses, though costly, can be built elsewhere. Farmland, once lost, will not ever be re-created, and is lost forever. Wildlife habitat is found in wetlands and farm ponds and fence-rows, not on highways and rarely in suburban developments.