



Full Circle Farms

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Food for Thought

This weeks goodies:

🍏 Scarlet Turnips w/Turnip greens - these are just beautiful! A very good source of vitamin C, plus potassium and calcium. No need to peel, just scrub under running water. We add them to salads chopped just like a mild radish.

Turnip greens top the nutritional charts as excellent source of vitamins A, C and B complex, plus potassium, magnesium and calcium.

🍏 Broccoli - loaded with vitamin A, C and calcium, potassium and iron. Eat raw, chopped into green salads, or stem for 2-3 minutes and top with butter, a squeeze of lemon juice and a sprinkle of your favorite cheese.

🍏 Head lettuce - another nice addition to our weekly salad.

🍏 Spring Mix - what an easy way to pack a lunch!

Coming still in June: Snap and snow peas, garlic scapes, beets, carrots, dill, cilantro & flowers!

From the Fields:

Well, at least we've had a taste of what summer may feel like. We've finally removed the flannel sheets from the bed!

The sheep were sheared this week - and they look much happier! They look rather funny without the 5-6 " of wool on them, and Daisy actually took on a pink tint today as she got a mild sunburn on this overcast day.

The garden is doing well, and I continue to plant transplants and seed more crops every chance I get. At this point weeds are our main concern, as our weed control methods are seriously restricted by the wet ground. Some planting have been delayed due to the soggy ground, and we're keeping our fingers crossed for a smooth transition from cool to warm weather crops. When planning our planting schedule, we must plan(t) to have a sufficient variety, quantity etc. from week to week, and when weather conditions speed up one crop (such as lettuce) and slow down another crop (such as squash and beans), then this whole balancing act gets to be quite intricate! So far so good! The tomatoes, potatoes and beans are looking nice, and the peas are starting to flower. The locust flowers are dropping from the trees, and it almost looks like it's snowing on the garden, so heavy is the layer of white blossoms falling from the trees. Meanwhile, I'm putting in the last of our spring transplants, so let me know if you'd like any freebie tomato or eggplant plants! We've still got lots of Sun Sugar Cherry tomatoes - every garden should have one for an easy-access snack!

Enjoy!,
Sabine and Tom

Wow - here's some conventional production numbers!

The number of gallons of water needed to produce one pound of edible product:

Apples	49
Carrots	33
Potatoes	24
Tomatoes	23
Beef	2,500!

—"Water Requirements for Food Production," University of California Cooperative Extension

Turnip Greens with Pine Nuts

- 1 bunch turnip greens
- 1 tablespoon pine nuts
- 2 teaspoon sesame oil
- 1 tablespoon brown rice vinegar
- 1 1/2 tablespoons soy sauce

Wash greens, remove and discard tough stems. Steam greens in large pot, about 4-5 minutes. Remove and toss gently to cool. Toast pine nuts in dry skillet over medium heat, stirring constantly, until lightly browned and fragrant. Reserve a few nuts for garnish and combine the rest with the greens. Combine oil, vinegar and soy sauce and mix. Pour over greens just before serving. Four servings.
-The Natural Health Cookbook.

Pasta with Broccoli

- 1 head of broccoli, cut into florets
- 1/2 pound pasta
- 2 tablespoon olive oil
- 2 tablespoon butter
- 1 garlic clove, minced
- 1/2 pound mushrooms (halved or diced)
- 1/4 cup grated parmesan

Cook broccoli florets in boiling water for 2-3 minutes. Remove with slotted spoon. Cook pasta in same water (or use fresh). Meanwhile, heat olive oil and butter in skillet. Saute garlic and mushrooms 3-4 minutes. Stir in broccoli. Drain pasta. Toss with broccoli mixture and cheese. Makes 2-4 servings.
- From Asparagus to Zucchini, A Guide to Farm-fresh, Seasonal Produce.

Garlic Marinated Broccoli

The cookbook says: "A fine dish that shows off the flavor of fresh-picked broccoli. Great for icebox raids."

- 1 lg. head broccoli, cut into small 2- to 3- inch florets.

Marinade:

- 3 tbsp. olive oil
- 1 tsp. finely minced garlic
- 2 tbsp. chopped fresh basil
- 1 tsp. chopped fresh oregano or 1/2 teaspoon dried
- 2 tsp. soy sauce
- 2 tbsp. vinegar
- pepper to taste

Mix the marinade ingredients together. Steam or quickly boil broccoli florets only until they are tender-crisp. Drain immediately and chill broccoli in ice water to set color and stop the cooking process. Toss the well-drained broccoli with the marinade and let flavors blend for at least 1/2 hour. Serve at room temperature or chilled.

More Recipes from a Kitchen Garden, Shepherd and Raboff