



Bear Prints

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Remember to save the date—Saturday, October 7, afternoon and evening.

That's the day for our big thank you party. Much more on that later, but older members will tell you it's a grand time.

The goats are driving us crazy now, getting out four or five times a day. I think we'll have to put some electric fence up now that they have decided they like their freedom.

Farm News

Well, it's official. All our help has now gone off and it's just Mike, Michalle & I for the rest of the season. Mike just planted some more radishes, spinach and arugula on Saturday, but he's just about done with the planting now, with the exception of cover crops. There are all kinds of cover crops, from winter rye and vetch to various clovers and oats. They hold the soil over the winter and keep it from blowing or washing away. They also get plowed down into the soil in the spring and add nutrients and tilth to the land. Some even fix nitrogen. It's always a trade off in the fall; we want to get one more crop in but we can't wait too long or the cover crops won't have time to grow before the really cold weather sets in. Not much weeding now. We'll just concentrate on getting everything picked by 3 p.m.!

Our new boar has arrived. Go check him out down the barn by the compost pile. He's not as big as the last one. It's a beautiful morning after the remnants of the hurricane. We were lucky in that we didn't have any damage. It sure was windy at the Farmer's Market on Saturday, though. We almost lost the tents. Hopefully the weather man is right and we'll get some more warm weather. The veggies really slow down when it gets cold. We have some great looking beans and zucchini plants but they just won't start producing.

Remember, this week is a double issue, but you need to get the rest off the web!

The pork is back! It's in the freezer up the farmstand and is first come first serve, although we may have to set limits so that everyone has an opportunity. The smoked meat (hams and bacon) won't be in for another couple weeks. It is all marked with the price and there is a separate money box. We each had a pork chop on Sunday, yum! We don't use antibiotics or hormones, as you know, but they aren't organic. We feed them a wide array of veggies, baked goods and grain.

What's New In Your Share This Week

Nothing new this week that Mike will admit to at typing time. I sent him down the other field to check out the **Chinese cabbage**, though. The deer have been helping themselves, but the plants are so big that even if we cut them in half there is still a lot of vegetation. If not this week then maybe next. It is great sautéed with soy sauce, ginger and garlic. Add sesame oil or seeds, too. We will definitely have **bok choy** again. We gave it out earlier in the spring, so it's not really new. Same thing, it's great stir fried or steamed. It's often in Chinese buffet offerings with garlic and oyster sauce.

We should have basil again. Some of you will probably be happy to see its demise, but it, like tomatoes, means summer to many others. It is starting to

show signs of stress, since it really doesn't like a chill in the air. The bunches will be getting smaller now and it won't look as lush, but it will still be fine for pesto.

Did you see the article in last Wednesday's Boston Globe on our eggs? A reporter interviewed me at the Marblehead farmer's market and they came & took pictures. Hopefully the photographer will bring us a copy of the one of Babci and Maggie & I. Three generations (4 if Michalle had come). It was really about the eggs, though. They had a nice recipe as well. I'll put a copy in the farmstand. We should start thinking about putting a light on a timer to keep the girls laying. Chickens lay an egg a day or so, but they stop laying as the days get shorter.

Recipes! Recipes! Recipes!

You asked for them, we promised them, and now here they are! The following are an assortment of recipes using Bear Hill Farm produce. Some of them use produce currently in your share, while some must wait for the weeks to come. For others, alas, the season has passed — but hold onto this issue, because there's always next year. Many thanks to the generous members who shared their favorite recipes...I even found a few from last fall, which I'm finally including now, with my apologies for delaying so long. — AB

From CSA member Lauren Cunningham:

Savory Slow-Cooker Chicken

(*Fix-it and Forget-it* cookbook by Ranck and Good)

- 2 1/2 lbs chicken pieces, skinned
- 1 lb fresh tomatoes, chopped (I've used our cherry tomatoes, and we just can't get enough!)
- 2 Tbsp white wine
- 1 bay leaf
- 1/4 tsp pepper
- 2 garlic cloves, minced
- 1 onion chopped
- 1/2 cup chicken broth
- 1 tsp. dried thyme (or some fresh basil!)
- 1 1/2 tsp. salt
- 2 cups broccoli, cut into bite-sized pieces

1. combine all ingredients except broccoli in slow cooker. 2. cover. Cook on low 8-10 hrs. 3 Add broccoli 30 minutes before serving.

