



# Bear Prints

Volume 9, Number 6

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It's that time of year again, where I remind you that your second half (\$225) is due.

**August 1st** is fast approaching and I really appreciate not having to hound you. Thanks to everyone who has already set in their checks.

Another reminder—PLEASE remember to cross your name off when you come. If you don't we panic that we won't have enough at the end of the day & rush out to pick more when we don't have to.

## Farm News

Big news this week; we had piglets. One of the sows delivered stillborns her first litter this spring. We decided to give her another chance and she delivered 14 healthy babies on Saturday. I didn't want to say anything in case they didn't survive. She accidentally squished two the first day (not surprising with a sow her size), but she appears to be a great Mom now. Go down the chicken barn to see them. They are so cute. Just be careful to be quiet & not upset the sow.

We got some rain on Saturday. It's hard to believe it was so dry after all the humidity we've had. We weeded & weeded & then we weeded some more last week and things are finely getting under control. A bit more to go and we'll be well in hand if we get those hoes out. Hoeing saves a lot of time-consuming hand weeding, but it has to be done when it's dry & when the weeds are little.

I have to apologize this week. Last week I was so all consumed with getting the next batch of carrots weeded that I forgot to keep an eye on the farm stand. Someone noted on the list that there wasn't any lettuce left. We always have enough for everyone—sometimes we just forget to put it out! So, if you ever find something isn't there, look for one of us in the field. We can't put everything out at once because it doesn't all fit. Sometimes extra veggies are in bins beneath the table. By all means, let me know if you've missed out (this or any other time) & I'm terribly sorry.

## What's New In Your Share This Week

New this week is **arugula**. It's a very popular green for salad, also known as rocket. It is THE salad green for Italians. It has a very distinctive flavor and can be mixed with lettuce or eaten straight up with a simple vinaigrette. You have probably heard about it in arugula & goat cheese salad. It became very vogue & chic a few years back in high end restaurants, and like goat cheese, its popularity has seemed to grow over the years.

We may also have our first **corn** soon, so I better write about it. We grow our corn over at Nashoba Ski Area off 119 in Littleton. It takes up so much room. We actually seeded this corn in the greenhouse and transplanted it by hand. That's unusual for corn, but untreated corn seed tends to rot (especially in a wet spring like we had) before it comes up, particularly if the ground hasn't warmed. The first batch had everything against it weather-wise, so the ears are very small, but

future batches should be bigger. It is also buggy, since it wasn't sprayed, so be forewarned. Hopefully the rest of the corn won't be as buggy as well. We provide a knife, so you can clean them up & leave the critters for the chickens. We know it bothers some people, but keep in mind it's better than all those chemicals that you don't see on conventional sprayed corn. It's not new but we also have **Swiss chard** again. Like lettuce it's a staple, so try to experiment with different ways to use it. You could use the stalks and leaves separately even. I think the stems would go nicely braised with the drippings from a steak or steamed in beef broth. Anna (of second page fame) would probably douse it with a cream sauce. Try adding the cooked leaves to lasagna, meatloaf, omelets,, and there's always garlic, olive oil & pasta. Old members have some favorites?

More **basil** this week. Should be enough for a small batch of pesto. Olive oil, garlic (scapes still in the bottom of the fridge?) & parmesan cheese & you're good to go. My pesto always turns black because I don't add enough oil to keep the basil from oxidizing, but it still tastes good. When storing you can put a layer of oil on top to keep it green. Once you make pesto, keep it in the fridge or freeze it. You can make ice cubes, then you can take out a bit at a time. I like to add soy sauce to mine & use it as a spread in sandwiches.

## 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!

## Skeleton Recipes — You Flesh Them Out

Incoming! It's week #6, and by now most of us will be sharing a sense of giddy panic: giddy, as in elation at all the wonderful, tasty, colorful, healthy fresh vegetables; but mixed with panic, as in "now what am I going to do with all this?!" Don't worry, it happens every year. You can do it, you know.

