

# Food For Thought

July 14, 2003

## This weeks goodies:

### - Purple Beans -

will store in your fridge for up to 10 days, but there'll be more coming for a few more weeks, so eat up! Since these do taste great raw, there's a nice raw marinated bean recipe below. These purple beans will turn green once cooked.

### - Baby Carrots -

these just need to be scrubbed lightly, not peeled, and enjoyed as a healthy snack. Once we get to the larger ones, we'll give you some recipes. I do enjoy grating carrots and beets together, and adding some olive oil and parsley for a light cool salad. try it sometime!

### - First Red Potatoes! -

I stole these from underneath the fluffy ground beneath the potato plants, so hopefully they'll continue to produce even more spuds for us. These are very tender-skinned, and just need to have water run over them lightly for a rinse. Baby potatoes are actually best stored in the fridge, and used within 2 weeks for optimum flavor. Bast and simply enjoyed boiled and topped with good butter, salt and pepper.

You can also add dill, parsley or parmesan cheese or garlic.

### - Baby Beets -

these cuties are high in vitamins A and C and carotenes. The greens are also high in Vitamin C, plus iron and calcium. No need to peel, just scrub clean - trace minerals lie just below skin surface. If you're not intending to use the greens soon, remove them - the beets will store a looong time in the fridge without the greens. Steam baby beets lightly, and serve at room temperature tossed in olive oil with a dash of salt and pepper, or a simple vinaigrette. I stopped by the Equinox Cafe in Millheim for lunch last week and enjoyed a very nice Beet Vichysoisse - I'll try and track down a recipe!

### - Head Lettuce -

the rain last week did wonders for the lettuce and our other transplants. Enjoy these buttery heads!

And of course, some herbs and flowers to brighten up your salads and table...

### **From the Fields:**

I apologize for slacking off with the newsletter for the past week or so. With so much to do, it just always ended up on the end of the list, just before going to bed....Needless to say, I never made it to the newsletter!

Things on the farm are moving along well. Seems like the rain has always just come in time so far, and everything, including the weeds, look great. We've got very nice looking tomato and pepper plants, and the beans are loaded. Zucchini and squashes are just on the verge of taking off, and the sweet potatoes are starting to crawl all over. Even the eggplants are looking nicer than ever.

Last week we had another unusual critter visitor at the farm - a porcupine was hiding in the flower bed just off the front porch on Sunday morning. Unfortunately it had a close encounter with Bear, our canine head of security. Porcupine unharmed but scared, Bear off for an emergency Sunday morning visit to the vet hospital to get more than 100 quills removed from his face. They were through his cheek, through his tongue and actually up his nose. He was very brave throughout the whole ordeal! For those of you unfamiliar with porcupine quills, they're actually barbed, so not easy to remove at all. The porcupine was safely removed to a more remote part of the farm, where it was happy to find a tall pine tree to hide in, hopefully to never return.

At this point we're tentatively planning a potluck for the first or second week in August - there's some new folks who have not been to the farm yet, and we'd love to have you all meet and share some DEEE-licious food! We'll keep you posted!

Enjoy!,  
Sabine and Tom

### **Sunday afternoon weeding frenzy!**

Come join us from 1-4 this Sunday afternoon (July 20) for liberation of some over-run plants! We've got plenty of tools and sun block, so bring a strong back and cheerful attitude, and we'll point you in the right direction! Please let us know if you're planning to attend, in case we need to change plans (Hey, you never know when that porcupine could come back!)

### **Baked Beets**

Cut off tops and put beets on aluminum foil on cookie sheet. Bake in a 375 degree oven for about an hour, less for little baby beets - until fork pierces the beet easily. Remove from oven, cool and remove skin. Now they can be prepared any way you'd like: pickled, buttered

etc. The flavor after baking is intensified and delicious!  
- Recipes from A Kitchen Garden  
Renee Shepherd and Fran Raboff

### **Quick Beet Greens**

1 pound beet greens, shredded  
1 garlic clove, minced  
2 teaspoon olive oil  
2 tablespoons sunflower seeds, toasted

Toss beet greens, garlic and oil in large skillet. Cover and sautee until greens are just wilted. Add a splash of water if necessary to prevent greens from sticking to pan. Toast sunflower seed in dry skillet or hot oven for several minutes, tossing often and stir into greens. Four servings.

- Vegetarian Gourmet, Spring '93

### **Purple Bean Salad**

1/4 cup minced onions  
2 tablesp. olive oil  
1 tablesp. vinegar  
chopped herbs – thyme or dill  
1/4 teasp. Salt  
2 garlic cloves, chopped and pressed  
some freshly ground pepper  
1 pound trimmed beans

Mix all ingredients except beans. Marinate raw beans in dressing for 24 hours.

Makes 3-4 servings.

- Rose Valley Farm Food Book

Sabine Carey

Full Circle Farms  
Fresh! Local! Organic!  
[www.fullcirclefarms.com](http://www.fullcirclefarms.com)