



Full Circle Farms

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Week of July 23th 2002

Food for Thought

"Yikes"

This weeks goodies:

🍎 **Red Russian Kale** - the most ancient and earliest to be cultivated member of the cabbage family. Very rich in vitamin A, C and calcium. Kale has the highest protein content of all the cultivated vegetables! Store wrapped in a damp towel or plastic bag in fridge for up to a week.

Recipe on back

🍎 **Mixed Beans** - Yellow and Purple and juicy Romas. Another bean recipe on back.

🍎 **Carrots** - try drying the greens and using like parsley. Dice, slice, cut carrots and add to soups, stews, salads, stir-fries or just plain eat them raw.

🍎 **Peppers** - High levels of vitamin A, C, and E and minerals iron and potassium. Today just sweet bell and sweet banana peppers. Can be frozen by cutting into bite-sized pieces and freezing in zip-loc bag. Delicious added to egg-dishes and stirfries.

🍎 **Sorrel** - sour & lemony and oh so good in a cream sauce over fish and baby vegetables.

🍎 **Mixed Bouquet** - those flowers are doing great! What a treat to gather these in the garden!



From the Fields:

What a reprieve this week! The garden has perked up remarkably under the much needed rains, and I've enjoyed wearing long pants and wool socks as I harvest. Today it feels almost like fall, but I know the heat will be upon us again soon...Will be planting fall peas soon, and other fall crops. Cilantro, dill, cukes, zukes and cauliflower will be making an appearance soon!

Had a visit from the SCCTS road study folks this Wednesday morning. Apparently 3 out of the 6 proposed routes for the new four lane highway go straight through our property (the pond actually), so I've been rather shaken. Sadly this road will destroy farmland and wildlife habitat wherever it goes, all for the sake of football traffic and trucks supplying Super Wal-marts. You'll hear more about it from me over the course of the summer.

Meanwhile, we're off to the great northern woods of Pennsylvania this weekend to enjoy some distracting archery and camping with friends.

Sabine and Tom

Did You Know?

More than 2.6 billion pounds (!) of pesticides, herbicides and fungicides are applied to US agricultural products each year.

Many pesticides now in use were granted in before safety tests were required to determine whether the pesticide causes cancer, birth defects, genetic damage, or reproductive disorders.

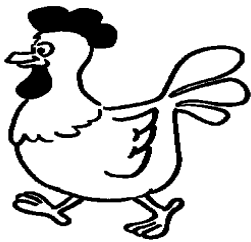
Colcannon

4 medium potatoes, quartered
3-12 cups chopped kale
1 tablespoon butter
1 large onion, chopped
1/3 cup milk
1/4 cup chopped fresh parsley
salt and black pepper to taste

Steam potatoes. Steam kale separately. Meanwhile, heat butter in skillet, add onion and cook until soft, stirring frequently (may add some water to prevent sticking) When potatoes are tender, peel and mash them When kale is tender, drain well. Combine potatoes, kale, onions, milk and rest of ingredients. Think of Ireland as you enjoy...

Four servings.

Organic Pastured Poultry Available!



Pasture-Raised! Good for you and good for them!

Our first batch of organic chickens is in the freezer and ready to go. We raise our birds in small groups on fresh grass and organic feed the way nature intended. \$2.50/# buys you the best-tasting chicken ever.

Our second batch of chickens will be ready end of September. We sell out quick, so get your order in now!

Also let us know if you will be interested in a pasture raised, organic Thanksgiving Turkey. We will be placing our order for poults soon!

Garlic Green Beans

2 pounds fresh green beans -- trimmed
1 cup boiling water
1 teaspoon salt
1/4 cup butter or margarine
4 garlic cloves -- pressed
1/4 teaspoon lemon pepper
1/4 cup chopped fresh parsley

Place first 3 ingredients in a Dutch oven; cover and cook over medium heat 30 minutes. Drain. Melt butter in Dutch oven; add garlic and lemon pepper, and sauté mixture over medium heat 1 to 2 minutes. Add green beans, and sauté 5 minutes. Sprinkle with parsley.