



Full Circle Farms

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Week of August 5 2002

Food for Thought

This weeks goodies:

Squash - Doing well. See Muffin recipe on back. Great brushed with olive oil & grilled with fresh herbs.

Sweet Peppers - slice 'em, dice 'em, chop 'em - these are good with everything!

Edamames (Edible Soybeans)

Steam for 5 minutes in the pod, then squeeze them out of the pod and lightly salt them. These soybeans are a different variety than those planted for processing and livestock feed, and taste quite sweet and nutty. The variety I planted is called "Butterbeans", and quite rightly so - we just added a pinch of salt to ours, and we still got a wonderful buttery flavor. Enjoy - these are a rare delicacy!

Tomato Assortment - slowly but surely. The first round of ripe ones have already been fed to the chickens - they suffered from blossom end rot which was aggravated by the wet spring followed by the drought - it creates a calcium imbalance in the fruit. There's lots of beauties on the vines though!

Purple Beans - just when I thought they succumbed to the heat, here's one more quart for you.

Dill - I love dill in my egg salads, also nice in pasta, potato, tuna and cucumber salads

Cilantro - you either love it or hate it. Used in mexican, thai, vietnamese and indian cooking. Great in salsa. Can be frozen in zip loc bags. Does not retain flavor when dried.

And Flowers to brighten your day!

From the Fields:

It is a very, very busy time in the garden. All of a sudden it is August, and that means that the first frost could be only six weeks away... Kids are starting to talk about school shopping, and the gold finches are anxiously visiting the sunflowers, looking for early seeds. I love their cheerful song and their graceful swooping flight from flower to flower.

The garden is terribly dry and I spend much time watering. It has been an unusually hot summer, and the insect pressure has responded accordingly. We protect some especially favorite crops from insect damage by a light-weight row cover, which prevents the insects from getting to them and causing damage. These row-covers are removed once crops flower to allow pollinating bees access to the flowers.

This is also the time of year when last plantings of many crops need to go in the ground. This week I'll be transplanting chard, more cukes and zukes, and seeding lettuce, spinach, peas for the fall crop. Transplanting this time of year is very tricky, as tender baby plants quickly succumb to hot, drying winds, and need major amounts of TLC to make it through the first several weeks until established. Even with utmost care I am having a hard time getting the transplants to survive, and I am fretting over them constantly. There is rain in the forecast for next week, so I'm hoping we'll actually get a good soaking this time!

Sabine and Tom

Zucchini-Romano Muffins

2 1/2 cups unbleached all-purpose flour
1/2 cup freshly grated Pecorino Romano (or Parmesan) cheese
1 tablespoon sugar
2 teaspoons baking powder
1 teaspoon baking soda
1-2 teaspoons coarsely ground black pepper
1/4 teaspoon salt
1 cup milk
1 cup tightly packed coarsely shredded zucchini or other summer squash
1/4 cup olive oil
2 large eggs

Preheat oven to 400F and lightly butter 12 muffin cups.

Combine flour, cheese, sugar, baking powder, baking soda, pepper, and salt in large bowl; stir until mixed. In another bowl, whisk together the remaining ingredients. Add the dry ingredients to the wet, all at once, and fold together just until evenly moistened; do not overmix.

Divide batter evenly among muffin cups. Sprinkle each with a bit more cheese if desired. Bake until toothpick comes out clean, 22-25 minutes. Cool on wire rack before removing from pan. Makes 12 medium muffins

From: Muffins A to Z by Marie Simmons

Dilly Zucchini Casserole

Another favorite at the potluck, this is a wonderful quiche-like dish. Wonderful use for zucchini, especially for those who like dill.

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| 1 cup bisquick baking mix | 1 Tbsp. Dill |
| 1/2 cup grated parmesan cheese | 1 teasp Salt |
| 4 eggs | 1/8 teasp black pepper |
| 1/2 cup canola oil | 1 large chopped onion |
| 3 cups chopped zucchini (a great use for those bigger ones) | |

Combine baking mix, parmesan cheese, dill, salt and pepper. Add eggs and oil, mix well. Stir in zucchini and onion. Pour into a greased 1 1/2 quart baking dish. Bake uncovered at 375 for 25-30 minutes until golden brown

