



Full Circle Farms

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Food for Thought

"Mess O' Greens"

This weeks goodies:

- 🍷 Baby Spinach - ideal for a most nutritious salad.
- 🍷 Arugula/Mustard Greens- these are on the spicy side, especially the arugula (smooth leaf). The mustard is great chopped and steamed with a bit of vinegar or butter for the decadent.
- 🍷 Mint & Tarragon
- 🍷 French Sorrel - tangy and lemony. Great in omelets, caseroles, soups and to add some zing to salads. Wonderful in a butter sauce with fish.
- 🍷 Potted Basil Plant
- 🍷 Eggs from our free-range chickens.

Storage - all greens should be kept covered in plastic in the crisper drawer of the fridge. Basil loves outdoor full sun and can be planted outside. Pinch back once it gets bigger and use leaves.

From the Fields:

Welcome to the first share of the season! For those with us from last year, you'll remember that the season starts slowly but quickly picks up. It all depends on the weather! So far we've not had to use our new irrigation yet, but our new 2500 gallon cistern which collects rainwater from the barn roof is filled up and ready for action. Ha ha, we did get four inches of rain last week alone, and sadly there are gullies in the garden where the torrential downpours looked for an escape from the garden. For a week or so it looked like each row of potatoes had it's own little irrigation creek running alongside it. It's a good thing potatoes do like the extra water. The saturating rains have delayed some of our plantings somewhat, as the ground has been flooded in certain areas of the garden. Peas are looking great and flowering, and broccoli looking good too.

Quick reminder that I do wash greens here at the farm, but that is mostly to remove mud and to cool them down quickly. All greens should be washed again before you enjoy them. I highly recommend a "Salad Spinner", available at most kitchen supply places. They remove most of the excess moisture from your greens, storing them much better and preventing soggy salads.

Also, for the new folks: there will be times when you are not quite sure what it is you are looking at in your bag of goodies. This WILL happen! Do not hesitate to call or email me, I'll guide you through it and even give you additional recipes if you need them.

Hoping you'll enjoy this first taste of the farm!

Sabine and Tom Carey

"Monsanto should not have to vouchsafe the safety of biotech food. Our interest is in selling as much of it as possible. Assuring its safety is the FDA's job." Phil Angell, Monsanto's Director of Corporate Communications, New York Times 10/25/98

Mint offers a nice refreshing flavor on a hot day.

Can easily be dried in microwave by spreading leaves on double thickness of paper towels and microwaving for 4-6 minutes on high. Check and stir leaves several times during drying. Leaves should be brittle and crisp. Store in a cool, dark place and use in tea, hot or iced. Most herbs can be dried like this. If you have a hot attic, or a food dehydrator, they are ideal for herb drying.

Minty Yogurt Sauce

1 cup plain yogurt
3 cloves garlic, minced
1 teaspoon freshly grated ginger
1 tablespoon lime juice
2/3 cup chopped fresh mint leaves.

Great sauce for spooning over chicken breasts, using as a marinade and then

broiling the next day. Also good with vegetables.

Greens: these include mustard, turnip greens, arugula, beet greens kale, chard etc. Some are mild, some such as arugula, rather spicy. Packed with nutrition, they offer generous amounts of vitamins A and C, some B vitamins and folic acid, as well as minerals such as calcium and iron. Greens will usually cook down to 1/4 or less of original volume, so you can really pack your wok full of greens! Greens are great for sauteeing, or adding to your sandwich, burrito or soup.

Storage: greens do store well if wrapped loosely in plastic and stored in crisper drawer.

The following recipe is not a quick, throw 'em together dressing, but hey, someday when the mood strikes, you'll have this recipe and you can let me know that you are now ready for some more tarragon. Fresh tarragon can also quite simply be chopped finely and added to whatever oil and vinegar dressing you prefer. I do think Tarragon goes well with red wine vinegar.

Tarragon and Ginger Dressing

1 tablespoon canola oil
2 tablespoons olive oil
1/2 cup vegetable or chicken stock
1 small clove garlic, minced
2 tablespoons finely minced scallions
2 tablespoons red wine vinegar
1 teaspoon finely grated ginger
2 tablespoons chopped fresh tarragon
salt and fresh pepper to taste

In a skillet, heat canola oil. Add garlic and scallions and sautee until softened. Add stock and boil until reduced by half - about 3-4 minutes. Stir in vinegar and cook an additional 2 minutes. Transfer to a bowl. Add ginger and tarragon. Gradually whisk in olive oil. Add salt and pepper to taste. Both recipes From Renne Shepherd and Fran Raboff's "Recipes from a Kitchen Garden"

Do you buy organic products at the store? Pay attention to this!

Now that the government controls the word "Organic" (Effective October 21, 2002), they're also in control of the standards. Fieldale Farms, a large poultry operation headquartered in Georgia, has been working with their congressional delegation to pressure Secretary of Agriculture, Ann Veneman, to grant an exemption to the requirement that organic livestock be fed organically-grown feeds. So why would these chickens be organic if they eat conventional feed. And why should anyone pay organic premium prices for them?

