

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!

Cooking For the Picky Eater in All of Us

Occasionally each of us encounters a vegetable that is either a so-called acquired taste, or that we feel we can only enjoy so much of. You know that you can drop off any produce you don't want in the Extras basket? (And take a little from there if you see something you *do* want.) But I don't want to be hasty in directing you there: too many of us look suspiciously at any veggie that doesn't make our list of the 10 things that show up in our supermarkets — as if we're allowing our inner 9-year-old to act for us. Speaking as an extraordinarily picky eater myself, I want to point out that *how* a vegetable is prepared has a huge impact on how it tastes...If you grew up with canned corn or over-boiled green beans, you'll know just what I mean. So experiment a little and make friends with the strangers. The most forgiving cooking method is to **sauté** in a little olive oil and garlic (right Anne?!), so it's a good place to start. Add a little water, lower the temp and **braise** for 20 minutes to temper the strength of collards or kale.

Another choice is the high, dry heat of **roasting**. Google cooking times for your choice, but you're basically cooking at 450° with a tiny bit of olive oil, until your vegetable is crusted over and sweet. I can't abide a mushy cooked carrot, myself, but roasted carrots are altogether different. This can even work for greens; Mollie Katzen has a recipe for "crispy kale."

Completely the opposite is **slow cooking** with low temps and a lot of liquid (similar to braising, but for even longer) — get out that crock-pot and whip up some ratatouille and you'll be a convert for sure. Could this be comfort food because we've spent centuries with our cooking pots over low fires?

When all else fails, eat it **raw**. You don't have to be a toddler to appreciate broccoli trees, zucchini sticks, or green bean spears in a tangy "dippy." (Use the last of your basil in the dip.) Or bury it in something **mashed**; few foods take to mashing well — only beets and potatoes come to mind right now — but stir in your sautéed chard and you have an entirely new dish.

Of course, that's a bit of a texture thing, which brings me to my final point: also vary the **shape**, especially when you tire of an overly-familiar vegetable. I thought I could never again put zucchini on my homemade pizza, until I tried them diced instead of sliced. Seriously! Or shredded carrots on salad; don't laugh until you've tried it. — Anna Barker (annabarker@charter.net)

Recipes: Beets

There is no finer illustration of the benefits of varying your cooking method than the beet, that most chameleon of all vegetables. It's a travesty that so many people grew up with canned pickled beets and so avoid them at all costs. I was finally able to enjoy them, a few years ago, when I grated some and sautéed them with crystallized ginger and orange juice. Here are some other ideas to get your creative juices flowing. — AB

Beet and Apple Slaw

From Recipes from America's Small Farms

1 lb beets, peeled and grated	Salt and pepper
1 lb Granny Smith apples, Peeled and grated	3/4 C sugar
1/2 lb cabbage, very thinly sliced	3/4 C cider vinegar
	3/4 C prepared mayo

Combine beets, apples, and cabbage in a large nonreactive bowl. Season with salt and pepper to taste and set aside. Combine the sugar and vinegar in a small saucepan. Warm over very low heat, stirring, until the sugar is dissolved. Set aside until completely cool. Very gradually whisk the mixture into the mayonnaise in a small bowl. Add more salt and pepper to taste. Fold the dressing into the slaw mixture; cover and refrigerate for about 3 hours. Stir again before serving.

Roasted Beets

From The Yellow Farmhouse Cookbook, Christopher Kimball
4-8 medium beets (whatever you have), peeled and quartered
2 TBS olive oil
1/4 tsp salt
Freshly ground black pepper to taste

Heat oven to 450 degrees. Place beets in a roasting pan, toss with olive oil, salt, and pepper, and arrange in one layer. Cover with aluminum foil and roast for 35 minutes. Uncover and roast another 10 minutes or until beets can easily be pierced with a fork.

Greens with Roasted Beets

Also from The Yellow Farmhouse Cookbook

4 beets roasted and sliced
3 TBS olive oil
1 medium onion, chopped
1 pound spinach or beet greens, washed [Swiss chard?]

Roast the beets (see above). Heat the olive oil in a large skillet. Add onion and cook over med heat for 3 minutes. Add the beets and greens and cook for 2-4 minutes. Season with salt and pepper and serve.