



Full Circle Farms

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Week of July 15th 2002

Food for Thought

"Kids in the Garden"

This weeks goodies:

- 🍏 **New potatoes** - lots of uses for these!
- 🍏 **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.
- 🍏 **Parsley** - a great way to add sweetness and major nutrition to your salads, and to your potatoes. High in Vitamin C!
- 🍏 **Garlic** - still large heads, not as mammoth as last week. I will save the largest heads to replant for next year. This particular strain was passed on to me by Curt, a garlic-growing friend in Penns Valley. Curt's garlic has consistently been a blue-ribbon winner at many PA Country Fairs. Enjoy, and save a clove or two of this local specialty to plant this fall.
- 🍏 **Mixed Beans** - Yellow and Purple and juicy romas. The purple ones do turn green ones cooked, but look absolutely stunning on a raw veggie platter.
- 🍏 **A little squash** - to tease you with the bounty to come. I like the tender little ones sauteed and added to egg dishes
- 🍏 **Early Onions**
- 🍏 **Mixed Bouquet**

From the Fields:

Last week I had a little 3-year old helper - Kaya, to keep me on track as we seeded fall broccoli and other goodies. Planting seeds with kids is the absolute best! I can't wait for Kaya to come back this week and see all the tender small leaves peeking out of the moist ground. This week we'll be able to stick some of the larger, older transplants into the garden, and we'll water and tuck them in before mulching them, to watch them grow and bear fruit in weeks to come. It's so refreshing to see something that we do everyday from a child's perspective, and to remember how magical it really is to plant the very seed that will feed us. Small miracles surround us in the garden everyday, and sometimes you just need to have your eyes a little closer to the ground to bump right into them.

As Rumi said:

*"Let the beauty we love be what we do.
There are hundreds of ways to kneel and kiss the
ground"*

I am blessed to be able to do what I do, and there's nothing like sharing the passion that I feel for the farm. June and July have been busy months, but we will plan a potluck for early August so you can all share the beauty of this place with us - and share some good food to boot. We'll let you know when.

Sabine and Tom

Citrus Green Bean Salad

2 pounds green beans -- trimmed and cut into 1-inch pieces (now that's a lot of beans! You may want to scale this recipe down a bit))

1/2 cup fresh orange juice

1 tablespoon finely grated orange zest

3 tablespoons balsamic vinegar

1 teaspoon sugar

1 teaspoon coarse-grain mustard

3/4 teaspoon salt

1/2 cup olive oil

1/2 cup finely chopped red onion

Freshly ground pepper -- to taste

In a large saucepan of boiling water, cook the beans until just crisp-tender, about 3 minutes. Drain and set aside. In a jar with a tight fitting lid, shake together all remaining ingredients.

Green and Yellow Beans with Tarragon

Kosher salt -- as needed

3/4 pound green beans -- trimmed

3/4 pound yellow wax beans -- trimmed

1/4 cup unsalted butter - (1/2 stick) -- melted

1 tablespoon chopped fresh tarragon

Freshly ground black pepper

Bring a large saucepan of water to a boil. Add a large pinch of salt along with the beans. Cook until tender but firm, about 5 minutes. Drain. Combine the melted butter and tarragon and pour over the beans, tossing gently to mix. Season with salt and pepper.

From: Cooking Live with Sara Moulton
Serves 6

Read any good books on food lately?

Last year "Fast Food Nation" was high on my list of books that I recommended to folks, and right now I'm just starting to read "Hope's Edge" by Frances Moore Lappe and Anna Lappe. I should have it back to the library soon...

If you're interested in the relationship between the food we eat, corporate globalization and the reconnection to a local food supply, this might be a book you'd like to read. Definitely not one you'll read

