



Full Circle Farms

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Food for Thought

This weeks goodies:

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

Parsley - always a favorite with carrots or potatoes

Arugula - a wonderful spicy addition to your salads

Potatoes - yellow fleshed gourmet midgets - perfectly bite-sized.

Cucumbers - plants are safely tucked away under a double layer of reemay to keep them toasty and convince them it really is the peak of summer...

Tomatoes - this is the last week for these, so savor them. Recipe on the back is DE-licious.

Carrots - sweet baby carrots

Peppers - I've been eating the bell peppers raw just as healthy vitamin C packed snack. Try it, you'll like it.

Flowers - they've surrendered to the cold and to days of steady rain. All done till next year! I'll be planting more perennials this fall for more variety next year.

From the Fields:

The first nippy night has come and gone. I scurried around this week covering the tender plants that are still in production, such as cucumbers and some straggling squash. Next morning I hurried outside to see what had happened overnight. The basil is always the first thing I check, as basil and beans are probably the most sensitive crops in the garden. Just the basil was a little brown around some exposed edges, but not too badly. Looks like the low was around 35.

Then we enjoyed a picture-perfect fall day, and my hands got a little cold and stiff picking the lettuce. And now the blessed, gentle rain. Still, it's hard to believe next week will already be the last week of the season, it sure went quick. I think I have a more difficult time orienting myself to the change in seasons since our orchard crops did not survive the spring freeze. Usually I'm picking apples and pressing cider by now. In the big picture it just means we'll have a bumper crop of apples and pears next year!

Peace, Sabine and Tom

Attention Shoppers!

As the local produce season nears its end, keep this in mind as you shop at your grocer over the winter. U.S. Food and Drug Administration tested the amount of pesticides in 42 fruits and vegetables. More than half of the total dietary risk from pesticides in these foods was concentrated in just 12 crops. The pesticides that were found in these foods are classified by the EPA as probable human carcinogens, nervous system poisons and endocrine system disrupters.

The 12 most contaminated foods

1. Strawberries
2. Bell Peppers (Green and Red) tied with Spinach
4. Cherries (U.S.)
5. Peaches
6. Cantaloupe (Mexican)
7. Celery
8. Apples
9. Apricots
10. Green beans
11. Grapes (Chilean)
12. Cucumbers

What can you do?

Continue to buy local, eat in season and eat organic, especially during the winter.

Tomato and Mozzarella Toast

A "toast" is the Italian version of our grilled cheese. This one has a layered filing of tomato, mozzarella and basil - a threesome almost as sacred in Italy as the Holy Trinity. Toasted until the bread crisps and the cheese melts to a cream, this tastes sublime with a small glass of cold beer.

2 squares focaccia or other flatbread, not more than 1" thick.

Extra-virgin olive oil

1/4 pound fresh mozzarella (1/2 a large ball), thinly sliced and drained on tea towel.

Fine sea salt and freshly ground black pepper

1 large Roma tomato, ripe but firm, sliced into rounds.

4 basil leaves.

Split focaccia horizontally, drizzle with olive oil on the inside of all 4 pieces. Arrange mozzarella on bottom half of bread slices, and season with salt and pepper. Top with tomato rounds, and season again. Arrange basil leaves over tomatoes and cover with focaccia tops. Place sandwiches on a hot grill or in a hot saute pan and weigh down with heavy pot or other weights. Grill for a few minutes, when golden, flip and grill other side. They're ready when cheese melts and bread is crusty. Serve hot.

From: Unplugged Kitchen by Viana La Place

Are you an aspiring gardener yourself?

I'm frequently asked where I buy my seeds. Since I am a strong supporter of heirloom seeds and since I am loyal to the seed suppliers I use, here's my 2 recommendations (oddly both out of Maine). Both are companies of high integrity, high quality and strong supporters of preventing seed control by a few multi-national corporations (how's that for food security?)

FEDCO

- a wonderful cooperative in Maine, they have an informative catalog - not glossy, no pictures, just wonderful descriptions and recycled paper. A Low-tech group! Because they do not have an individual owner or beneficiary, profit is not their primary goal. Consumers own 60% of the co-op, and worker members 40%. FEDCO will not carry genetically engineered seeds, and is active in supporting seed security - preventing the seed giant from monopolizing our seed supply, a scary thing. A great selection of seeds, some organic, many heirloom.

www.fedcoseeds.com

207-873-7333

Johnny's

- a first-rate seed supplier in Maine. Runs excellent field trials. Very knowledgeable folks. Great selection as well, especially specialty crops. This company is geared towards market gardeners - great catalog with photos. Johnnys will not carry genetically engineered seeds, and carries some organic seeds.

www.johnnyseeds.com

207-437-4395