

**August 12, 2003**

## **Food for Thought**

### **From the Fields:**

Well, we had to cancel the weeding frenzy due to heavy rains the night before, and Monday sure was another dreary, soaking day here in Central Pennsylvania. I was looking through CSA newsletters from 2000, when we had a very similar cold and wet season.

Can you believe we've passed the half-way mark for the season? This is our 11th week of veggie distribution already. The first frost could possibly be only 6 weeks away - Gulp.

Today however is turning out to be a pretty nice day! I'm hoping this will be the beginning of a sunny dry spell, which we really need to dry out the soil some and to ripen our melons, corn and tomatoes. Keep your fingers crossed! I'm heading back outside to the garden while it's not raining...

Also a reminder: **Our Farm Potluck this Sunday, August 17th starting at 4:30.** Please RSVP and let us know what you'll be bringing. We'll have both cold non-alcoholic beverages and brewskies waiting for you.

Hope to see you out here!

Sabine and Tom

### **Goodies this Week:**

#### **- New Yellow Potatoes -**

Enjoy these freshly dug creamy yellow potatoes. These are a new variety for us (a dutch variety called Bintje), and it has to be the creamiest potato I've ever tried. Wonderful boiled with just a nice dab of butter and a dash of salt.

#### **- Oriental Eggplant -**

Grown specifically at CSA members request. These plants are proving to be great little producers!

See recipe below (the CDT just did an eggplant article last Wednesday)

#### **- Peppers -**

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

#### **- Swiss Chard and Kale -**

Because we all need our greens... My favorite way of preparing these is sauteed in olive oil , a tiny dash of soy sauce, and then arranged on some yummy sourdough bread.

**- A few SunGold Cherry Tomatoes -**

for a snack on the drive home. Our favorite cherry tomato, we're convinced you'll love them as much as we do!

**- Beets-**

Check out the Borscht recipe below. Without greens this week - they store so much easier this way.

**- Fresh Basil -**

Enough for a nice batch of Pesto! Recipe was in last weeks newsletter.

And of course, some cheerful garden flowers (Love those sunflowers!) to brighten up your table -

## **Farm PotLuck!**

August 17th, 2003, 4:30 pm till dark

Come on out for a shared meal, maybe fresh sweet corn out of the garden, and hopefully a small sampling of our 8 tomato varieties - which are ripening veeery slowly. Get a chance to meet the chickens, turkeys, sheep, vegetables and farmers which call Full Circle Farms their home.

Please let me know whether you're planning on coming out, and what you'll be bringing, so I can make sure we all have a balanced meal!

### **Chilled Beet Borscht**

Prep Time : 40 minutes, plus time to chill

Yields 6 servings

4 large beets (3-inch diameter, or equivalent)

3 cups water

1 tsp. Salt

1-2 Tbs. Lemon juice, to taste

2-3 Tbs. Sugar or honey, to taste

black pepper

1-2 Tbs. Freshly minced dill (or 2 tsp. dried)

1 medium cucumber, peeled, seeded, and grated

2-3 finely minced scallions (whites and greens)

Optional: 1 medium-sized dill pickle, finely minced  
2 cups buttermilk  
Optional garnishes: a spoonful of sour cream or yogurt  
Slices of boiled potato  
Chopped hardboiled egg

Peel and trim beets, place in medium-sized saucepan with the water and salt. Bring to a boil, lower heat, partially cover, and simmer until beets are tender (about 20-30 minutes). Remove the beets with a slotted spoon, and transfer the water to a medium to large bowl or container.

When the beets are cool enough to handle, grate them coarsely and return them to the water. Stir in remaining ingredients, except buttermilk and garnishes. Cover and chill until cold.

When the borscht is cold, stir in the buttermilk. Taste to adjust salt, pepper, lemon juice, sugar/honey. Serve topped with any combination of garnishes.

- Moosewood Cookbook by Mollie Katzen

### **Asian Eggplant**

1 pound Japanese or Thai eggplant  
3 tablespoons oil, preferably peanut  
1/3 cup finely sliced onion  
1.5 tablespoons freshly chopped garlic  
1 tablespoon diced fresh ginger  
2 tablespoons Japanese Soy Sauce  
1/2 teaspoon salt  
1 tablespoon honey

- optional -sesame oil to taste

- optional - 1/4 cup chopped cilantro

Trim and discard ends of eggplant, then slice into 1.5 inch cubes.

Heat a wok or medium sized skillet - turn heat to high, and when pan is hot, add oil, onion, garlic and ginger. As soon as onion wilts, add eggplant and stir-fry for 2 minutes.

Add 3/4 cup water to wok, stir, then add soy sauce, salt and honey.

Stir again, lower heat to a simmer, cover and cook for 15 minutes.

Taste and adjust seasonings as desired and transfer to serving bowl.

Serve hot or at room temperature garnished with a drizzle of optional sesame oil or cilantro.

Four servings.

- Centre Daily Times Food Section, August 6, 2003

Sabine Carey

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