



Bear Prints

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Kim Dahlberg helped me rescue the herbs last week. You can actually see them again! The kids delivered the weeds to the goats, which were very happy to receive them. The goats keep getting out of their pen this year. When the bigger ones jump out, the little one screams bloody murder, since she's left behind. At least it alerts us to the breakout.

Farm News

Almost all our help is gone. Emily left 2 weeks ago and last Friday we said goodbye to Erin. She's going to school in Boston, though, so hopefully we'll see her around. Patrick and Tim go back to school this week., although Patrick just lives in Westford, so we may be able to finagle a few hours a week still. Devon came late to the farm, but this will be his last week as well. So as of next week it's just Mike & Blondie & I. I hope we don't keep getting rain now that the summer is winding down. It was no fun picking in it on Friday, and it only gets worse when it's cold. But, I hear that the worst of the rain is over. Hopefully it will get warm again, which will be good for getting those veggies to grow. They tend to slow down as the weather gets cool at night and the day length shortens.

We had a visit from the Bitter Melon Council people on Sunday. They had asked us to try some bitter melon this spring. We started it in the greenhouse, but like many starts this spring, they never made it into the ground. They came out anyway to see how they did in the greenhouse. We'll try again next year. We invited them to the end of the season party, so maybe you'll meet them and get to try some bitter melon. It's scheduled for Saturday, October 7, so mark your calendar. It won't be the end of the season in terms of pick ups, but the weather gets too unsettled later. Much more on that later, just save the date. Good luck to all the kids going back to school.

Have you explored the farm at all? Some members visit all the critters every week, but others have to rush off. Too bad. Since it's not so awfully muggy any more, maybe you should plan to take an extra half hour to walk around this week, or next. It's a great way to decompress after a hard day and relax before you have to rush off to cook supper. Or, if you have commitments, visit on the weekend.

What's New In Your Share This Week

New this week is **kale**. There are many varieties of kale, as our more experienced members will attest. It also grows pretty well and is very nutritious, so we usually give it out a lot. This year we didn't get it transplanted out in a timely fashion, so you are getting it later than usual. People have been asking for it at the market.

This variety is called Red Russian, due to its beautiful coloration. It's our favorite, since it's more tender and less strong flavored than the really curly, frilly stuff you see decorating plates in restaurants. Kale is a brassica, related to cabbage and broccoli. Kale should be eaten within a couple days to be at its best. Store it in a plastic bag in the fridge. Rinse just before cooking and pull the leaves off the main (usually tough) rib by holding the stem in one hand and stripping off the leaves by pulling up with the other. You can steam the leaves or sauté them in a bit of olive oil & garlic until

wilted. Then you can put them back in the fridge to use in dishes at a later date, like omelets, lasagna or pasta. My favorite way to eat it is in my Mom's Kale & Potato Soup. Just boil potatoes, carrots & celery in water, chicken or vegetable stock, until half cooked, then add chopped raw kale and continue cooking until the potatoes are soft. She adds sautéed onions as well and many people add sausage (there are so many kinds). Remember, all the greens are great sautéed with a bit of oil, then add a bit of stock and cover until tender. Each green will have a slightly different taste and you can vary it by adding or deleting garlic, red wine vinegar, soy sauce, sesame oil, caramelized onions, etc.. Then add to pasta with a bit more olive oil and some of the pasta water. You can vary the type of pasta as well, or add to rice. Don't forget to try whole wheat pasta or brown rice.

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!

On This Week's Menu: Rotisserie Chicken

The last week of August, and I've overheard more than one conversation starting "Where did the summer go?" For my part, I'm trying to squeeze in as many play-dates for the kids as possible (they don't start school until after Labor Day); and meanwhile, the deskwork is about to topple, the laundry basket is overflowing... all the work I *should* have been doing while I was out having fun this summer!

