



## 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!

What do you most enjoy reading on the back page of the newsletter? Usually, I try to strike a balance between philosophical essays and ones that inform. Having whapped you over the head with both vegetarianism and community spirit the past two weeks, it's high time for a how-to. Isn't it?! :)

But I woke up this morning to NPR's organ music commemorating 9/11, and I'm afraid it's really set the tone for the day. Yes, I'm so sick of hearing phrases like "the tragic events surrounding September 11th" that I could scream. But it really was such a profound experience that day, wasn't it? Even for those like myself who weren't directly affected, and even though I'm chagrined at the number of people who have no problem exploiting 9/11...well, I just feel a little self-conscious about writing something like "Winning Ways With Leeks!" today.

So now there comes a day each year — always, it seems, a beautiful almost-Autumn day when the heat radiates off the blacktop but it never quite gets hot — there comes a day when we're reminded of how drastically life can change in the one horrific moment that a commercial airliner is directed into the side of a skyscraper. The message to me has become how important it is to appreciate the sweetness of each day, because you never know when it's going to end. "Take note!" I hear the crickets chirp, "The sun is already lower on the horizon!"

On a day like today I find solace in the quiet at the farm and in the predictable chores of my kitchen routine. When it comes down to it, I imagine that's what I'm always *really* writing about in this box: from vinaigrette to rotisserie chicken, let us be aware of the role that food plays in our lives, and let us slow down and enjoy the inherent beauty of that heirloom tomato as we chop away.

On the other hand, I did catch myself on a day in November 2001, staring for a long time at the cracks in the ceiling, committing them to memory as if I might never get another chance. That's unhealthy, I say; and similarly, there comes a point where the best thing you can do with your vegetables is just to cook them and eat them. Try to hold onto something too tightly and you could, you know, end up with tomato pulp all over your fingers.

Next week in this space, I'll come back to cheering you on with ideas for pairing cheese with farm veggies, or a look at that rich Bear Hill Farm soil, or maybe some new books to read. For today, though, I think it's enough just to let you BE. — Anna Barker (annabarker@charter.net)

## Recipes: Leeks

*Now, about those winning ways with leeks!...My favorite leek dish ever was a simple stir-fry of leeks with tiny shrimp (notwithstanding last week's harangue about their environmental impact) and a little fresh basil. This was topped with Monterey jack cheese and served as a quesadilla. Or, if you still have some beets, try this one from Cooking Light. — AB*

### Beet and Leek Salad with Peanut Dressing

2 medium beets (about 3/4 pound), scrubbed  
Cooking spray  
4 C thinly sliced leek (about 1 pound)  
1/2 tsp olive oil  
1/2 tsp salt, divided  
1/4 C water  
1 TBS fresh lime juice  
1 TBS creamy peanut butter  
1 1/2 tsp minced peeled fresh ginger  
2 C alfalfa sprouts [I might substitute BHF shredded lettuce]

Preheat oven to 425°. Place beets on a small baking sheet coated with cooking spray. Bake for 1 hour or until tender when pierced with a fork. Cool. Trim off beet roots and stem; rub off skins. Cut each beet in half lengthwise; slice each beet half crosswise into 1/4" slices.

Combine leek, oil, and 1/4 tsp salt on a baking sheet coated with cooking spray; toss well to coat. Bake at 425° for 15 min

or until tender and just beginning to brown; stir after 8 minutes. Combine water, lime juice, peanut butter, ginger, and 1/4 tsp salt, stirring well with a whisk until smooth. Arrange 1/3 C sprouts [or shredded lettuce] on each of 6 salad plates; divide the beets evenly among servings. Drizzle about 2 tsp dressing over each serving. Serves 6.

*I've seen some fancy soups garnished with Frizzled Leeks. They're pretty, as well as adding flavor and crunch. Here's how to make them:* Cut leeks crosswise into 2" lengths, then cut lengthwise into very thin strips. Wash strips in a bowl of cold water, then lift out and pat dry. Heat some vegetable oil in a heavy saucepan until it registers 360° on a thermometer. Fry leeks in batches, stirring, until golden, about 10 seconds per batch. Transfer with a slotted spoon to paper towels to drain. Cool completely (leeks will crisp as they cool).

### Leeks Vinaigrette

*A common way to serve leeks is sautéed (see Anne's directions on the front page) and served with a vinaigrette. Here are some leek vinaigrette dishes found on a search using epicurious.com. Inspired? That's my goal! — AB*

LEEKS VINAIGRETTE WITH RED BELL PEPPER AND MINT...WITH SMOKED WHITEFISH AND APPLE...WILD STRIPED BASS WITH CHARRED LEEKS AND SQUID VINAIGRETTE...WITH SHALLOT CAPER VINAIGRETTE...LEEK, RED ONION, AND HARICOT VERT...