



Full Circle Farms

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Week of June 25 2001

Food for Thought

"Summer is here "

This weeks goodies:

- 🍷 Spring Mix of baby lettuces.
- 🍷 Head lettuce
- 🍷 Basil - now that it's officially summer, here's a summer favorite. Do not wash basil before storing in fridge, instead, wash just before use. Basil does not like really cold temps, so protect in paper towel and then store in fridge. This is just a small taste. Once tomatoes are ready, there will also be lots of basil for pesto.
- 🍷 Baby Broccoli - can be eaten raw, chopped into green salads or with dip. Chopped and separated, steam for 5-7 minutes, chill and use in pasta salads. Use in stir-fry, quiches etc. Recipe on back.
- 🍷 Snow Peas - really coming on strong. Will be done by next week. Eat asap. Recipe on back.
- 🍷 Garlic Scapes
- 🍷 Wild Flower Bouquet.

From the Fields:

It sure is hot and sticky out there. I'm not quite acclimated to this weather yet, so occasionally I do get to take a siesta in the heat of the afternoon, and then work in the cooler garden until it is too dark to see. The thundershowers always arrive just in time to give the plants a much needed break. We had ten Bourbon Red turkeys arrive this Wednesday. They are an old "Heritage" breed, the livestock equivalent of an "Heirloom" variety. We wanted to raise some because they are supposed to be good on pasture, and beautiful birds besides. The regular broad breasted white turkey which makes up about 90% of the commercial market are highly specialized birds. Bred for feed efficiency and rapid growth, has left them with out the ability to reproduce naturally. Their conformation of tremendous breasts and short legs require that they reproduce only through artificial insemination. Control of breeding stock lies with only three international companies. The many turkey varieties which existed around the turn of the century are in a perilous state. The Bourbon Red was accepted as a standard variety in 1909, and we are exploring raising our own here at Full Circle Farms.

Stay cool and enjoy those delicious salads!

Sabine and Tom Carey

Egg Cartons...

We can always use your used clean egg cartons. We prefer cardboard Jumbo/Extra Large sized ones, but all are welcome. Our new pullets (young hens) are starting to lay up a storm!

Salad Greens with Garlic Dressing

3 cloves garlic (or you can use garlic scapes!)
3/4 cup oil of your choice
1/4 cup red wine vinegar
1 tablespoons chopped fresh basil
1 teaspoon salt
1 tablespoon grated parmesan cheese
1/2 tablespoon ground black pepper
1/2 cup milk

Put garlic, oil, vinegar, basil , salt cheese and pepper in blender, process 2-3 minutes. With blender still running, slowly add milk, processing until dressing is smooth and thick. Toss with greens. Covered and refrigerated, this dressing will keep 1 week.

Broccoli and Snowpea Rice Salad

6 oz long grain and wild rice mix (1 package)
1 1/2 cups chopped broccoli
1/3 cup sliced red or green onions
1/4 cup clear Italian dressing (or mix your own vinaigrette, you know how!)
1 tablesp. lemon juice
1/2 tablesp. lemon pepper
1 1/2 cups snowpeas
1/3 cup slivered almonds

Prepare rice mix according to package directions. Cool slightly. Steam broccoli for 6 minutes. Add snow peas raw or slightly steamed. Toss with remaining ingredients and chill for 2-24 hours. Four servings.

Rice

It grew in the black mud.
It grew under the tiger's orange paws.
Its stems thinner than candles, and as straight.
Its leaves like the feathers of egrets, but green.
The grains cresting, wanting to burst.
Oh, blood of the tiger.

I don't want you just to sit down at the table.
I don't want you just to eat, and be content.
I want you to walk out into the fields
Where the water is shining, and the rice has risen.
I want you to stand there, far from the white tablecloth.
I want you to fill your hands with the mud, like a blessing.

- Mary Oliver (New and Selected Poems)