



# Full Circle Farms

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Week of June 19 2001

## Food for Thought

### "Toads "

**This weeks goodies:**

- 🍄 Spring Mix of baby lettuces.  
Oh so young and tender. Please don't drown them in heavy commercial dressings, these greens shine with a light vinaigrette that just barely cover the leaves with a light coating.
- 🍄 Head Lettuce
- 🍄 Mint for some cool drinks over the next couple of days
- 🍄 Snow Peas - classic stir-fry vegetable. Saute lightly in last few minutes of cooking time. Also good raw in salads. Eat asap.
- 🍄 Garlic Scapes - these are the seed heads produced by hard neck garlic. We remove them so that the garlic bulbs increase in size, and find them to be a lot of fun in the kitchen. Just chop them up and use them in any dish were you would use garlic - and hey- no peeling! Wonderful in a salad!  
Store them in a plastic bag in the fridge, they keep a loong time.

**From the Fields:**

I've been enjoying these cooler days, they're making garden work so much more enjoyable - almost invigorating like fall really... Sure looks like the weather will become more seasonable starting this week, so I'm glad we've had the rain recently. With a moist ground and warm temperatures, a lot of the crops will really start a growth spurt. So will the weeds of course, but that's ok. I'll let you know when I'm having another weeding party!

The rain has made the garden look lush, and our potatoes have never looked better! I'm hoping to have some delicious baby red potatoes in a couple of weeks.

The toads have also enjoyed the damp spring, and we are once again finding ourselves over run with them. I will be bringing baby toads along to the farmers market if anyone would like to offer them a good home: Good homes must be able to offer a chemical-free yard and a cool shady spot for them to live in, such as under groundcovers and larger plants like hostas. Damp areas are preferred, and if you have a small pond yourself, they will be able to reproduce next year. Toads love to eat slugs and other insects, that's why we encourage toad habitats wherever we can. They truly are a gardeners best friend, and pretty good company out there as you're working.

Sabine and Tom Carey

PS. *Thanks* to Sandy and Erin for coming out to help with sweeping up the barn and mulching the tomatoes. Tomato stakes are in as well, thanks to their help. We finished off this dusty job with a relaxing visit at the pond, gazing at the dragonflies and watching the multitude of toads

**BAGS...**

Thanks to all the csa members who suggested last year: "Hey, we can just bring our own bags..."

So, please bring your own bags for pick-up. I'll still bag up individual items, but I run short of plastic grocery bags, since I usually use canvas ones myself. I'll still have along extra bags in case you forget yours.

**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. Once dried, 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, on potatoes or even dunking crusty bread into.

This is also a nice dip if you add some shredded fresh cucumbers to it.

**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.

### **Basic Vinaigrette Recipe**

➤ Three parts oil to one part vinegar.

How about that for an easy recipe!

As long as you use the correct proportions,

vinaigrettes can be made with a wide assortment of ingredients. Experiment with olive oil (cold pressed extra virgin is the highest quality), canola oil for a milder flavor. There are so many vinegars out there, and you can vary your dressings from balsamic vinegar, to red wine vinegar, to rice wine vinegar etc. Chop some garlic scapes, some herbs, some salt and pepper and Voila! A delicious dressing and everyone will ask for the recipe!

### *RAW MILK ANYONE?*

We are excited to have found a local amish farmer in Rebersburg with a raw milk license, who pastures his cows. You may not realize that the majority of dairy cows are kept indoors and never allowed to graze. We believe that this is an unnatural existence with detrimental health effects both for the cows and those who consume their dairy products. Grazing is the way nature intended these ruminants to live. A raw milk license ensures that the cows are tested for tuberculosis annually and requires stricter standards for other contamination as well. We may be able to arrange a weekly order if you are interested. Just let us know. For benefits of raw milk, visit: [www.rawmilk.org](http://www.rawmilk.org) For benefits of grass-fed livestock, visit [www.eatwild.com](http://www.eatwild.com)

