



# Bear Prints

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Every year we usually have a couple shares that we donate to the Pawtucket House in Lowell. They are one of the few family shelters in the area. We have donated as much as 4 shares in the past. So far we don't have any donations. It would be nice to keep the tradition going & at least donate 1 full share. You can make out checks to us with a note that it's for the shelter, and we can give you the info to make it tax deductible. Any size is welcome and greatly appreciated.

## Farm News

Welcome! Our ninth year as a CSA. How the time flies! Kids that were coming to feed the pigs are now getting their driver's licenses. It's hard not to get sentimental. It's great to be back. My Mom still helps out once a week and Missy dog is still with us, at 14!

Despite the horrifically wet spring, we have lots of veggies planted already both here and at Nashoba Valley Ski Area in Littleton, where we rent land. As you can see near the greenhouses, there's more to go. The rain set us back a lot and we will start exceptionally slow this year. The beans are up and zucchini and summer squash are transplanted in the ground, though. We're looking forward to another great year!

Old members will see lots of changes. Another greenhouse, a new barn roof, more cleared land, and (most importantly), a roof on the farm stand.

Feel free to explore the farm. The baby pigs are up at the top of the field in a new house & pen. The big pigs are still in the barn by the compost pile near the bunnies. The sheep and goats are in the barnyard. They and the pigs will move shortly to their summer homes. The chickens are in the barn like last year to protect them from all the critters. It's pretty smelly down there right now since we cleaned them a bunch with all the rain.

The eggs are part of your share this week, but they are usually for sale in the fridge as extra for \$3.00 dozen. We can use your clean egg cartons if you bring them back. Don't forget to bring bags as well. Often people bring a bag of bags a couple times a season. That way you don't have to remember every week.

Be careful near the poison ivy and road; people often drive fast. Trips to the pond need an adult.

## What's New In Your Share This Week

This week it is **green garlic, lettuce, leeks & eggs**. We will probably have some **sugar snap peas** as well, either this week or next.

We wash most of the veggies to take the field heat out so that they are cooled and will stay fresh, but we don't really wash them to get all the grit off, so you definitely want to wash them yourselves a few times.

Things get particularly dirty after a hard rain splashes soil up against the leaves. I find the easiest way to clean all the different types of greens is to fill the sink with cold water.

You can do smaller batches in a big bowl if you want to use the water to water plants when you are finished. Then, trim the leaves into it and swish around a few times. Let them sit still for a minute, then all the dirt settles to the bottom and you can fish out the clean leaves. The fishing out is key, rather than pouring the water out. I usually repeat a

couple times until there is no more dirt in the bottom of the bowl (or sink). Then dry them off as best you can in a spinner and place in a plastic bag in the fridge with a paper towel to absorb the excess. A plastic spinner is a great investment. The one we have from OXO can even be used to keep the greens in the fridge.

**Green garlic** is just regular garlic that we plant closely together and harvest early. You can use the stem as well as the onion-like bulb. Just chop up what you need & keep the rest in the bottom of the fridge. Be warned it's often hard to peel a boiled fresh **egg**; it's best to let them age a week.. The **leeks** wintered over from last year. There aren't many, but it's a nice treat. They are like mild onions. Use the white and light green part chopped, like onions. Maybe toss them in an omelet!

Don't forget the pick your own herbs. They are in the first bed on the left, as you look out from the farm stand, next to the grass. It starts with some Chinese chives, then thyme, garlic chives, salad burnett, & regular chives. We also have aage, sorrel, winter savory & oregano. These are all perennials. I have rosemary to transplant as well. Basil will come later as part of your shares. Be patient & we'll get it all labeled!

## Bear Hill Farm CSA

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*PICK UP MONDAY, WEDNESDAY, OR  
FRIDAY  
3 PM UNTIL 7 PM*

*(Please make arrangements at least one week  
in advance to switch your pick-up day.)*

**CSA Since 1998**

COME ANYTIME —  
THIS IS YOUR FARM!

