



Full Circle Farms

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Week of July 4th 2002

Food for Thought

"Garden Update"

This weeks goodies:

- 🍷 **Summer lettuce mix** - suffering a little from the heat.
- 🍷 **Head lettuce** - small but tasty
- 🍷 **New baby potatoes** - oh so delicious and beautiful. What a joy to dig these jewels out of the ground! These were just dug today, and new potatoes should be eaten within 1-2 weeks. Store away from light. No need to peel these organic potatoes - most nutrients are in or near the skin.
- 🍷 **Baby Broccoli** - Broccoli will continue to make appearances throughout the summer.
- 🍷 **Snow Peas** - last week for these - they're winding down and don't like the heat!
- 🍷 **Sage & Tarragon**
- 🍷 **Garlic Scapes**
- 🍷 **Black Eyed Susan Bouquet** - all flowers will keep longer if you keep your vases very, very clean and change the water daily or every other day.

From the Fields:

Phew, and I thought it was hot and sticky last week! Actually, by now I'm acclimated to it, and as long as I keep my large straw hat on and a wet bandana wrapped around my neck I can keep going for quite a while. The hard part is to get going again once you stop for a break in the shade...

Summer plants are all loving this heat, and tomatoes and basil couldn't be happier. Even the eggplants are perking up now that the temperature is rising. For me, between the harvesting and weeding, there's still planting and seeding to be done. That's the key to a continuous harvest: continuous planting! As soon as one crop is finished the next one gets planted in it's place. The arugula hates hot weather and bolted (went to seed) much too quickly. It got pulled out, fed to the chickens and more carrots seeded in its place. It's a never ending circle, with never a dull moment. The snow peas are just about done, and the sugar snaps which were supposed to succeed were unfortunately a crop failure. Although new seed and ideal growing conditions, we only got a 10% germination. After discussing it with several other local growers, we realized there was something wrong with the seed purchased. That will happen every now and then. We will try with different seed for a fall planting, so keep your fingers crossed.

Have a fun and relaxing Fourth of July weekend!
Sabine and Tom

Herbs...

If you frequently use herbs, please don't hesitate to ask if you'd like me to bring you some. Tarragon, sage, rosemary, winter savory and thyme are all available by request. Basil and parsley are in higher demand and will be part of the regular share as available.

Potato Crust Quiche

3 medium potatoes (to make 1.5 cups mashed)
1/3 cup butter, softened
2 cups mixed, chopped, steamed veggies (use your broccoli and snow peas here!)
1/2 cup shredded cheddar cheese
2 eggs
1 can (5.3 ounces) evaporated milk
1/4 teaspoon salt
1/8 teaspoon pepper
1 cup bread cubes (optional)

Cook potatoes in boiling water until tender; drain. Heat oven to 375. Mash hot potatoes with butter. Line bottom and sides of 9 inch pie plate with potato mixture. Spread vegetables over potatoes and sprinkle with cheese. Beat eggs, milk, salt and pepper in bowl. Pour over quiche; top with bread cubes, if desired. Bake 40-50 minutes. Eight small servings.

Turkey Update:

Turkeys are settled in, and after some original losses due to freak accidents (directly related to low IQ of turkeys), are growing and exploring their surroundings. Believe it or not, they are under a HEAT lamp in the barn, and are basking under the light as if they were tourists on a Florida beach. All they need is little drinks with umbrellas in them...

Roasted Potatoes with Garlic and Herbs

3 tablespoons olive oil
1 dozen small or 6 medium potatoes, washed but not peeled, cut into 1/2 inch slices and patted dry
1/2 to 1 head garlic, separated into cloves and peeled
4-5 sprigs, 4-6 inches long of rosemary, sage, thyme or basil or whatever you have.

Pre-heat oven to 400. Spread olive oil on bottom of 9x13 inch glass baking dish. Toss potato slices and garlic cloves to coat with oil., then arrange in single layer. Lay sprigs of herbs on top of the potatoes. Cover the pan with foil and bake 20 minutes. Uncover and bake an additional 15-20 minutes until potatoes are tender and begin to brown. Remove herbs and serve immediately.