



# Full Circle Farms

132 Goodhart Road, Spring Mills, PA 16875  
bina@fullcirclefarms.com 364-2885

Week of the Autumn Equinox  
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## Food for Thought

### This weeks goodies:

**Romaine Lettuce** - how nice to see lettuce again after all this heat! There's plenty more of these, and the arugula and lettuce mix are coming along nicely - with constant irrigation of course.

**Young Tender Curly Kale** - It's great to start having some nutritious greens again. A quick reminder that kale is rich in vitamins A, C and also calcium and protein. Add chopped, sauteed kale to soups, casseroles or mashed potatoes.

**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.

**Carrots** - we've got a nice crop of fall carrots coming on. Enjoy these as a sweet raw snack.

**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 any 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!

**Herbs** - 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 bees and butterflies just love them. 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 last 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.

The lack of rain has turned the ground very hard in spots, and I keep postponing the main potato harvest until there will be better digging conditions. Looks like we'll have to get out the potato plow this weekend whether we're ready or not. At least then you'll be able to make some potato leek soup. 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. Today I got my first seed catalog, plus the first LL Bean [Christmas Catalog](#). It reminds me that the first frost traditionally happens during the next week, although I do not see one in the forecast. Temperatures are still above normal

### **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!**

### **Ginger Kale**

1 large bunch kale, leaves cut into strips.  
2 tablespoons olive oil  
1 tablespoon butter  
2 large cloves garlic, minced  
1 medium onion, chopped  
1 tablespoon fresh ginger root, or 1 teaspoon dried ginger  
juice of 1 fresh lime  
freshly ground black pepper

Steam kale until slightly wilted. In large skillet or wok, heat oil and butter, add garlic, onion and ginger, saute until onion is soft. Toss in kale. Cover and cook on low heat until kale is tender. Toss in lime juice and pepper to taste. Makes 2-4 servings.

- From Shepherd's Garden Seeds Catalog.