



# Full Circle Farms

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Yikes! It's the last week of veggies!

## Food for Thought

### Final goodies...

**Lettuce Mix** - a beautiful mix of baby lettuces 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.

These are unwashed to store better. Keep in cool & dark place.

**Cucumbers** - the double layer of reemay protected them last night, so enjoy!

**Sorrel** - lemony sour flavor.

**Carrots** - sweet baby carrots

**Peppers** - these should keep quite well in fridge, or cut into quarters and toss in freezer.

**Tender kale** - a nice green for this cooler weather. Goes well with potatoes.

**Sweet Potatoes** - this was my first year ever growing these, and I was thrilled when I dug them this morning. You're supposed to wait until a hard frost kills the vines to harvest them, so it got cold just in time for you to still try some. These are supposed to go through a curing process of pretty warm temperatures, which hasn't happened. I suggest you store them on the counter, and eat them within a month.

**Flowers** - they've surrendered to the frost. All done till next year! I'll be planting more perennials this Fall for more variety next year.

### From the Fields:

Last night the first heavy frost settled on the garden. The crisp crystallized outlines of the frost on dandelion leaves and blades of grass are beautiful this morning, and my breath is white as I breathe in the crisp air.

Well friends, this is the end of another season. Again, I feel honored to have been able to provide this wonderful food for you. I really will miss all of you over the winter, and for the next couple of weeks I'll still feel lost Tuesdays and Saturdays, the usual veggie days, as I'm sure you will too. I'll be using those days to transition from this year to next year, planting garlic and cover crops in anticipation, and cleaning and putting away buckets and flats and tools (and sleeping in on Saturday morning!)

I am especially grateful for the many positive comments I've received from many of you over the season, because it was definitely a challenging growing year, in many different ways. Thank you all for your continued enjoyment and support of local organic food! Awareness of our food supply, and the realization of it's fragile nature, can be an unexpected eye-opener at times, and I'm sure you may have heard more about drought and rain this summer than you ever imagined!

Again, thank you for supporting us in our organic endeavors, and also the whole community of other local farms and businesses we so rely on.

*Come visit us at the farm!*

*Sabine and Tom*

Eating seasonally and locally is a call to responsibility, and it takes work, tenacity, understanding, education and daring resolve. It means shifting paradigms, and not eating what is easiest and most convenient. It means learning to be flexible, to try new things, to eat your greens, to lovingly wash, cut, cook, spice, and savor the things that can be grown at the time and in the place where you are now. It is a simple concept.  
- David Bruce (Farmer in Wisconsin)

## Attention Shoppers!

As the local produce season nears its end, keep this in mind as you shop at your grocer over the winter.

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

### **What can you do?**

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

**And on a lighter note:**

### **FOR THE GARDEN OF YOUR DAILY LIVING**

#### PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul

#### PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

#### PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

#### NO GARDEN WITHOUT TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

#### TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love.  
There is much fruit in your garden because you reap what you sow.