Weeks like these pose an extra challenge in the kitchen, and I do everything I can to avoid the 5pm howl of "I'm really going to have to pull a rabbit out of my hat this evening!" I enjoy my time in the kitchen, mostly, and I refuse to swallow the idea that in order for the "liberated woman" to "do it all," she can only spend 15 minutes in the kitchen each night. (To me, this is an image perpetuated by Campbell's Soup and the like, who want me to think of myself as too important, I guess, to loiter over the stove — and so I must work my tail off to earn the \$ to pay for their processed foods? Hello, priorities?)

Oops, there I go on a soapbox tangent again. My only point was supposed to be that, while it's well worth the time it takes to scrub and chop fresh vegetables, you *can* cut corners without the word "instant" ever crossing your lips. One favorite in my own bag of tricks is rotisserie chicken. Donelan's sells the Bell & Evans brand, which is not quite organic but still better than Purdue. I also watch for the Bell & Evans uncooked roasters to come down to \$1.99/lb at Donelan's, then buy a couple extra for the freezer. I either pop one in the crockpot for 6-8 hours on top of quartered potatoes and whole garlic cloves (crisping the skin at the end in a hot oven), or roast it at 375° for an hour or so, depending on the size. The main course taken care of, I've freed up some time to prepare beautiful vegetables.

The bonus is that there's always enough chicken left over for another dinner (or at least lunch). There are an endless number of recipes using cubed cooked chicken: chicken tacos, curried chicken & rice salad, chicken hash, Chinese chicken salad, to name just a few. Many not only incorporate vegetables, but can top a bed of Bear Hill Farm lettuce, as well. Most will get you out of the kitchen in no time. When every last bit of meat is picked from the bone, toss the carcass back in the crockpot with some onions, celery, and seasonings, to make your own chicken stock overnight. Homemade chicken stock in Babci's Kale & Potato Soup will just put your week right over the top. — Anna Barker (annabarker@charter.net)

Recipes: Rotisserie Chicken & Vegetables

I tried this recipe from *Cooking Light* last week. It was sooo simple, and it used a little of many of our latest veggies, as well as fresh mint from the back yard. Here it is as I adapted it. You can change the recipe again for whatever we have now. — AB

Chicken Salad with Mint & Feta

3 C chopped skinless, boneless rotisserie chicken
1/2 C chopped bell pepper
1/2 C cubed peeled English cucumber
1/2 C crumbled feta cheese
1/4 C chopped fresh mint
1 1/2 TBS chopped fresh oregano (1 tsp dried)
2 TBS fresh lemon juice
1 1/2 tsp extra virgin olive oil
1/4 tsp each salt and freshly ground pepper
Torn lettuce and tomato wedges

Combine all ingredients except lettuce and tomato in a large bowl; toss gently to combine. Serve atop a bed of torn lettuce and garnish with tomato wedges.

White Bean and Roasted Chicken Salad

Adapted from *Cooking Light*, June 2004

2 C coarsely chopped skinless, boneless rotisserie chicken
1 C chopped tomato
1/2 C thinly sliced red onion
1/2 C sliced fresh basil
2 (16-ounce) cans cannelloni beans or other white beans, rinsed and drained

Place all ingredients in a large bowl and stir gently to combine. Drizzle with bottled Italian dressing, or make your own vinaigrette by whisking together: 1/4 C red wine vinegar, 2 TBS extra virgin olive oil, 1 TBS fresh lemon juice, 2 tsp Dijon mustard, 1/2 tsp salt, 1/4 tsp freshly ground black pepper, and 2 minced garlic cloves.

ONLINE ONLY! SPECIAL DOUBLE ISSUE NEXT WEEK WITH EXTRA RECIPES! CHECK THE WEBSITE!

So many recipes, so little space! Next week we'll put together extra pages with recipes using Bear Hill Farm produce. BUT, you'll only be able to get them on the web; at the farmstand will be only the regular front & back pages. Yes, we're trying to encourage you to use the website more and pick up the paper copy less...If you haven't been on the website yet, now would be a great time to bookmark it: www.bearhillfarmcsa.com. And if you can, send in your recipes now for the big issue. — AB