



Full Circle Farms

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

It's October already!

Food for Thought

This weeks goodies:

Romaine Lettuce - can't get enough salads!

Lettuce Mix - a beautiful mix of baby lettuces and spinach.

Sorrel - tasty chopped fine in salad, or with butter on your spuds.

Arugula - quite spicy, so better not eaten by itself. Tasty on sandwiches, in omelets and added to your salads.

Cucumbers - an unusual appearance in October, but welcome nevertheless. You know what to do: add it your s....

Leeks - these will keep well in plastic bag in fridge if you'd like to wait for some crisper days to make soup.

Onions & Chives - try them with your potatoes or snip them into a salad.

Potatoes - we finally were able to dig the rest of the potatoes, after the ground had softened up some thanks to the rain. It was just too strenuous to dig them earlier out of the concrete-like soil. Tom, his dad and myself spent the better part of beautiful Sunday picking up these freshly dug spuds.

Tomatoes - just a few more for your salads!

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. 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.

Flowers - unusual that we have flowers this late, as they're normally killed by a frost by now. Enjoy!

From the Fields:

The rain last over the last week added up to almost 8" ! The pond level was able to recover partially, and the garden is pretty happy right now. Happy plants make for a happy farmer! The weather is little bit deceiving, and on a warm day like today it's easy to forget that it's October already. The frost is overdue, and some of the plants that did make it through the extensive drought are enjoying the longer season. Unfortunately the vining crops such as pumpkins and winter squash fell victim to the drought.

Meanwhile, we're stocking the pantry and freezer for the less abundant months to come, and I'm making a list of projects that will need to be tackled during the slower months. In between cleaning out the bottom of the barn for the turkey pair, planting next years garlic, organizing this summers paperwork & farm records, tidying up the garden and planting more cover crops, there's a lot to do before I need to start seeds again in February!

Do take the time and enjoy the change of pace that this season brings. It's time to reflect and enjoy. October weekends are perfect for exploring new hikes and sipping tea with friends afterwards. Some things you just must take the time for.

Peace Sabine and Tom

Road Update

The SCCCTS road study is plugging along slowly. Environmental scientists were out one more time, this time to delineate wetlands. There are now hot pink flags throughout our fence-rows marked "wetland boundaries". For more info on where the study currently stands, go to www.scccts.org, it's quite an interesting site.

"Whatever you do will be insignificant and it is very important that you do it."

Mahatma Gandhi

Potato Leek Soup

1/2 teaspoon salt
1 pound potatoes, peeled and cubed (about 3 cups)
1 pound leeks, cleaned, trimmed and thinly sliced
1/4 cup fresh parsley, optional
1 tablespoon butter, optional

Bring 8 cups water to a boil. Add salt, potatoes and leeks; cover and reduce heat. Cook until potatoes are soft, about 30 minutes. Set aside to cool slightly. Transfer to a food processor or blender and puree. Do not overblend or potatoes will become sticky. Return to pot, stir in parsley and butter and reheat. Six servings.

-The Haspels, Vegetarian Gourmet, Winter '96

The Sun

By Mary Oliver (From New and Selected Poems)

Have you ever seen
Anything
In your life
More wonderful

Than the way the sun,
Every evening,
Relaxed and easy,
Floats toward the horizon

And into the clouds or the hills,
Or the ruffled sea,
And is gone-
And how it slides again

Out of the blackness,
Every morning,
On the other side of the world,
Like a red flower

Streaming upward on its heavenly oils,
Say, on a morning in early summer,
At it's perfect imperial distance-
And have you ever felt for anything

Such wild love-
Do you think there is anywhere,
In any language,
A word billowing enough
For the pleasure

That fills you,
As the sun
Reaches out,
As it warms you

As you stand there,
Empty-handed-
Or have you too
Turned from this world-

Or have you too
Gone crazy
For power,
For things?