



Full Circle Farms

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Food for Thought

This weeks goodies:

- 🍷 Head lettuce - what a beauty!
- 🍷 Spring Mix - a wonderfully mild mix of a variety of baby lettuces, tender beet greens and spinach.
- 🍷 Arugula - this is the bunched green - careful, it's spicy, although not as hot as it could be. Tear up a few leaves and add to your salad to liven it up, or add a few leaves to your favorite sandwich or burrito.
- 🍷 Tarragon - Use the basic Vinaigrette dressing recipe on the back, and chop in a good amount of tarragon, or just add the whole sprig to a bottle of vinegar for a delicious flavored vinegar.
- 🍷 Chive Blossoms - an edible flower that adds a beautiful dimension to your salad when torn into little bits and sprinkled across the top. Try one, you'll like it!
- 🍷 French Sorrel - tangy and lemony. Great in omelets, sandwiches, soups and to add some zing to salads. Wonderful in a butter sauce with fish.
- 🍷 Bunch of Radishes - we've left the greens on to hold the bunches together better, even though they don't look great. Add them to your compost pile! Radishes are believed beneficial as blood cleansers and digestive aids. No need to peel, may need light scrub in sink. Eat them as is, in salads, or if too spicy, chop and add to stir-fries.
- 🍷 Basil Plant - for your garden or sunny window sill.

From the Fields:

Here we are - the beginning of our fourth season! This is the earliest we've ever started!

For those of you remembering last year, you know this is but a gentle introduction to the season, slowly acclimating your palates to the wonderful fresh flavor of local, seasonal produce.

We are still planting like crazy - in between rain showers when the ground is not too wet. We've been doing ok with the planting, but some of the weeding projects are awaiting drier weather. The rains this spring have been mostly gentle soaking rains, the kind we - and the plants - like. Now if only the sun would peek out a little bit more often, we could actually get some of the warm weather crops to be a little bit more comfortable.

Quick reminder: I do wash greens here at the farm, but that is mostly to remove mud and to cool them down quickly for better storage quality. All greens should be washed again before you enjoy them.

This week the lawn was mowed right next to the lettuce mix and you may have to spend a little bit of extra care getting your mix ready for the bowl... We've learned our lesson and won't do that again, we promise.

I highly recommend a "Salad Spinner", available at most kitchen supply places, to wash and spin your lettuce. No one likes a soggy salad, and these spinners remove most of the excess moisture from your greens, storing them much better and preventing soggy salads.

First time members: Trust me - it will happen: you will look at your bag of greens and you will not know whether you are looking at arugula, mustard greens, lettuce or a common weed. Do not hesitate to call or email me! I'll guide you through the identification and even give you additional recipes if you need them.

Hoping you'll enjoy this first taste of the farm!
Sabine and Tom Carey

Basic Vinaigrette Recipe

- Three parts oil to one part vinegar.

I include this recipe/ratio in the newsletter every year, because it's so simple and versatile, and I prefer formulas to strict recipes that need to be followed. This recipe adjusts to the seasons, and can be used for salad dressings or marinades.

As long as you use the correct proportions, vinaigrettes can be made with a wide assortment of ingredients. Experiment with olive oil (cold pressed extra virgin is the highest quality), canola oil for a milder flavor. There are so many vinegars out there, and you can vary your dressings from balsamic vinegar, to red wine vinegar, to rice wine vinegar etc. Chop whatever herbs you get from us that week, add to your oil and vinegar, add some salt and pepper, shake it in a mason jar, and Voila! A delicious dressing and everyone will ask for the recipe!

Basil Plants - love outdoor full sun. Can be planted outside, or left in its pot. Pinch back once it gets bigger by using top leaves, and it will keep producing new leaves.

Storage - all greens should be kept in plastic bags in the crisper drawer of the fridge. They will easily keep a week, by which time you should have finished them up, because there'll be fresh ones coming!

Sometimes

Sometimes things don't go, after all
From bad to worse. Some years, muscadel
Faces down frost; green thrives; the crops don't fail,
Sometimes a man aims high, and all goes well.
A people sometimes will step back from war;
Elect an honest man; decide they care
Enough, that they can't leave some stranger poor.
Some men become what they were born for.
Sometimes our best efforts do not go
Amis; sometimes we do as we meant to.
The sun will sometimes melt a field of sorrow
That seemed hard frozen: may it happen to you.

- by Sheenagh Pugh