Chicken Saag

(*AccuChef v6.6*)

- 1 pound chicken (or tofu) chopped
- 1/2 pound spinach (or swiss chard, stems removed)
- 1 cup water
- 2 Tbsp butter
- 2 cloves garlic, minced
- 1/2 onion, minced
- 1/2 inch ginger, minced
- 1 tsp fennel seed
- 1 tsp coriander, ground
- 1 tsp cumin, ground
- 1 tsp Garam Masala, ground (found in Indian markets)
- 1 tomato, diced
- 1 tsp salt
- 4 cardamom pods, bruised
- 4 cloves, whole
- 2 cups Heavy cream
- 1 Tbsp sugar

Boil spinach in saucepan with 1 cup water until wilted (10 min). While spinach cooks, sauté chicken in 2 Tbsp oil over medium heat until almost done, then set aside. Drain spinach and set aside to cool. Rinse and dry pan and return to medium heat. Melt the butter then add the garlic, onion and ginger and cook until tender and fragrant. Add fennel, coriander, cumin and garam masala and cook for 2-3 mins. Add tomato and salt and

cook until slightly browned (10 min). Chop spinach and stir spinach and chicken into sauce. Turn heat to low and add cardamom pods, cloves, cream and sugar. Simmer until chicken is done and sauce is thickened (20-30 min). Serve with rice, and/or flatbread

Cucumber Raita

(*my own version*)

- 2 1/4 cups plain yogurt
- 1 large cucumber, peeled and shredded
- 1/2 tsp ground cumin
- 1/4 tsp salt, or to taste
- 1/2 tsp ground coriander
- 1/2 tsp freshly ground black peppercorns
- 1 tsp chopped fresh mint
- 1/4 cup chopped fresh cilantro
- 1 clove garlic, minced

Mix everything together. Chill - flavor improves in a few hours or overnight. If you want less spicy, omit the peppercorns and garlic. Serve with other Indian dishes, or as a sauce like tatziki. Keeps well in the refrigerator for about a week.

Grandma Cale's Zucchini Casserole

- 1 1/2 lbs zucchini (1 ft long) cut to bite sized, and par-boiled 8 minutes
- NOTE - you can substitute other veggies for all or some of the zukes - ie summer squash, kohlrabi (boil a few extra minutes for the kohlrabi)
- 1 can of cream of mushroom (or chicken or celery) soup
- 1/2 cup grated cheddar cheese
- 1/2 cup sour cream
- 1 large carrot grated
- 1 med onion chopped
- 1 8oz bag Pepperidge farm herbal seasoned stuffing (fine)
- 1 stick (1/2 cup) butter, melted

Preheat oven to 350 F. Mix together soup, cheese, sour cream, carrot, and onion. Stir in parboiled zucchini. In another bowl, mix stuffing mix and melted butter. Put 1/2 of mix into the bottom of a 9x13 glass or corning ware pan. Cover with zucchini mix, then top with rest of stuffing. Bake 30-35 min. This reheats well in the microwave, and freezes well after cooked.



From CSA member Kate McNierney:

Lemon Zucchini Cupcakes

Cooking spray

1 1/4 C. sugar

1/4 C. oil

2/3 C. unsweetened applesauce

3 eggs

2 tsp. Lemon zest

1/4 C. lemon juice

2 C. grated, unpeeled zucchini

1 C. all purpose flour

1 C. whole wheat flour

1/4 tsp. baking powder

2 tsp. baking soda

1 tsp. Salt

1 C. chopped walnuts

Preheat the oven to 350 degrees. Line 24 muffin cups with paper liners and spray with cooking spray. Set aside. In a large bowl, combine the sugar, oil, applesauce, eggs, lemon zest, and lemon juice. Once it has been well mixed, add the shredded zucchini and stir to coat. In another bowl, combine the flours, baking powder, baking soda, and salt. Gradually add this mixture to the zucchini mixture. Mix thoroughly and then stir in the walnuts. Pour the batter into the prepared muffin cups and bake for 20-25 minutes or until a toothpick inserted near the center of a muffin comes out clean. Cool completely before frosting or sprinkling with confectioner's sugar. (Yields: 24 servings.)

