



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!

Last of the Melons - eat them while it still feels like summer! All too soon it will be time for winter squash, potatoes and leeks to warm you up on a cold day...

Basil - probably the last of it for the summer. It won't have time to re-grow before the first frost. Basil is the most frost-sensitive plant we grow in the garden, and is always the first to go.

Flowers still coming along...

From the Fields:

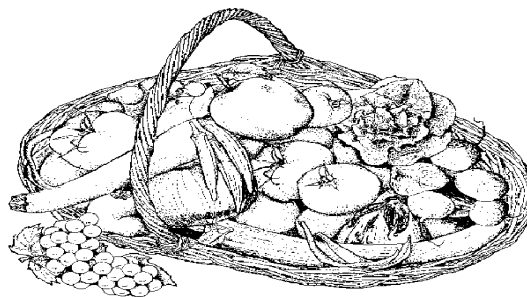
Last year September 11th fell on a Tuesday, a CSA pick-up day like today. The weather was almost like today, not quite as warm, but a beautiful blue sky, and the garden was filled with migrating monarch butterflies and goldfinches crowded on the sunflowers. I did not write a newsletter that day, but 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 last week - 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

Badische Potato Salad

(This is a regional German Potato salad, from the region of Baden...)

- about 2 1/2 lb wax (red) potatoes. boiled, peeled, and sliced thinly
- 1/2 C beef or vegetable stock
- 1/2 C olive oil
- 3 Tbsp wine vinegar
- 1 Tbsp mustard
- 1 Tbsp sugar
- 1 Tbsp onion juice (or 1/2 onion, finely chopped)
- 1 clove garlic, crushed (optional)
- 2 Tbsp chopped dill pickles (optional)
- 1 Tbsp herbs (parsley, tarragon, chervil, thyme, dill, etc)
- 2 Tbsp cooked bacon (optional)
- salt and pepper to taste

Mix all except potatoes into a dressing.
Mix in the potato slices while they are still warm.
Adjust seasoning.
Let sit to allow the potatoes to absorb the dressing.
Serve at room temperature.

Notes:

The potatoes should not be cooked too soft. If they are too soft, the pieces will have to be cut larger, and will absorb less of the dressing.
I have never used exactly the same proportions or seasoning, so this tastes slightly different every time.

Another tasty dish from the Farm Potluck, **THANKS ALEX!**