

September 15, 2003

Food for Thought

From the Fields:

The fields are changing color, and part of the garden is already tucked in for the winter, finished crops tilled under and a nourishing cover crop already seeded to prevent erosion over the winter.

Still producing are the brassicas - such as cabbage and brussels sprouts.

Lettuce is also coming along nicely, and if the sun keeps shining a little, the last seeding of squashes might actually get to ripen. Leeks are looking good, and I think of potato-leek soup on chilly days to come. Apples and pears are coming along slowly but surely.

The Farmers Almanac predicts a winter with as much precipitation as this summer, so our pantry is getting stocked with all sorts of home-canned goods. Lots of work, but oh so worth it!

Very Exciting News from the Farm!

A little munchkin on the way! Tom and I are expecting a baby come early next March!

Everything going well so far - heading into the 5th month without any troubles.

Sabine and Tom

Goodies this Week:

- Japanese Soybeans -

also known as Edamames, these are a wonderful specialty bean.

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! One of our CSA member couples enjoys these instead of popcorn on movie nights!

- Head Lettuce -

It sure is nice to have this salad basic again!

- Tomatoes -

The last stragglers, revitalized by a few sunny days. Somehow the more unusual varieties like Green Zebra (those green tomatoes) and the Garden Peaches (yes, they almost look like pale apricots) did better than the red ones.

All have good flavor and will do great in combination with Basil.

- Mixed Apples -

slowly coming along. These may not look perfect, but that's what you get in a rainy year unless you coat them with fungicides non-stop, which we prefer not to do. They have excellent flavor!

I've been spoiled by Tom and have learned that an apple quartered and cored does taste different than the "whole" apple you take a big bite out of.

Really! Try it sometime and tell me what you think.

- Peppers -

coming along nicely. The long, reddish ones have a little bit of heat. Great in omelets. The yellow ones are very mild and can be eaten raw as a snack

- Potatoes -

we've got plenty more of these coming, so don't hoard them yet. I've stopped given you the washed ones, as they do store better with a little "protective layer".

- Sage and Rosemary -

these are wonderful herbs to add to roasted potatoes, chicken etc. Sage is the leafy looking one, and rosemary is the spiky, pine looking one.

Rosemary will store very well placed in a jar of water, and may even sprout roots for you so you can plant it eventually. Sage is best stored in a baggy in the fridge, or even laid out to dry.

- Basil -

If you can't keep up with the basil, remember how easy it is to freeze in some olive oil. You'll be glad you did come winter.

Sabine Carey

Full Circle Farms

Fresh! Local! Organic!

www.fullcirclefarms.com