



Full Circle Farms

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Week of July 9th 2002
Arts Festival Week

Food for Thought

" Farmer Worries"

This weeks goodies:

- 🍏 **Small sweet head lettuce**
- 🍏 **New potatoes**
- 🍏 **Swiss Chard** - delicious chopped and sauteed. Reduces greatly in volume like any green. I love it sauteed with onions, then spread on great sourdough bread.
- 🍏 **Basil** - if you can cook pasta in this heat, try chopping some fresh mozzarella balls (the ones you get in a brine) and baking them with your pasta dish, along with lots of freshly chopped basil. Delicious! If you find you are not using your basil quickly enough, just chop in blender with some olive oil and then freeze - ice cube trays work well.
- 🍏 **Parsley** - a great way to add sweetness and major nutrition to your salads, and to your potatoes. High in Vitamin C!
- 🍏 **Garlic** - Have you ever seen garlic this big and beautiful? These early garlic heads are dug before fully mature (!) and will not store as well as later dug ones.
- 🍏 **Wee early carrots** - these delicate morsels are thinnings from our rows of carrots and just a taste of the bounty to come. Enjoy them freshly scrubbed and raw, or steam whole.
- 🍏 **Mixed Bouquet**

From the Fields:

As far as I know, ALL CSA growers go through this same panic the night before a distribution. Everybody who does this type of farming has had their share of restless mornings and sleepless nights. What's ready to harvest, what's at it's peak, what's past it's prime, will there be enough of lettuce, will the beans be mature enough? I've talked to adult men who've admitted being brought to tears by this continuous dilemma. I'm sure all over Pennsylvania CSA farmers sit up in bed at 4 am (or in the garden if it's light enough) hoping there will be not only enough produce, but enough variety to supply the many tables that week.

So it is with our garden. Due to the rain in early spring, the planting of cukes, zukes and other viney plants was delayed. Now it is hot and oh so dry and plant growth is on hold until a good soaking invigorates them. Somehow a nice cool drink from the watering can or drip hose does not quench their thirst in quite the same way. I wander through the lush garden: Carrots- hm barely ready. Garlic, yup, some can go. Lettuce, not growing anymore, heads have turned bitter in the heat. Beans - oops, thought these would be bigger, slow start. Zucchini - there's miniatures on the plants, nothing worth picking yet. And so it goes from week to week. Yet Nature always provides and the bags and bellies always fill up. Enjoy!

Sabine and Tom

Attention!
Veggie Pick-Up Next week!

We will be attending our annual longbow rendezvous in the of cool northern pennsylvania woods next weekend.

I will not be at the Millheim farmers market July 22.

Veggies will be ready on Friday and I will deliver each share on Friday. I'll be in touch directly with each of you. Get your bean recipes out, they're coming on!

Steamed New Potatoes With Parsley And Dill

3/4 pound small red potatoes -- quartered lengthwise
2 teaspoons dill
2 teaspoons minced fresh parsley leaves
1 tablespoon butter -- softened
1 tablespoon sour cream
Salt -- to taste
Freshly-ground black pepper -- to taste

In a steamer set over boiling water. Steam the potatoes, covered, for 10 to 12 minutes, or until they are just tender. While the potatoes are steaming, in a bowl stir together the dill, the parsley, butter, sour cream, and the salt and pepper to taste. Add the potatoes to the herb mixture and toss them well.

"Within five years- and certainly within ten- some 90-95% of plant-derived food material in the US will come from genetically engineered techniques."

Val Giddings, Vice President for Food and Agriculture of the Biotechnology Industry Organization. (And this was quoted in 1998!)

Want to learn more about Genetic Engineering and the food we eat? One possible website to check out is www.thecampaign.org (The campaign to label genetically engineered foods - doesn't seem like it's asking too much, is it?)

Recipes...

If you have any favorite recipes for summer produce, please share them with us. Thank You to Candace for providing us with many potato and bean recipes for the next few weeks!