



# Bear Prints

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July 31, 2006

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

**August 1st** is this Tuesday and I really appreciate not having to hound you. Over the weekend I did some book-keeping & about 60 people still need to pay. Thanks to everyone who has already sent in their checks. Please give me a call if you aren't sure if you still owe.

## Farm News

Mike got some of the "new" used irrigation equipment he bought set up this weekend in the field down the road. He pumped water out of the pond onto newly transplanted veggies. It's a very powerful pump & it should really make a difference on the farm once he has it all set up. It's hard to believe it could get so dry after all the rain this spring and all the humidity lately, but it's also been really hot. We are in one of those weather patterns where passing showers pass us by. It can be wet down the road but not at the farm. Not that I'm complaining; we can always irrigate somehow, but you can't make the sun shine & the plants need both. Speaking of those transplants, the crew got about an acre of veggies transplanted last week. There'll be broccoli, cabbage, Chinese cabbage, beans, and more zucchini & summer squash for the fall if all goes well. We've continued to weed (you can see some of the herbs again). Boy, they got a bit out of control. We've also been working on getting those cherry tomatoes strung up. Two rows done and one to go. We were in doubt about tomatoes in general this spring, but now it looks like we'll get some, although still later than usual. This extreme weather we've been having is tough on the crops as well as us. Did you know that tomatoes (& some other veggies) won't set fruit if it's over 90? The flowers just fall off. Nobody has passed out in the fields yet & we hope to keep it that way. Bring a cooler for your veggies! We'll try to restock frequently & keep them as cool as we can in the meantime.

## What's New In Your Share This Week

New this week are **cabbage** and new **potatoes**. We'll also be giving a choice of greens, so you'll have to make a decision. Often we will give a choice if there isn't enough for a whole day's worth of members or if we want to make sure you don't get sick of a particular green. Be adventurous & pick a different one each time. Back to the **cabbage**. It's the green variety this time. The stuff we just transplanted for the fall will be red (really purple). Cabbage lasts a long time in the bottom of the fridge (kind of like kohlrabi). When you are ready to use it, cut it in half & cut out the hard inner core. Sometimes if you hit it just right on the counter it will pop right out. Boiled dinner just doesn't sound appealing to me in this heat, but Anna's slow cooker idea sounds good. But to me, cabbage this time of the season can only mean coleslaw! The food processor makes this a snap, but a mandolin or even a plain old knife can do in

a pinch. Ask your relative or friend for a favorite recipe if you don't already have your own. You can do the creamy mayo type or opt for the vinaigrette variety. Either way, carrots are a must, I think, as well as a bit of celery seed. Red wine vinegar is good or try other herbed vinegars for something different. The **potatoes** this week are red norlands. They have red skin & white flesh and are a favorite variety. Great sliced up & baked on the grill in foil packets with butter, olive oil, salt & pepper and garlic. No heating up the house and no pots to wash. There is always potato salad to go with the coleslaw (and maybe more corn if we have it). Again, you can opt for mayo, Miracle Whip or try Dijon mustard, oil & capers if you're trying to watch calories & cholesterol. If you do the latter, add the other ingredients while the potatoes are still hot.

Did you see the baby piglets last week? It is amazing how fast they grow in just a week's time. The new Mom is so calm and sweet. They are all doing well. In fact, all the critters are doing well right now, although the chickens aren't laying as much in this hot weather. The "babies" on the hill are becoming bruisers and they have already dug up their pen quite nicely. When it does rain they'll have plenty of mud to wallow in.

## 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!

## “If you can’t stand the heat...”

It’s Monday morning, and as I write this we’re all bracing for another incredible heat wave. The forecast for Wednesday is well into the 90s, with a heat index of 105 or higher. “This is not ordinary summer weather,” as the National Weather Service puts it, and we’re advised to avoid strenuous activity, alter our routines, and stay indoors with the air conditioning on.

