

September 30, 2003

Food for Thought

From the Fields:

It's a beautiful day out in the fields, if you can ignore the more than ankle deep mud that still prevails in spots. We need about 2 weeks of sunny, breezy days like today to dry out the fields to a condition where we can consider fall plowing. I spent the morning moving turkeys and chickens onto fresh, non-muddy grass, and they're all having a field day out there! I've even attached a photo from this morning! Believe it or not, but the first frost is just around the corner – and next week will be the last CSA day for this year. It sure went by fast!

Next week we'll stock you up with storables like winter squash, potatoes, and a decorative pumpkin or two.

Congratulations to CSA members Ruth and Daniel on the arrival of their daughter Vera last Thursday, September 18th. Ruth is such a dedicated fresh veggie fan that she showed up to pick up her CSA share 5 days after giving birth, beautiful baby in arms, and big brother Noah supervising. Welcome Vera!

Sabine and Tom

Order your delicious Organic Chicken NOW!

We've got a beautiful batch of certified organic chickens pastured in the field. They'll be ready **October 10th**, so order yours now. They are sold by the pound, \$2.50/#. Cut in half by advance special request for an additional 75 cents per bird. Weight will be around 4-5#. No deposit required.

Turkey Orders being accepted !

We're taking orders for Thanksgiving! Our turkeys are also certified organic, and are raised on fresh pasture and organic feed. We'll once again have the smaller, heritage type turkey (bred from our very own breeding stock here on the farm!), with outstanding flavor, and the larger Broad Breasted Bronze, a beautiful bird with a larger

breast for the holiday table. If you've never had a pastured, organic turkey, you won't believe the difference in texture and flavor!

Please specify when ordering whether you would like a "Full Circle Farm bred turkey" - smaller heritage breed, weight expected to be between 8-12 #

Or a

Broad breasted Bronze turkey - large breasted bird, more white meat than the heritage breed. Weight expected to range from 14-25#.

And what size you'd be interested in- smaller/larger.

DEPOSITS of \$10.00 are due with turkey order.

Goodies this Week:

- Apples-

Hmm, hmm, nothing like a fresh apple! Can't be compared to those coming out of storage after 8 months...

- Leeks -

Wonderful delicate flavor, can be lightly sauteed, or added to soups and stews. Layer leeks in thin slices on favorite sandwiches. Chop and slice into quiches, egg dishes, casseroles, soups and stir-fries, or add to mashed potatoes. Also recipes below.

To clean, cut leek into half lengthwise and wash thoroughly under water to remove grit and soil.

- Summer Squash-

One last push for this late planting. What beautiful squash they are too! Enjoy this last taste of summer along with the last of the basil!

-Basil-

The most temperature sensitive plant in the garden, sure to succumb this week. Last chance to freeze some for winter!

- Potatoes -

remember to store these away from light, in a cool, dark spot. Fridge is not ideal.

- Red Shallots & Onions -

Shallots are a close relative of the onion, a flavor more intense but less hot. Can be used raw more readily than an onion.

- Lettuce-

Enjoying these cool fall days. Add some chopped peppers to your salads for an added vitamin C boost – which we all need this time of year!

- Peppers -

If they're starting to collect in the fridge, remember that they're really easy to freeze. Just cut in half, remove seeds and toss into zip loc bag. Great to have available in the middle of winter for a lasagna, chilli etc.

And Fall Flowers !

Potato Leek Soup

1/2 teaspoon salt
1 pound potatoes, peeled and cubed (about 3 cups)
1 pound leeks, cleaned, trimmed and thinly sliced
1/4 cup fresh parsley, optional
1 tablespoon butter, optional

Bring 8 cups water to a boil. Add salt, potatoes and leeks; cover and reduce heat. Cook until potatoes are soft, about 30 minutes. Set aside to cool slightly. Transfer to a food processor or blender and puree. Do not overblend or potatoes will become sticky. Return to pot, stir in parsley and butter and reheat. Six servings.

-The Haspels, Vegetarian Gourmet, Winter '96

Lemony Leek Soup

1 tablespoon butter
2 tablespoons vegetable oil
6 cups thinly sliced leeks
1 carrot, thinly sliced
1 stalk celery, thinly sliced
6 cups vegetable or chicken stock
1 teaspoon dried marjoram
1 tablespoon grated lemon zest
2 tablespoons lemon juice
1 tablespoon chopped fresh parsley
1/4 cup raw white rice
1/2 cup milk
Salt and pepper
Sour cream or yogurt and minced chives

Heat butter and oil in large saucepan; add leeks, carrot and celery, sautee until soft. Add stock, marjoram, lemon zest, lemon juice, parsley and rice; cover and simmer until vegetables are tender – about 40 minutes. Puree in batches in blender or food processor, then return mixture to saucepan. Add milk, salt and pepper to taste. Heat but do not boil. If soup is too thick, add more stock or milk. Serve hot or cold, garnished with sour cream/yogurt and chives. Makes 6-8 servings.

Recipes from a Kitchen garden, Renee Shepherd.

Sabine Carey

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