Carrot-Yogurt Salad

From Moosewood

1 lb carrots, coarsely grated

2 medium apples, grated

1 C firm yogurt

1 TBS honey

Pinch of celery seed

Juice from one small lemon

A few dashes each of salt & pepper

VARIATIONS: 1 TBS toasted sesame seeds, 1/4 C toasted sunflower seeds or almonds or cashews, a handful of raisins, 1/2 C finely-minced celery, and/or 1/2 C chopped fresh pineapple

Combine all ingredients, mix well and chill.



From CSA member Marybeth Bush:

Butternut Bisque

2—2 1/2 lbs butternut squash

2 TBS butter

2 carrots

1 onion, chopped

1 celery stalk, chopped

2 potatoes peeled and cubed

5-6 C chicken or vegetable broth

1 1/2 tsp salt

Melt the butter in a large soup pot. Add the carrots, onions & celery; sauté until soft. Stir the squash and potatoes into the vegetables. Add the stock and salt and bring to a boil. Reduce heat and simmer, partially covered, for 40 minutes. Puree the soup in batches in a blender. Return to saucepan; add more broth if necessary to thin. Season with salt and pepper to taste. ENJOY!

From CSA Member Cheryl Callahan:

Zucchini and Basil Soup

Quick and easy! Great way to use up all that basil and zucchini! Here is the original recipe, I cut mine in half...

6 slender zucchini cut into 1" pieces

1 medium onion cut into 1" pieces

6 C chicken stock

1/2 tsp salt

1/8 tsp pepper

1/2 a bunch of fresh basil with stems removed

Combine everything except the basil in a pot. Bring to a boil, then partially cover and simmer for 20 minutes to cook the veggies. Remove from heat and add the basil leaves. Let sit for 10 minutes, then puree in batches using your blender (or food processor). Season to your liking and serve.

From CSA Member Ann Barker:

Chili Rice with Tomatillos

From one of the best veggie cookbooks, "1000 Vegetarian Recipes" by Carol Gelles, winner of a Julia Child Cookbook Award.

2 tsp vegetable oil

3/4 C chopped onion

1/4 C chopped green pepper

1 tsp chili powder

1 1/2 C chopped tomatillos

1 3/4 C water

1 1/2 tsp fresh lemon juice

1 C long grain white rice (brown rice)
Salt and pepper to taste

Heat oil and cook onions and peppers until soft. Stir in chili powder. Add tomatillos, cooking until softened. Add water and lemon juice, bring to boil. Stir in rice and return to boil. Reduce heat and simmer covered until liquid absorbed. Flavor and let stand 5 min.

Zucchini Provencale

From "Taste of Home's Cooking for 2," savory and speedy.

2 TBS chopped onion

1 TBS canola oil

1 small zucchini, cubed

1 small yellow summer squash, cubed

1/4 C chopped green pepper

1 garlic clove, minced

Salt & pepper to taste

1 medium tomato, wedged

Grated Parmesan cheese, as you wish

I simply mix all ingredients in a large glass dish, cover and microwave for 10 minutes or until all veggies cooked. You could sauté all in a skillet and top with the cheese to melt in. (Last time I added a can of chunked chicken. A can of kidney beans would be yummy.)

From CSA Member Dani Battle:

Basil Mimosas

1 12-ounce can orange juice

1 C basil leaves

3 C water

1/2 C lemon juice

1/2 C sugar

Champagne (or ginger ale, if preferred)

Combine orange juice, water and basil. Let steep 2 hours. Strain out basil. Add lemon juice and sugar. Stir to dissolve sugar. Refrigerate overnight. To prepare mimosa, fill a goblet 1/2 to 3/4 full with the flavored orange juice. Add a spike of basil flowers, if available, then fill the remainder of the glass with champagne (or ginger ale). For a different flavor, try using tangerine juice or fruit punch. Recipe makes 6 to 10 servings.

(Anna says: "Drink responsibly! Basil can be intoxicating enough on its own!")

