



Full Circle Farms

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Food for Thought

This weeks goodies:

Romaine Lettuce - how nice to see something leafy other than chard! There's plenty more of these, and the arugula and lettuce mix are coming along nicely - with constant irrigation of course.

Tomatoes - They're already really slowing down their ripening, guess the summer has just been too stressful for them...

Peppers - Use 'em in chilli, salsa, breakfast frittata etc.

Green Beans - we still have one more planting of green beans coming along after this one - keep your fingers crossed we get to pick it before the frost! See spicy green Bean recipe on back.

Leeks - close relative of onions, garlic and chives, they are milder and more refined. Leeks smell great when they are cooked and also sweeten. To clean, cut leek into half lengthwise and wash to remove grit, which often gets under the leaves. Great in thin layers on your favorite sandwich (try leek, tomato and melted cheese!), add cooked to mashed potatoes or make potato leek soup!

Parsley, Sage, Rosemary - Because everything tastes better with fresh herbs.

Flowers still coming along... I especially love the blue asters which grow along our garden this time of year. The zinnias and cosmos just won't quit!

From the Fields:

The promise of rain was more exciting than the actual event. Although I did spend quite a bit of time on Sunday just sitting on the porch, watching the rain come down slowly. At this point, you're probably sick of hearing about the rain, or lack there of, but as a farmer, the rain can curse and also bless you. The soil soaked everything up as soon as it hit, and the smell of fresh rain was wonderful.

All in all, we got less than an inch of rain. Most crops require an inch of rain a week for optimum production, not an inch every six weeks. Still, there's some beautiful carrots that will be ready soon, cucumbers will probably be ready next week, and we've still got some greens in the works as well. The orchard took a 90% loss during the freeze in May, but there's a few Golden Delicious apples that have survived. There'll be some small but tasty ones in weeks to come.

Peace, Sabine and Tom



PS. I had to put this butterfly in here, on my last walk I saw so many of them huddled around a mud puddle for a drink - it was a beautiful sight.

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 Full Circle Potluck. **THANKS ALEX!**

Szechuan Green Beans and Soba Noodles

A dish for folks who like it a little spicy. Tom likes to prepare our beans like this. You can do it without the soba noodles just as well.)

12 ounces Soba Noodles (in the ethnic section of store)
1 pound green beans
3 tablespoons sesame oil
3 medium garlic cloves, minced
1/2 teaspoon crushed red chili peppers
1 1/2 teaspoon tamari (a kind of soy sauce also found in the ethnic section. Tastier than regular soy sauce)
1/4 cup toasted sesame seeds

Bring a large pot of water to boil, add a tiny bit of canola oil, and cook the soba noodles until al dente, about 5 minutes. Drain and rinse under cold water and set aside.
Wash beans and trim ends. Cut them diagonally into bite sized pieces. Heat the sesame seed oil in large saute pan or wok over high heat. Add the garlic and immediately stir in the green beans and red chilli pepper. Lower the heat to medium and cook for 5 minutes, stirring frequently, until the beans become tender and bright green.
Add noodles to green beans and toss well. Season with tamari and remove from heat.
Serve sprinkled with the toasted sesame seeds.

- From A Taste of Heaven and Earth by Bettina Vitell