



# Full Circle Farms

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

Week of June 19 2001  
Celebrate Summer Solstice!

## 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.
- 🍷 Plum Purple Radishes -  
crisp and crunchy, wonderful spicy addition to your salad.
- 🍷 Curly Parsley - details on back
- 🍷 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 scapes 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.

### **Radishes**

Store up to 2 weeks in plastic bag in fridge. Try a radish sandwich: butter some french or sourdough bread and layer with thin slices of radish and a sprinkle of salt. Or steam for 8-10 minutes, until tender but not mushy; roll in butter, add dash of salt and pepper.

### **Parsley**

High in vitamins A & C, and also in iron. Add it to your salads for a nutrition boost, or to your snow-pea stir-fry. Chop it up and add it to any chilled pasta or vegetable salad. Wrap in damp towel and store in fridge or store upright in a container with an inch of water and refrigerate (can be dangerous if your fridge gets rather crammed full...)

### **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 fresh 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, Raymond at Spring Bank Acres in Rebersburg with a raw milk license, who pastures his cows on grass. And yes, he sells delicious cheese at the Millheim farmers market as well. 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 will coordinate pick-up for those that don't pick up their shares in Millheim, otherwise you can speak with Raymond yourself. 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)