



Bear Prints

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Susan Allison sells her cereals and toppings at the Groton Farmer's Market. She asked if she could sell her stuff here at the farm so we're trying it out. If you have questions for her you can contact her at susan.allison@verizon.net.

Dave Wilder of Mortgage Partner's Inc. has generously donated a whole share to the Pawtucket House again. Thanks a bunch! We're up to \$185 on the second share. Deb Tucker volunteered to deliver every other week. Any other takers?

Farm News

Sun! Yay! We got a lot done this past week. The garlic is all weeded, thousands of winter squash & pumpkins have been transplanted at Nashoba (over 6,000 row feet, according to Farmer Mike), and things are growing. Long days but we are so glad the sun is shining to make the veggies grow.

We had to say good bye to our old sheep this week. I'll miss her "Maaa", but she was very old, & the circle continues. The first planting of sugar snap peas behind the greenhouse will come out this week and the ground will be replanted. The cherry tomatoes will get strung up this week as well, hopefully.

Thanks to Sandi Manna & Tarin & Cassidy for coming out a couple days. They've done all kinds of things but they helped out with the garlic last week. Cheryl Turgeon came for a relaxing afternoon of weeding Saturday. The weather was beautiful.

Have you taken any neat pictures of the farm? We'd love to update the website with some new stuff. If you have any digital pictures you'd like to share, pass them along to us & we'll see if our wonderful webmaster will put them up. I try to put the newsletter on the website on Mondays by noon. That way we can save paper.

Can't forget to let you know that my Mom's (aka Babci) birthday is July 5. She turns 78. She'll be here Monday picking peas and weeding onions. She helps a bunch!

What's New In Your Share This Week

New this week is **mizuna**. It's an Asian green that is very frilly. It is great added to lettuce in salad in that it adds a distinctive mildly spicy flavor and crunchy texture. Eat the stems as well as the leaves. It can also be lightly cooked (see the back page recipe.)

Also new this week is **basil**. The plants are still small, but we pinch them to get them to branch out and really get growing. Keep your basil in a glass on water on the counter, like a bunch of flowers. Basil is very sensitive to cold, so don't put it in the fridge or it will turn black. Add a little to your salad or sandwiches if you are a big basil fan. It's also great with pasta (cold or hot) and even in small batches of homemade salad dressing. Experiment!

Also new this week will be **radishes**. I have to admit, they aren't my favorite, but some

people really love them. In addition to eating them in salad, or just plain with salt for those afficianados, you can also cook them. They lose some of their sharpness that way. Just toss them in with a stir fry or slice & cook briefly in a bit of butter & stock. The stock will keep your calories down & keep the radishes from sticking. Member Anna Barker usually does the back page of the newsletter. Every year she takes a week vacation in the summer with her family. Da noive! So, hectic as it has been, I'm taking the coward's way out and reprinting a previous back page in her absence. It mentions Swiss chard in the recipe, but you'll be getting that soon as well, so keep this one in mind. All the greens are somewhat interchangeable, although some really shine in a particular recipe. Again, experiment!

Member Dani Battle is interested in putting together a recipe book geared towards the CSA. Would you be interested in purchasing it? Feel free to email her directly so she can judge if it's a project worth pursuing at joelsmum1999@yahoo.com. If any of you have some favorite recipes for our veggies, please let us know. We're always looking for recipes for the newsletter. Just make sure to give proper credit if the recipe isn't your own creation.

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!

Getting the Most From Time in the Kitchen

So summer has finally kicked in and we're all trotting happily home with our bags of greens. *Now what?* Unless you are a year-round Food TV addict, chances are you'll be spending a lot more time in the kitchen starting this week. It's too bad the satisfaction of laying out a full spread of summer veggies can be outweighed by a sense of having spent too much time in the kitchen. But you have a *right* to enjoy yourself while cooking. Here are a few summer kitchen survival tips.

- Wear your ripped jeans, or whatever else makes you feel like a rebel. Madison Avenue has spent a lot of time and money convincing us we're too busy to spend time in the kitchen. They want us to buy their over-processed, nutrient-devoid, soul-sucking convenience products. Lift your sauté pan over your head and shout back, "To cook is to live!" Just don't hurt yourself.
- Review your cooking tools. Cheap knives will cut your fingers. You don't have to pay through the nose for gourmet specialized cookware, but grocery store knives just don't cut it. (Haha.) You also need a sturdy pot with a lid, a steaming basket, and a non-stick frying/sauté pan.
- Plan well. If you are staring blankly in the fridge for tonight's dinner, I swear you'll be back picking up that rotisserie chicken and cole slaw side from the supermarket, while your greens languish. More on this in a future issue.
- Keep your pantry stocked. Be prepared for the day your boss calls you a moron in front of the whole team and you come home with the will to do nothing. Fall back on mac & cheese topped with freshly sautéed greens.
- On the other hand, cooking can be good therapy. What else really matters, at the end of the day, when the scent of green garlic cooking in olive oil hits you? The trick is to focus on the task at hand. *Notice* the beauty of the natural, life-affirming process you are taking part in. Make the Dali Lama proud.
- Put on some good music. Enough said. Everything is better with music.
- Don't isolate yourself. Find things other people can do to help (even if they screw it up). If you live alone, invite a friend over. I used to trade Tuesday cooking with 3 other families; so I only cooked every 4th Tuesday. Smart. Yes, life is good, and cooking CSA veggies — not just eating them — is part of the good life. Make the most of it. — Anna Barker (annabarker@charter.net)

Recipes: Swiss Chard and Mizuna

According to several recipes I dug up, mizuna makes a nice base for an Asian-style salad. Arrange washed, dried, and torn mizuna leaves (add a little of the tiniest Swiss chard, if you wish) onto individual salad plates. Add your favorite Asian ingredients: water chestnuts, chow mein noodles, toasted slivered almonds, orange segments (fresh or canned mandarin) — a recipe in Sylvia Thompson's The Kitchen Garden Cookbook calls for kiwi and ginger. Then drizzle with one of the following salad dressings, or some store-bought Annie's. ;) — AB

Asian Salad Dressing #1

2 TBS mild olive oil
1 TBS fresh orange juice
1 TBS rice vinegar
Salt and pepper to taste

Asian Salad Dressing #2

2 TBS rice vinegar
2 tsp finely minced fresh ginger
1 tsp soy sauce
3 TBS canola/salad oil
1 TBS toasted sesame oil
Freshly ground black pepper

On the other hand, I personally prefer my mizuna cooked. If you're like me, you might want to marinate some tofu (use one of the salad dressing recipes as a marinade) and cook it along with the greens. Sounds intimidating? Here is an official recipe: it will work equally well for mizuna, Swiss chard, or a combination. ...Not the tofu type? Marinate and grill a pork chop to serve over the stir-fried greens.

Marinated Tofu with Swiss Chard or Mizuna

Swiss chard or mizuna, washed, stems removed, torn
1/2 pound of firm tofu
Salad dressing or other ready-made marinade
Minced garlic chives (or our own green garlic)
Pinch of red pepper
Sesame seeds

Drain tofu and cut into cubes. Add some garlic chives and/or green garlic and the red pepper to flavor the marinade. Set cubes in marinade; marinate for at least 2 hours at room temp, turning occasionally. Pour off marinade into a hot skillet and simmer 1-2 minutes. Add greens and cover pan. Stir occasionally and continue simmering until the greens wilt. Then add the tofu and sesame seeds and heat through. Serve over rice.