One of the main points is to stop looking at vegetables as a *side* dish. Too often I hear from my friends, "We just don't eat that many vegetables." It's a shame, but I hold my tongue. You can't enlighten everybody all at once (LOL). But there are enough vegetables here at the farm that you really *have* to move them to the center of the plate.

You can find main dish recipes for just about any vegetable online, and of course we try to add a few recipes in the newsletter to help you out. But over the years I've collected many ideas for "skeleton recipes" — the ones that give you the base of a dish, and you just add whatever vegetables you have on hand (usually you sauté them first). You may have your own — and if you do, please share them with us! — but here are mine.

**Quiche:** Crust, 3 eggs, 1 cup milk, 1 1/2 cups cheese and vegetables. Bake at 350° for 45 minutes.

**Strata:** 10 slices bread (or stale baguette), layered with 3 eggs & 2 cups milk, vegetables, and cheese to cover. Bake at 325° for 45 minutes.

**Pizza:** Crust, tomato sauce or pesto, vegetables, mozzarella cheese. Bake at 450° for 10 minutes.

**Frittata:** Bottom layer of thinly sliced potatoes, sautéed until tender. Add vegetables, then top with 4 large eggs beaten with 1/2 cup milk. Sprinkle on 1/2 cup grated cheese, then bake at 350° for 25-30 minutes.

**Soup:** Stock, seasonings, vegetables. Add rice, beans, noodles, meat as desired. Just get out your slow cooker, toss everything in, and cook on low 8 hours or until you're ready for dinner. Save this for the end of the week, when the vegetables are as tired as you are. — Anna Barker

## Recipes: A Veritable Cornucopia

*I have some recipes I've been wanting to share. They're all vegetables you're bringing home now, so let me get them to you before it's too late.. — AB*

### Creamy Basil Salad Dressing

*In case you tire of the vinaigrette I keep going on about.*

1/4 C fresh basil leaves  
1 C mayonnaise  
1 C sour cream  
1/2 C chopped parsley  
3 scallions with tops, chopped  
3 TBS vinegar  
1/8 tsp dried tarragon  
1 tsp Worcestershire sauce  
1/2 tsp dry mustard  
1/4 tsp freshly-ground black pepper  
1 clove garlic  
2 TBS chopped chives (optional)

Combine all ingredients in a blender or food processor and pulse until smooth.

*I overheard someone at the stand last week asking, "What do you do with your kohlrabi?" Every year I wait for kohlrabi to come in so I can make this dish, so I ran back to Jack Bishop's Vegetables Every Day, in case your kohlrabi is still sitting in the fridge. It may be new to you, but don't be afraid!*

### Roasted Kohlrabi with Whole Garlic Cloves

2-3 medium kohlrabi bulbs (whatever you have)  
10 large whole garlic cloves, peeled  
2 TBS extra-virgin olive oil  
Salt

Preheat oven to 450°. Peel kohlrabi with a paring knife, and cut into 3/4" dice. Toss with garlic cloves and olive oil on a large rimmed baking sheet. Roast, turning kohlrabi and garlic 2-3 times, until well browned, 30-35 minutes. Season with salt to taste and serve immediately.

### Arugula with Blue Cheese

*Okay, not a recipe, but I just want to point out how well arugula goes with blue cheese. I have a recipe for marinated grilled steak served over a bed of arugula and topped with blue cheese. I also see that Jack Bishop has a warm arugula salad with pancetta, figs, and blue cheese. Yum, I can't wait!*

**Say, if you have access to the web**, did you know that you can get your copy of the newsletter from the website ([www.bearhillfarmcsa.com](http://www.bearhillfarmcsa.com))? The website is well worth bookmarking, so that you can refer to the veggie identifier, schedule, and other fun things. And if you have a digital camera, come take some photos at the farm, and the webmaster will post them on the site. One more way to be a part of the community!