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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!

My So-Called Vegetarian Conversion

I mentioned earlier in the season how strongly I was affected by seeing “An Inconvenient Truth,” also known as “The Al Gore Movie.” Not that I was unaware of global warming before I saw the movie, but it does such a good job of graphically portraying what the impact might be (and already is) of continuing to emit more and more and MORE CO2 into the atmosphere.

Somewhere in the middle of the movie, I found myself squeezing my eyes shut and vowing I would never eat meat again. Global warming and vegetarianism? Okay, I admit the connection is weak, although the factory production of animals is a major source of methane (another greenhouse gas), and the rainforest is constantly being cleared to create grazing land. (Go to www.mcvideogame.com for a fun take on this sad truth.) True enough, but my real point in this sudden conversion was that I wanted to make a personal stand against global warming. “Every time I don’t eat meat,” I thought to myself, “I will remember the message of this movie and renew my commitment to the environment.”

Oh humbling confession: my vow lasted about until I got home (although I did have a tasty vegetarian sandwich at The Waltham Watch, around the corner from the movie theater). Then I started thinking...what about the roasting chicken waiting for me in the freezer? And the side of beef? What about the Bear Hill Farm pork I knew would arrive by the end of the season? Sunday morning bacon & eggs? Mike’s barbecue chicken at the end-of-year party? I am SO weak! Well, cold turkey (no pun intended) is not for everyone, I know, and so I have forgiven myself and decided to take a more reasonable approach. While I still eat meat, I’ve made a few revisions to my eating habits: (1) reduce the quantity of meat on my plate; (2) only buy meat from small local farms, raised naturally if not organically (I’m still looking for a good local source for chicken, if anyone can help me out); (3) seek out vegetarian alternatives when dining out; (4) increase the number of days per week I eat vegetarian meals; (5) experiment with more vegetarian choices, such as tofu, seitan, and beans — especially during the winter months when I don’t have the farm’s cornucopia to encourage me. The important thing, I think, is to be aware of the choices we make. And with this in mind, I will happily take my place in line at the farmstand freezer. Maybe I’ll see you there! — Anna Barker (annabarker@charter.net)

Recipe: Chinese Cabbage

I’m about to share a recipe that I’d love for you to help me revise! It calls for shrimp, one of the most over-farmed and polluting seafood choices. According to the Center for a New American Dream (www.newdream.org), “If only 1,000 of us stop eating shrimp, we can save over 12,000 pounds of sea life this year alone and begin to protect the world’s most precious mangrove forests.” So if you make this tasty recipe with an alternative, please share. — AB

Southeast Asian Cabbage and Shrimp Salad

From Cooking Light, May 2005

Dressing:

1/2 C fresh lime juice (about 6 limes)
1/3 C chopped fresh cilantro
1/4 C water
3 TBS brown sugar
2 TBS minced seeded jalapeno pepper
2 TBS thinly sliced fresh mint
1 1/2 TBS fish sauce
1 garlic clove, minced

Salad:

6 C thinly sliced Napa cabbage [or a share’s worth of Chinese cabbage]*
1 1/2 C shredded carrot
1 1/2 C loosely packed fresh mint leaves
1 C vertically sliced red onion
1 1/2 lbs. medium shrimp, cooked and peeled
1 English cucumber, halved lengthwise and sliced
6 TBS chopped unsalted, dry-roasted peanuts
Mint sprigs (optional)

To prepare dressing, combine first 8 ingredients, stirring with a whisk until sugar dissolves. To prepare salad, combine cabbage and next five ingredients (through cucumber) in a large bowl. Drizzle dressing over salad, and toss well to coat. Sprinkle with peanuts; garnish with mint sprigs, if desired. Serve immediately. Yield: 6 servings (serving size: 2 cups salad and 1 TBS peanuts).

* **NOTE:** Napa cabbage has thicker stalks, while Chinese cabbage is more like lettuce. You can substitute one for the other in recipes, but keep in mind that sturdy Napa may be more likely to be marinated — whereas, with Chinese cabbage, it may be better to just drizzle the dressing on at the end.

Remember to check the web! There are more recipes in the newsletter online this week!