

October 4, 2003

## Food for Thought

### From the Fields:

Well, the 2003 season is over. After a miserable cold, rainy and windy morning in Millheim, the sun is now coming out for a quick teaser, but the sky over the hill already looms dark again. Tom cleaned the chimney this morning, so we're ready for a warming fire. How bittersweet these season endings always are – I'll miss my weekly routine of seeing all of you, sharing stories and smiles. But the end of the distribution season does not mean our farm work is done for the year. Far from it. Equipment such as tractors and tillers needs to be maintained and greased for the winter, the stakes and trellis' removed from the garden, cover crops seeded, garlic planted, stalls cleaned, winter shelters for the livestock constructed, wood chopped, tools cleaned and put away ready for use next spring. The work changes with the seasons – and readies us for a brief period of reflection and planning before it all starts again with THE Seed order next January!

David Bruce, a CSA farmer from Wisconsin, writes: "Those who are stepping into seasonal eating by participating in a CSA deserve recognition for their extra efforts. It is revolutionary eating, refusing to be part of the environmental degradation that characterizes the current food system. It is charitable eating, wanting those who produce your food to be earning a decent standard of living, and so loving others as yourself. It is Zen eating, requiring mindfulness, a simplifying of and a concentration on what we consume. With revolutionary spirit, charitable hearts, thoughtful practice and sensitive action, we can learn to eat seasonally." Well said Bruce. We're hoping that you enjoyed the variety of your weekly produce, and got to expand your cooking repertoire accordingly. It does get easier ever year!

So, **A BIG THANK YOU** for your efforts to incorporate fresh, local, organic food into your daily meals, your dedication, support and friendship during this season. Once again, I feel truly blessed and tremendously grateful to have been able to provide you with this bountiful harvest.

Sabine and Tom

### **2003 Survey Attached**

Please complete the attached survey and return it to me. Just a quick review of how the season went, and how we can improve for next year!

### **Last Chance to order Organic Chicken this year-**

Not many left!

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.

### **Last Goodies:**

#### **- Apples-**

Hmm, hmm, nothing like a fresh apple! Ignore the beauty spots, the only way to prevent them in a wet and cool season like this one is to coat them with fungicides - we figured a spot or two would be more appealing in the big picture! Ahh, what flavor! Just hours off the tree!

Best stored in fridge if you want them to stay crisp. We have lots

more out here at the farm, so if you'd like more for eating or sauce, let us know, and you'll be welcome to come out and pick!

**- Apple Sauce -**

We love having lots of this around, the perfect snack. Just apples with a tiny amount of raw sugar. Returned empty jars gladly accepted!

**- Winter Squash -**

**Butternut – large tan kind**

**Delicata – oblong, striped**

Winter squash boasts ten times the vitamin A of summer squash, as well as being an excellent source of calcium. High in fiber and complex carbs.

Best stored at room temp for about a month. For longer storage, store at 50-55 degrees in cool and dry spot.

Steam 2 inch chunks for 20 minutes, or until tender. Can be peeled before or after steaming, but after is easier. Wonderful mashed and topped with butter.

**- Cabbage -**

See recipe below

**- Potatoes -**

remember to store these away from light, in a cool, dark spot. Also best stored if bags are not tied shut. Fridge is not ideal.

**- Brussels Sprouts -**

See previous recipes

**- Pie Pumpkin -**

Can be decorated or used to make pie.

**- Lettuce Mix -**

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, chili etc.

## **- Basil -**

Picked before the frost, the last taste of summer...

### **Baked Rosemary Squash**

1 to 1.5 # Butternut Squash  
1 tablespoon butter, melted  
6 one inch sprigs of rosemary (or 2 teaspoon dried)  
1/4 cup apple cider or juice  
Freshly ground pepper to taste

Halve squash, remove seeds. Brush each half with melted butter.

Place each half, cut side down, on top of 3 sprigs rosemary in large pan with sides. Pour cider into pan; add enough water to reach 1/4 inch up the sides. Bake at 375 for 45 minutes. Turn squash over and bake an additional 15 minutes, or until tender. Scoop out shells, pile lightly in serving dish, and grind fresh pepper over top. Six servings.

- The Sage Cottage Herb Garden Cookbook

### **Butternut Squash and Ginger Soup**

3 tablespoons olive oil  
4 garlic cloves, chopped  
1 1/2 cups chopped yellow onion  
1 teaspoon ground coriander  
1/4 teaspoon ground cinnamon  
4 cups peeled and thinly sliced butternut  
4 cups water  
1 5-inch piece of fresh ginger  
1 tablespoon tamari/soysauce  
Serves 4

Heat the oil in a heavy bottomed soup pot. Add garlic and onions and cook over high heat for 3-4 minutes, stirring frequently, until onions become translucent. Add coriander, cinnamon, and squash. Continue to cook for 5 minutes over high heat. Add water, cover with lid, reduce heat and simmer for one hour.

Peel the fresh ginger. Finely grate it, then using towel or fingers, squeeze into cup until you have 4 tablespoons of juice.

In food processor, blend soup, ginger and tamari until completely smooth. Return to pot and cook another 5 minutes. Season to taste with salt and freshly ground pepper. Garnish with fresh cilantro, if available.

### **Fried Cabbage**

1 onion, finely chopped  
6 tablespoons oil  
1 large tomato, sliced  
1/2 teaspoon salt  
1/2 teaspoon curry powder  
1 medium-sliced cabbage, thinly shredded  
2 carrots, sliced into rounds  
1 green bell pepper, chopped

Sautee onion in oil until lightly browned. Add sliced tomato, salt and curry powder; stir over medium heat 2-3 minutes. Mix in cabbage, carrots and chopped pepper. Pour in 1/2 cup water. Cover, reduce heat, and simmer until liquid is absorbed and cabbage is slightly crunchy. For a variation, add diced potatoes. Six servings.

**Sabine Carey**

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