



Bear Prints

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I mentioned that I heard the coyotes the other night and I was happy to hear them, since they might help our woodchuck problem. Well, I had pretty much convinced myself that I had dreamt it, since I was so wanting to get rid of the varmints. But, lo & behold, I heard them again this morning, after the alarm went off, so I guess they really are out there.

You are always welcome to visit the farm at any time. Bring friends and relatives to see the critters on the weekend, pick some herbs (or cherry tomatoes) or have a picnic and explore.

We'd like you to consider this **your** farm. There are plenty of volunteer opportunities as well, like weeding the herb bed. Ann Conant dropped by last week to help pick beans. Yay!

Farm News

Some changes in the critters this week. Mike is delivering the four pigs in the back of the barn down past the greenhouse to Blood's in Groton today. You probably didn't get to know them very well, since their pen was hard to get at. Maybe that's just as well, since they will be coming back in a week or so in little white packages. Blood's is a federally inspected slaughterhouse. We are lucky to live so close to one; there are only a few in New England. The pork will be frozen and will be self serve in the freezer up the farm stand if you are interested. It's first come first serve. The smoked meat (ham & bacon) will take a few weeks.

We will also be replacing our boar. The big red guy down back will be going away on Tuesday (at least that's the plan). He was a great pig, but he's getting too big for the girls. Mike already has a replacement picked out, and he'll be arriving in a couple of weeks we hope.

The rain this Saturday night & Sunday was great. We really needed it and although we can irrigate now, it's just not as good as the real thing. This should really boost that winter squash along.

Mike has been getting ground ready for next year already. We need to have Patrick pick as many rocks as he can before he goes back to school. Soon Mike will be done planting for the season. Then it's picking, cover crops, and a bit of weeding.

What's New In Your Share This Week

- New this week may be **haikurei turnips**. They are Japanese and are much milder than the big fall turnips that you may remember from stews. Eaten raw in salad they taste like a mild radish. They are great boiled or steamed as well. The greens are very mild and tender and are good steamed, too.
- Also new this week may be **perpetual spinach**. It tastes like spinach and can be used the same way, raw in salad or steamed. We aren't sure we'll have enough for everyone, but we'll try to give you all a taste or maybe some will get it this week and some next, like the green beans.
- We'll also have the **escarole** again. To remind you, that is the stuff that looks like a head of thick-leaved lettuce. It is a bit on the bitter side raw, but some people love it in salad. I prefer it cooked in the sausage stew we gave you a recipe

for back in newsletter # 5. Speaking of which, do you save your newsletters? Some of the recipes are pretty good and worth referring back to, or maybe you didn't have time to try it out the first time. Maybe you split a share, and you didn't get that veggie (or newsletter) the first time around. Well, have no fear, you can check them out on the website! The website is always listed on the second page of the newsletter, along with all our contact info. So refer back to them and check out some of the old ones. We try not to repeat ourselves too much, but there are some perennial favorites that we have to share every year. And don't forget to send in your favorites, along with where they came from. Particularly if you have good basil recipes, since we give out so much of it!

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!

Won't You Please Be My Neighbor?

I was so happy to come back from the family Ohio trip to find that the cherry tomatoes were ready to be picked. The rows are beautiful this year, too, plenty of room to wander all the way to the back. You can stand in one spot, look down at the bottoms of the plants, and see all the pretty colors as they ripen upwards, from dark green to yellow, orange, and red. I even like the nasty smell that lingers on your hands after you've been picking for a while. (Hey, a farm should be a feast for *all* the senses!)

It was so hard that first week, though, to limit myself to a single container as Mike & Anne had requested. Cherry tomatoes don't ripen all at once, you probably know; in a few weeks there will be gobs, much more than we can handle — but the first of the harvest is exquisite torture, with just enough to whet our appetites if there's going to be some to go around for each member of our community.

I did manage to restrain myself last week, I'll say in my defense, but not before I had to look my evil twin straight in the eye. Selfish, looking-out-for-number-one Anna reared her head (the same one who may have passed you on the highway, ugh), and it was hard work to keep from filling that basket to overflowing.

The process of controlling myself allowed me time to meditate on what it means to be a part of this CSA community, or any other in the year 2006. Why is it so hard to feel connected? Have we gotten so used to being consumers that we've come to treat all relationships in terms of commercial transactions? (I talked with a minister once who said people were looking at going to church in the same regard.) Am I happy with jumping right in the car after pick-up and getting on with my day? and willing to invest the time it might take to reach out and fully become a member — not just a paying member — of Bear Hill Farm? I have to think that the rewards would far outweigh the initial effort.

So here is where I leave the proverbial ball in your court, fellow member. What will it take to make *you* feel a part of this CSA? Work parties, hikes, wine tastings? Children's play groups? A directory, maybe organized by town, so you could know who your CSA neighbors are? I'd rather not wait until the bonfire in October to get to chatting with people and realize that I could've been enjoying your company all summer. But I can't do it alone, of course. So email me, and I'll try to organize something. — Anna Barker (annabarker@charter.net)

Recipes: Haikurei Turnips & Kohlrabi

Not wanting to always bring you recipes from the same cook-books, I googled Haikurei turnips this morning. It wasn't too surprising that most of the recipes came from CSAs across the country. We're the only ones who can get our hands on these beauties, since they aren't sold in most grocery stores. Rather than recipes, I'll share with you a few ideas I gathered. - AB

- **Glaze** your turnips by first tossing them in a pan with some melted butter (about 1-2 TBS), and then adding about 1/2 C broth (chicken or vegetable). Cover the pan and simmer until almost tender, about 15 min. Then cook uncovered until fully tender. Season with salt & pepper.
- **Curry** your turnips by tossing them in a pan with some oil (about 2 TBS) and a chopped onion for about 5-10 min. Then add a chopped tart apple, about 2 tsp curry powder, and 1 tsp salt; cook for another 5 min.. Squeeze fresh lemon juice over the dish before serving.
- Add diced turnips to your favorite **stir fry**. The Barkers are having sticky chicken this week (a marinade of 1/4 C oil, 2 TBS soy sauce, 1/4 C peanut butter, 1/4 C ketchup and a few cloves of minced garlic). The turnips can disappear into that and the kids will never know. :)
- Or **raw**, of course. I personally prefer to cut them in quarters before slicing them into my salad, but I already said I was picky.

In keeping with the "community" theme, I want to repeat Anne's request for recipes. We can't always get them into the very next newsletter, and sometimes I edit them down to fit... but we always appreciate receiving them. Dani Battle sent this one in for kohlrabi. Thanks, Dani! — AB

Kohlrabi, Carrot & Parmesan Gratin

From Clagett Farm

3 medium bulbs Kohlrabi, washed and peeled

3 medium carrots, thinly sliced

1/2 C chicken stock (low-salt canned or homemade)

1 clove garlic, finely minced

2 TBS extra virgin olive oil

Salt and freshly ground black pepper to taste

1 C multigrain bread crumbs

1/3 C freshly grated Parmesan (preferably Parmigiano-Reggiano)

Heat the oven to 400°F. Peel each Kohlrabi bulb and cut in half. Cut the halves into 2 or 3 wedges each. Snuggle the wedges, cut side up, in a baking dish (try 8x8"). Pour the stock into the dish. Season with salt and pepper. Cover the pan with foil and bake for 30 min. Mix together the garlic, olive oil, bread crumbs and cheese. Uncover and sprinkle the dish with the bread crumb mixture. Continue baking uncovered until the vegetables are tender and the cheese is browned, another 10 minutes.