

August 5, 2003

## **Food for Thought**

### **From the Fields:**

I've been slacking with the Newsletter - I know. Somehow the dismal weather just sucks the energy right out of me...It definitely does not feel like August right now! Probably a good thing - the recent thunderstorms have wreaked havoc with our commercial veggie fridge, and it has needed some serious hand-holding to keep it running in "cool" instead of "heat" mode - ever heard of a fridge running backwards?

We've had more rain in the last two weeks than the entire summer last year combined, so things are rather soggy out here. We're starting to see some delayed ripening of tomatoes, and there's some fungal blights on the squashes and tomatoes that are spreading under these ideal conditions. Tom says next year we'll just put irrigation in half the garden, and maybe that way we'll get the right amount of rain...

We've hit that patch we're the early stuff has wound down, and the later season crops have not wound up yet. Bear with us for a week or so for the crops to catch up on some sunny days, and there'll be sweet corn, tomatoes, eggplant and peppers. New seedings of carrots, lettuce, spinach are also in the field, and should germinate quickly in this rainy weather.

Weeding has been on the top of the priority list for a while, and every time I want to repeat the weeding frenzy, another thundershower passes by.

We're aiming for another **Weeding Frenzy** this Sunday 1-4pm, bring your gloves and come on out! Do let us know if you are planning on coming, in case we need to cancel due to soggy ground. Hopefully it will be dry enough out to get some serious work done!

### **Goodies this Week:**

#### **Red Cabbage**

see recipe below. Will keep in fridge for a while, so no need to panic!  
Also great shredded into salads.

#### **New Potatoes - red and yellow w/ Sage**

Enjoy these freshly dug creamy potatoes. The yellow ones are also yellow on the inside, you'll love their texture!

**Onions**

These were just pulled out of the mud today, so have not had a chance to dry and season - so you'll have to use them soon.

**Squash**

Pretend it's summer and fire up the grill...

**Head Lettuce**

Make sure you wash these well, the heavy rains force all sorts of surprises into these lettuce heads!

**Peppers**

one of the best kitchen smells , peppers fried up with onions

**Fresh Basil**

See Pesto Recipe below

And of course, some cheerful garden flowers to brighten up your table...

**Finally - our Long - awaited Farm PotLuck!**

Keep your calendars open for the evening of August 17th, 2003. Come on out for a shared meal, maybe fresh sweet corn out of the garden, and a sampling of our 8 tomato varieties - which we hope will be in full swing by then. Get a chance to see the chickens, turkeys, sheep and vegetables which call Full Circle Farms their home.

Enjoy!,  
Sabine and Tom

**CrickFest 2003! Make a note of it on your calendar!**

The Penns Valley Conservation Association (PVCA) is having their second annual CrickFest this September 1, Labor Day from 11 am to 6 pm at Coburn Park, at "the Forks" where Pine, Elk and Penns Creek meet.

Come celebrate local foods, learn more about local agriculture and see how it all ties in together in the Penns Creek Watershed. A wonderful day for the whole family, with local musicians, Chefs Ann Quinn Cor and Daniel "Cutty" Cuttshall preparing delicious foods, fly tying and casting lessons a silent auction and much more.

We had a great crowd last year - Make a note on your calendar, you won't want to miss it!

### **Red Cabbage Slaw**

1 head red cabbage  
1 pound carrots  
1 bunch cilantro  
1/3 cup freshly squeezed lime juice  
1/3 cup apple cider vinegar  
2 tablespoons salt  
1 tablespoon ancho chili powder

Quarter and core cabbage. Slice thinly by hand or in food processor. Grate carrots. Chop cilantro. Toss all ingredients. Let stand for one hour before serving. Toss again. Serve as garnish for tacos, as a side dish for sandwiches, or picnic salad.

- Jill Watson, Taqueria Gila Monster Restaurant

### **Pesto**

3/4 cup olive oil  
1 garlic clove  
1 tablespoon walnut pieces or pine nuts  
1/4 teaspoon salt  
1/3 cup freshly grated Parmesan  
4 cups fresh basil leaves.

Place all ingredients except basil leaves in blender or food processor.

Blend until smooth, then add basil, a handful at a time, until smooth. Adjust ingredients as desired.

Pesto is great as a pizza topping, over pasta, over omelets or baked potatoes or in tomato sauce.

- Fields of Green and Herbal Pantry

Sabine Carey

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