

# Full Circle Farms

February 2019

Myfullcirclefarms.com

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## Look Ahead

-February 14 Valentine's Day (Do something Sweet for your sweetie)

-2019 Order forms go out (please watch your Mailbox)

-First Day of SPRING (less than 40 days☺)

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## Pitchfork Pulpit

As spring is quickly approaching so is Maple Syrup Season. As much as we look forward to the peaceful moments spent in the woods listening to the critters and the woods come alive with spring, we will not be doing Maple Syrup this year. Our burning station is beyond repair for this year. We must start over. Unfortunately, time is of the essence. We will take this year to rebuild and make it better for next year. We do have Maple Syrup from last year's run that is just as tasty as ever. Please make sure you order yours today.

On a personal note I (Crystal) Wanted to Thank everyone for the prayers for my sister and myself. My sister was diagnosed with Cancer in October of 2018. She relocated temporarily so my family could help her. These last few months have been a roller coaster of emotions that has brought us closer together. Many of your lives have been touched by cancer as well. Cancer Sucks! I would not change the time we have been able to spend together and laugh. She now has one final chemo treatment and things are looking positive. Thank you again for all your intercessory prayers, and uplifting messages.



## It's Lambing Season

Once again baby lambs bless our farm. Their color patterns and adorable cries make it hard not to fall in love with each and every one. Some of you have waited patiently trying to get some for your freezer. We will keep you updated as to when it will be ready. Thank you for being patient.

### [Chicken and Dumplings](#)



#### **Chicken and Vegetables:**

3 to 3 1/2 pounds chicken thighs and breast parts, skin-on, bone-in, trimmed of excess fat  
2 teaspoons butter or olive oil, or a combination of both  
Salt  
1 quart [chicken stock](#) (homemade is best)  
2 to 3 celery stalks, trimmed and cut into 1/2-inch pieces (about 2 cups)  
3 medium carrots, peeled and cut into 1/2-inch pieces (about 2 cups)  
1 large onion, roughly chopped (about 2 cups)  
1/3 cup all-purpose flour  
1 teaspoon dried thyme  
1/4 cup dry sherry or vermouth (optional)  
1 Tbsp of heavy cream (optional)  
3/4 cup frozen peas, thawed  
1/4 cup minced fresh parsley leaves  
Ground black or white pepper

#### **Dumplings:**

2 cups (250 g) cake flour (can sub all-purpose flour, but use cake flour if you have it, your dumplings will be fluffier)  
2 teaspoons baking powder  
3/4 teaspoon salt  
2 Tbsp butter, melted  
3/4 cup milk  
1/4 cup minced fresh herb leaves such as parsley, chives, and tarragon (optional)