



Full Circle Farms

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It's October 1st!

Food for Thought

This weeks goodies:

Romaine Lettuce - Romaine will hold up to more substantial dressings, whereas the mesclun mix won't. Nice and sweet due to our cooler weather.

Mesclun Mix - a beautiful mix of baby lettuces, arugula and spinach. These tender greens are best enjoyed with just a hint of very light dressing,

Tender Young Kale - I've been enjoying mine chopped and sauteed and then added to noodles.

Arugula - What a nice surprise. It's amazing what a little bit of rain can do...

Carrots - They sure are sweet this time of year. Don't really need a recipe, just clean them up and have them ready for a snack anytime of day.

Green Tomatoes - tomatoes are not ripening under the current weather conditions. Try the green tomato recipe on back, or just place on counter and be very patient.

Peppers - If you don't use all the peppers, remember that they freeze really well and are great to have on hand in the winter to add to soups, stews, chilli, etc. Just cut into big strips and freeze in ziplock bag. No need to blanch them first. The plants are just pumping out the peppers like crazy. The big ones are sweet bells, the longer shaped skinny ones are great frying peppers - not too hot. Serranos and habaneros by request.

Flowers - the bees and butterflies are enjoying these as much as we are.

From the Fields:

Boy, did we get Rain! Three inches of beautiful, slow soaking rains blessed us last Sunday, and then we got almost another five inches on top of that. That's 8" so far! The pond level is coming up nicely, and even though I had to harvest veggie sin the pouring rain today, the carrots were very easy to pull out of the mud.

The leafy greens in the garden are doing great, and everything that was brown and haggard has revived - now it's time to mow the grass again! Pepper plants are leaning over, so weighed down with fruit. Cucumbers are teasing me, I keep expect them to ripen a the same speed as in the height of summer, but the shorter daylight hours are already showing their influence. Cukes will hopefully be ready next week. The good soaking will supposedly be followed by a few days of sun, so they should really jump.

There's just a few trees at the foot of a nearby mountain that are starting to change to a golden yellow, but there's already fallen leaves in the driveway, and the thermometer went down to 40 last week. We'll be working on adding wood to the wood shed this weekend, in anticipation of cool mornings to come.

Peace, Sabine and Tom

Last Chance!

to order your Organic, Pastured **Turkey**. I still have a few Bronze Turkeys left (\$2.50/#), but they're going fast! Bourbon Reds are already sold out. I'm now putting the word out to the general public, so order yours soon (\$15 deposit will save you one for Thanksgiving).

Also,

Our fresh organic pastured **Chickens** will be available in two weeks.

Green Tomatoes

Store wrapped in newspaper in a cool area for long term storage. To ripen them, put them in a brown paper bag, the ethylene gas they give off will ripen them.

Basic Fried Green Tomatoes

Dip thick slices of green tomatoes in seasoned cornmeal, flour or breadcrumbs and saute in oil until golden brown. Drain on paper towel. Before enjoying them hot.

Frittata with Sweet Peppers and Summer Squash

1 tablespoon olive oil
1 green onion, chopped
4 frying peppers, seeded and chopped
2 small zucchini, chopped
2 teaspoons finely minced herbs - whatever you've got
3/4 teaspoon salt
6 eggs
1/2 cup milk
1/2 cup grated cheese - whatever you've got
freshly ground black pepper

Preheat oven to 350. Heat olive oil in medium skillet over medium heat. Add onions and lightly saute one minute. Add veggies, herbs and salt. Saute for 4-5 minutes longer, or until squash is barely beginning to brown. Remove from heat and set aside. Beat eggs with milk. Add cheese and black pepper. Stir in veggie mixture. Pour into lightly oiled 10 inch round baking dish or cast iron skillet. Bake for about 40 minutes or until just set. Cut into wedges and serve hot from oven. Serves 6.

- Rolling Prairie Cookbook, Nancy O'Connor.

Growing Good Corn

James Bender relates the story of a farmer who grew award-winning corn. Each year he entered his corn in the state fair where it won a blue ribbon. One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seed corn with his neighbors.

"How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?" the reporter asked.

"Why sir," said the farmer " didn't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn."

The farmer is very much aware of the connectedness of life. His corn cannot improve unless his neighbor's corn also improves.

So it is with our lives. Those who choose to live in peace must help their neighbors to live in peace. Those who choose to live well must help others to live well, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others to find happiness, for the welfare of each is bound up with the welfare of all.

The lesson for each of us is this: if we are to grow good corn, we must help our neighbors grow good corn.

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