



Full Circle Farms

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Food for Thought

This weeks goodies:

- 🍷 Head lettuce - another tender beauty!
- 🍷 Spring Mix - a wonderfully mild mix of a variety of baby lettuces, and tender greens.
- 🍷 Spinach - A wonderful healthy leafy green. First records of its cultivation date back 2000 years ago to Persia! It is high in vitamins A & C and chlorophyll. Wash well, tear & toss with your salad, or add to burritos, lasagna, quiche or just or pasta dishes.
- 🍷 Parsley - Very high in vitamin A & C and very high in minerals, especially iron! Cut it up and add it to our salad for an even more nutritious boost!
- 🍷 Chive Blossoms - tear them up and add them to your greens for a beautiful chive flavor.
- 🍷 Radishes - Another veggie today with quite a history. Radishes appeared on the inner walls of the Egyptian pyramids, from 2000BC. Egyptians grew them largely to produce radish seed oil, till they discovered olives. Ever try a radish sandwich? One of my favorites!

"I was thirty-two when I started cooking; until then I just ate." — Julia Child.

From the Fields:

Ahh, rain, the great motivator! After all the gray and soggy days, today was heavenly! With the forecast of more rain tomorrow, my list of things to do TODAY was impossible. Seed more flowers, beans, greens, finish transplanting lettuce, tomatoes, peppers, melons, squashes, weed the entire garden (!), and the list goes on. I did get quite a few things crossed off my list, with the knowledge that tomorrow it would rain once again, and my sore back would have a day of rest before Sunday would be dry again, with the accompanying frenzy. Ahh, the blessings and motivation of rain!

Mother Nature seems to want to outdo herself this summer. After the drought and meager harvests of last year, followed by the long winter, everything seems unusually lush and abundant right now. The locust trees which surround our house are weighed down with huge pendulous blossoms, almost like small white grape bunches, and their powerful sweet aroma hangs in the air. It's a welcome, almost exotic scent, and I've noticed locust trees all over the valley are also loaded with abundant flowers. All day long the buzzing of hardworking bees collecting the locust nectar was constant, motivated by the beautiful, non-rainy day just like me.

See you at the Farm,
Sabine and Tom Carey



Spinach with Garlic & Olive Oil

1 bunch spinach

2 to 3 Tablespoon olive oil

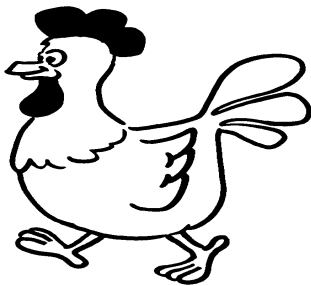
Garlic powder or chopped/squeezed garlic

Pine nuts

Wash spinach, shake off excess water. Place in deep sided fry pan, or wok-type pan.

Drizzle olive oil over spinach, add 1/4 cup (more or less) pine nuts, and sprinkle garlic powder to taste.

Turn heat to medium high, and cook just until wilted. Serve immediately.



News from the Coop

Eggs - It's time to start the annual Egg Share:

\$40 will add a dozen of our fresh, brown free-range eggs to your weekly veggies from the farm, \$20 will add a dozen eggs every other week.

Very Limited - Sign-up NOW!

Chickens - We've got a nice bunch of organic chickens out in the field, taking advantage of lush spring growth.

- Fed Certified Organic Feed
- No Drugs or Antibiotics
- Succulent and tasty flavor

They'll be available fresh just in time for your 4th of July cook-outs!

Weight ranges from 3 to 4.5 #, at \$2.50/#.

Place your order ASAP, limited quantities available.

WOW! A recent USDA study found that pasture-raised chickens had 21% less total fat, 30% less saturated fat, and 28% fewer calories! As if that wasn't enough, it also had 50% more vitamin A and 100% more omega - 3's.

Turkeys - although it's not quite time to order your Thanksgiving Gobbler yet, we just wanted to update you on the success of our Bourbon Red/Blue Slate breeding pair. We hatched 10 out of 11 eggs from our very own heritage turkey pair - a remarkable percentage! We're thrilled - and have another batch of eggs set in the incubator. Come out and see these little guys, they're quite entertaining, as far as farm animals go!