## Happy Holidays!

Yay! Hooray! Huzzah! It's CSA time again! Opening week at Bear Hill Farm always feels a little bit like the Christmas season to me. It's a chance to reconnect with old friends, be merry, and take home some "loot," in nutritious vegetable form. It also feels like Christmas because of the way it feels like Farmday will never get here... and then—wham!—it's here! It has snuck up on me again.

Today the weather is so hot and humid, so truly summer, that it's hard to remember the terrible rains we had just a few weeks ago. We are all so dependent on the weather, and being a member of a CSA makes you that much more aware of it. I thought of Mike & Anne often as I gazed out the window on those many days that were just too wet to plant. There isn't much we can do about the weather (except for helping to turn back global warming, I suppose), but now it's time for us to be patient and send our good hopes that the weather will cooperate now. I hear that thunderstorms are predicted this week, too. Please, no hail!

So the season starts for us this week, after months of anticipation. But you can tell from looking around at the farm (a new farmstand roof! yay again!) that the season never really ended for Bear Hill Farm. In addition to the structural improvements and the clearing of new land, the growing season itself has of course been going on for months. I can picture Mike & Anne studying the seed catalogs mid-winter, and then hanging out in the greenhouse come February, planting endless numbers of seeds. (I helped with this once; it's a very tedious process, especially when the seeds are tiny and you have to poke them in with a little stick. Ugh.) Then the anxious days when the rain just *kept coming*, and what to do with the seedlings waiting to be transplanted?

I say all this because when I pick up my first head of lettuce for the season, my happy holiday puppy dance is all the happier when I acknowledge the hurdles that had to be overcome to get us here. Yay, we made it! Hooray for beautiful weather (when it comes)! Huzzah to our farmers who make it all happen! And *welcome*, for another glorious year, to this Community that Supports Agriculture. — Anna Barker (annabarker@charter.net)

## Recipe: Green Garlic

*Here's a great recipe from CSA member Dani Battle. I plan to serve these with an omelette for a most excellent light supper. I'm also looking forward to the sugar snap peas, but you won't find a recipe for them here — the kids eat them right out of the paper bag, and they're basically gone by the time we get home! (But you can always make a nice dip for them by combining yogurt with some of the pick-your-own herbs. Try the salad burnett, which has a fresh cucumber-like taste.) — AB*

### Savory Cheese & Green Garlic Scones

2 -1/2 to 3 cups all-purpose flour  
1 Tablespoon + 2 teaspoons baking powder  
1 teaspoon salt  
4 ounces feta cheese, crumbled (I use sheep/goat milk)  
4 ounces cream cheese, softened in microwave 15-30 seconds (you want it very soft)  
4 green garlic stems, green & white parts, chopped  
1 cup half&half or whole milk  
1 egg  
Opt. Egg Glaze: Beat well with a fork 1 egg & 2 Tbsp. milk

1. Heat oven to 400 degrees.  
2. Combine 2-1/2 cups flour, baking powder, and salt in a large bowl.

3. Add cheeses & toss gently with a fork until combined.  
4. Add garlic & toss gently with a fork until combined.  
5. Beat half & half (or milk) with egg and gently fold into dry ingredients, mixing lightly until a soft dough forms. Add up to 1/2 cup additional flour if the dough is too sticky.  
6. On a floured surface, gently pat dough into a circle approximately 1-inch thick. The key to tender scones is to handle the dough with a light touch and as little as possible. With a sharp knife (I use a large serrated knife dipped in flour) cut the circle into 8 wedges and place them on a greased or parchment-lined baking sheet. (I use a commercial grade half-size sheet pan.)  
7. Brush tops and sides of scones with egg glaze if desired, and bake for 20-25 minutes, or until golden brown. Cool on a wire rack. Serve warm, or cool completely and refrigerate or freeze in an airtight container.