



Full Circle Farms

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Food for Thought

This weeks goodies

🍷 Scarlet Turnips w/Turnip greens - use as wonderful crunchy additions to your salads. Make sure greens are cooked - they are quite strong raw.

🍷 Spinach - great addition to any pasta dishes, lasagna, salads.

🍷 Spring Mix - still beautiful!

🍷 Swiss Chard and Baby Red Russian Kale- delicious chopped and sauteed. Reduces greatly in volume like any green. I love it sauteed with onions, then spread on great sourdough bread.

Herbs!

- see drying instructions on back.

Parsley - see Gremolata recipe

Dill - I love adding fresh dill to egg salad, or other egg dishes. Can also be lightly sprinkled onto salads.

Cilantro - folks either love it or hate it. Traditionally used in mexican dishes, fresh salsa or indian curries.

From the Fields:

Happy Summer Solstice All!

As unbelievabe as it sounds, today will be the longest day of the year - they'll start getting shorter tomorrow. Now if only I wasn't wearing wool socks and an insulated raincoat, this might not sound so weird...

Looks like the end of the rainy season might be in sight next week? Unfortunately our alfalfa hay crop could not wait for the drier weather - the rain over the weekend would have caused the crop to be too weighed down, and it would not have been able to be cut properly next week - so it had to be cut Friday morning. At least the fields looks nice and are now ready to produce a better second cutting.

Just when you think you've seen it all in the garden, something new and unexpected happens. I observed some big jagged holes in both the light row covers and plastic mulches which we are using to coax along heat loving crops like melons, peppers and eggplants on these dreary days. I could not figure it out, and never would have guessed the culprit - which turned out to be a mama snapping turtle looking for a soft, warm spot to lay her eggs. She's on the loose again and I'm hoping she won't be back to wreak further havoc.

Meanwhile, peas are flowering, lettuce, mint and beets are growing like gangbusters. Even our beans are hanging on, and will be very happy once the warmer weather arrives next week. We are behind with some of the seedings due to the soggy ground, so have a lot of catching up to do. With drier, warmer weather hopefully approaching, we will keep those of you interested in doing some weeding and potato hilling updated on times we can use help - most likely Wednesday/Thursday evenings.

Enjoy!,
Sabine and Tom

They put WHAT in Chicken feed?

It is estimated that every year livestock producers in the United States use 24.6 million pounds of antimicrobials in the absence of disease for non-therapeutic purposes: approximately 10.3 million pounds in hogs, 10.5 million pounds in poultry, and 3.7 million pounds in cattle. The tonnage would be even higher if antimicrobials used therapeutically for animals were included.

"Hogging It: Estimates of Antimicrobial Abuse in Livestock" Union of Concerned Scientists. 2001.

www.ucsusa.org/food/hogging_exec.html

Just one more reason to buy local!

Spinach Strawberry Salad

To be honest, we haven't tried this yet, but it sure sounds like it could be really good, and it is strawberry season right now!

2 tablespoons sugar
2 tablespoons red wine vinegar
minced garlic to taste
dry mustard to taste
salt & pepper to taste
1/4 cup canola oil
1 bunch spinach, cleaned and stemmed
1 cup strawberries, sliced or chunked
1 1/2 teaspoons fresh dill.

Combine sugar, vinegar and garlic, dry mustard, salt and pepper. Whisk in oil in thin stream. Toss with spinach, strawberries, dill. Four servings.

- Twinhawks Hollow Farm (From Asparagus to Zucchini Cookbook)

Gremolata

- a traditional Italian condiment, a quick and healthy topping for lightly buttered baked potatoes, or any mild -flavored chicken or fish dish.

2/3 cups finely chopped fresh parsley
2 cloves garlic
1 1/2 tablespoons grated lemon zest (yellow part of peel)

Combine and mix all ingredients together thoroughly. Best if made at least 30 minutes in advance to allow flavors to blend.

- Recipes from a Kitchen Garden, by Renee Shepherd and Fran Raboff

MICROWAVE HERB DRYING

For soggy days, when there is no sun to sun-dry...

If possible, separate leaves from stems. Spread leaves evenly in a thin layer on a double thickness of paper towels. Microwave on high for at least 4 and no longer than 6 minutes. Check and stir the leaves several times during the drying process. When done, the leaves should be very brittle and crispy feeling - but not browned. Timing depends on your microwave and specific herbs. Let them cool and then store in airtight container in a cool place out of direct light.