All well enough for me, as I sit here in my air conditioned “office” (a desk in the corner of the kitchen). We’re going to have to make our trip to the library in the morning instead of the afternoon, *such an inconvenience*. But not so easy for the people we count on to work outside, rough weather or no. And I can’t help thinking of Mike & Anne and the gang, who I know will do whatever it takes to make sure we get our fair share. (I asked Anne about this. “We’ll just pick earlier,” she said, as if tolerating extreme heat were par for the course. Maybe it is, but still.) Getting to know the farmers who grow your food is often mentioned as one of the great benefits of joining a CSA. Hopefully, by getting to know them you develop a level of trust and feel better about the food you’re eating. But it works the other way, too, and for me it’s been one of the biggest changes since joining up with the farm: *I care*. I care about “my” farmers and what they go through to put food on my table. Before, if I were to hear about a drought in Florida, for example, my first and only thought would be “There goes the price of oranges.”

I must say that being a faceless consumer is definitely more comfortable, easier in the sense that ignorance is bliss. Yet we are so dependent on the food that gives us life — and the planet is so dependent on how that food is grown and how far it travels — that it doesn’t seem to me to be enough involvement to just pay your money and walk away. Mike & Anne don’t actually ask for anything more than for us to pay for our shares and enjoy the vegetables they grow (some other CSAs require members to work in addition to their subscription dollars), but it does seem like a good week for us members to hold up our end of what is rightly a very symbiotic relationship. That is, if you’ve been thinking of stopping by with a gallon of lemonade or a watermelon, this would be the week to do it! A few kind words also go a long way, as does patience and understanding if our farmers might seem a little slow this week. ...Meanwhile, take care of yourselves. Fire up the grill, plug in the crockpot, and stay out of the kitchen! — Anna Barker

## Recipes: Where Cabbages Are Kings

Looking up recipes for the newsletter always gives me a chance to go back to my old favorite cookbooks. Today it’s *Still Life With Menu*, Mollie Katzen’s inspired work that was on my counter constantly in the 1990s. Back then, I would prepare her whole elaborate menu, but that was BK (before kids). No time for that now, but here at least are two quick & simple preparations for cabbage. — AB

### Cabbage Salad with Peanuts

1/4 C unadulterated peanut butter  
1/2 C hot water  
1/2 C + 1 TBS rice vinegar or cider vinegar  
3 TBS brown sugar  
1 1/2 tsp salt  
1 tsp Chinese sesame oil  
1 small head green cabbage, shredded  
Crushed red pepper, to taste  
1/2 C peanuts

In a large bowl, mash together the peanut butter and hot water until they form a uniform mixture. Mix in vinegar, sugar, salt, soy sauce, and sesame oil. Add the cabbage in 2-cup increments, mixing well after each addition. Add red pepper to taste. Cover the bowl tightly and refrigerate for at least 4 hours (preferably 12-24), stirring every hour or two. Sprinkle the peanuts on top right before serving. Serve with a slotted spoon.

### Cabbage, Carrots, and Onions with Sesame

6 TBS sesame seeds  
3/4 tsp salt  
3 TBS Chinese sesame oil  
2 medium-sized onions, chopped  
1 large or two medium carrots, thinly sliced  
1 small head green cabbage, coarsely chopped

Combine the sesame seeds and salt in a blender jar, or in a spice grinder or a clean electric coffee grinder. Grind until they achieve the consistency of coarse meal. (This is called gomasio or sesame salt.) Set aside.

Heat a medium wok or a large deep skillet. Add the sesame oil and onions. Stir fry over med-high heat for several minutes. Add about a tablespoon of the gomasio. Keep stir-frying until the onions are soft and translucent (5-8 minutes). Add the carrots and cabbage, and sprinkle in about half the remaining gomasio. Keep stir-frying until everything is tender (another 10 to 15 minutes). Sprinkle in the remaining gomasio, and serve. (Good served over rice.)

