



# Full Circle Farms

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Week of August 1<sup>st</sup> 2002  
Already!

## Food for Thought

"Let thy food be thy medicine and thy medicine be thy food." -  
Hippocrates (460-377 B.C.) "

### This weeks goodies:

- 🍏 **Swiss Chard** - wonderful sauteed with lots of chopped onions.
  - 🍏 **Carrots**
  - 🍏 **Squash** - finally, here they come! An assortment of tender patty pans, zucchini and other tender squashes. The patty pans are wonderfully flavorful, and are not only beautiful, but great marinated and grilled with some herbs.
  - 🍏 **Peppers** - peppers have just been mulched and are looking great. Some bell peppers to get you started.
  - 🍏 **Basil** - loving this heat. Purple basil will make it's appearance at the end of the season.
  - 🍏 **Purslane** - see extensive info on back
  - 🍏 **Mixed Bouquet** - we're already starting to see some goldenrod maturing in the meadow, a wildflower that I usually associate with tomato sandwiches and early frosts. Still have a ways to go, but just a little reminder how quickly the season progresses.
- Next week  
Red cabbage, cukes, dill and cilantro will be ready.

### From the Fields:

Had a quick getaway last weekend in Potter County, and at least got some relaxing squeezed in during the long drive there and back. It always amazes me how I can go away from lunchtime Saturday to Sunday afternoon and how everything seems to grow in one giant leap! Whoa, there's squash out there, and cucumbers too! Where did those melons and those weeds appear from overnight? It's great to be back home, but there sure is a lot of weeding, seeding and planting to be done. Note the invite for a work morning this Sunday!

Speaking of weeds, note the introduction of purslane this week. I've been chomping down on this herb for years as I "graze" in the garden. Tom was helping me weed and was impressed by the succulence and vigor of this plant. When I told him it's culinary history, he encouraged me to share this unusual plant with the all of you. Here it is. Its succulent stems are very high in vitamin C, and the leaves' Omega-3 fatty acid help regulate the metabolism and distribution of serum cholesterol and triglycerides in our circulatory system. The highest concentration of Omega-3s in land plants is found in purslane, 5 times higher than spinach, more than 10 times higher than in lettuce and mustards. Popular in Greek salads, it is also tasty steamed or in a stir-fry. The texture is between crunchy and rubbery, which may sound horrible, but is not. The beauty of the texture is that it holds up to a vinaigrette without turning soggy.

Sabine and Tom

### PURSLANE SALAD WITH YOGURT DRESSING

4 cups purslane, rinsed and dried  
2 tablespoons extra virgin olive oil  
1 tablespoon fresh lemon juice  
Salt and freshly ground black pepper to taste  
1 1/4 cup whole milk yogurt  
1 large clove garlic, mashed and minced.

1. Place greens in salad bowl. Toss with oil and lemon juice, and season with salt and pepper.
  2. Mix yogurt with garlic, spoon over greens, toss, and serve.
- Yield: 4 to 6 servings.

From: New York Times Online. Laurent Gras, the French chef at the Waldorf-Astoria

### All you ever wanted to know about purslane...

- Eat it simply and raw, on an egg salad sandwich for example, or elegantly and cooked, in a creamy smooth green pea soup.
- Historically it has been used as a remedy for arthritis and inflammation by European cultures. Chinese herbalists found similar benefits, using it in respiratory and circulatory function.
- Several ancient cultures have included purslane as a part of their cuisine, including those of Greece and Central America.
- Russians dry and can it for the winter. In Mexico it is called vergolaga and is a favorite comfort food. There it is eaten in omelets, as a side dish, rolled in tortillas, or dropped by handfuls into soups and stews.
- Best if eaten fresh. But, if you must store it, wrap purslane in a moist paper towel and store in a plastic bag in the vegetable bin of your refrigerator.

### Easy Purslane-Potato Salad

6 medium potatoes, sliced and cooked  
2 cups purslane, chopped  
4 scallions, sliced  
1 celery stalk, sliced  
1 cup mayonnaise

Mix together all ingredients. Serve chilled. Serves 6

### Want to get your hands dirty?

We're pushing for some heavy duty garden activity this Sunday, August 4<sup>th</sup>, as weeds need to be under control before they go to seed, and new seedlings need to be planted now. To avoid the worst heat, we're aiming to have a productive surge of activity early and finish by 1pm. Please let us know by this Saturday if you're planning to come out to help, so that we may have the proper projects lined up.