



Bear Prints

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We sold most of the pigs on the top of the hill, but we still have 2 available if anyone is interested. We sell them either whole or half and bring them to Blood's, a federally inspected slaughterhouse in Groton. You pay for the processing directly and pick your meat up from them. They should be ready around the end of October.

The bacon & ham, etc. is back this week from the other ones we had done. A few chops still left as well.

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
The new boar is in
☐ with the sows now
☐ down back by the
☐ compost pile. They
☐ seem happy to be to-
☐ gether (at least he
☐ does).
☐ Mike's been working
☐ on making a new com-
☐ post heap down there.
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Summer is back for the short-term. That's great for getting the veggies to finally ripen. We've been waiting on the beans for what seems like forever.

We'll be getting the last transplanting of lettuce in the ground this week. Michalle's done a great job with it this year—lettuce every week! That's hard to do in the heat of the summer.

Farm News

The **Big End of the Season Thank You Party** is coming up **Saturday, October 7**, from 4 p.m. until late. For the new members I have to give the big spiel in time for you to rearrange your schedules & mark your calendars. It's our gift to you for joining us for the season. Every year it gets bigger as the CSA grows. By necessity it has become a "no stress" potluck and the variety of great food is incredible. No stress means you can bring anything (& we don't check you at the door, so if you don't have time to pick up a bag of chips or bake a cake, no worries). A card with the recipe would be great, though. People come throughout the afternoon so the dishes change. Mike starts his huge grill around 5 and he cooks all the regular hot dogs & hamburgers as well as veggie burgers, baked squash, roasted potatoes & sometimes even apple crisp. It will be in the field in front of the farm stand this year. We already started harvesting the pumpkins for the jack-o-lanterns. The deer were eating them, but we still managed to get a bunch. A few of us carve a bunch on Thursday, and let you guys and the kids carve the rest on Saturday. Then we spread them out all over the fields. Should be a full moon, too. Bring lots of warm clothes & dress in layers because it gets cold after dark & you'll want to stick around for the big bonfire. You may want to bring a couple flashlights and lawn chairs & your pumpkin carving saws if you have 'em. You can also bring friends if you'd like and your guitars and harmonicas for relaxing around the fire. Have I convinced you?

What's New In Your Share This Week

New this week is **sweet dumpling squash**. They are so pretty they look like gourds. It's the first of a few kinds of winter squash we'll be giving out this season. All the winter squashes can be used interchangeably in recipes, but the small ones especially lend themselves to stuffing, since they don't need to be pre-cooked. Cut them in half and scoop out the seeds and stringy stuff. Then bake cut side down in a 350 degree pre-heated oven for 40 minutes or until fork tender. You can also cut as above and microwave for 10 minutes or so. Either way, when half done you can flip & add sweetener (honey, brown sugar or maple syrup) or spices (cumin, chili powder, pumpkin pie spice). You can also stuff them with an endless variety of starches (rice, couscous) & cut up veggies and

meat or beans.

Also new this week are **tomatillos**. They are **pick your own**, too, and like the cherry tomatoes, they ripen from the bottom up. They are the paper lantern things next to the cherry tomatoes. They are ripe when the fruit inside the husk gets big and fills out the husk. The top ones are unripe and empty. Sometimes the husk turns yellow. They are starting to ripen now so check them out. We didn't get them staked this year, so you'll have to be careful when harvesting them to not step on the plants. At least they are weeded; the first season we grew them it was a challenge to find them.. **Tomatillos** are used either raw or cooked in salsa verde. Add onions, garlic & hot peppers and lime juice or vinegar.

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!

Cleaning the Organic Kitchen

I came home from cleaning out my mother-in-law's kitchen a few months ago with an arsenal of cleaning products I found under her sink. I love the names they come up with for these things: "Capture Spot and Soil Remover"; "Fabulous All Purpose Degreaser." With names like these, they just **have** to work! Unfortunately, though, they also come with some pretty intense warning labels: "Store in original container in areas inaccessible to children. Do not store on side. Avoid creasing or impacting of side walls..."

To so carefully select the food that I buy for my family to eat and then prepare it on food surfaces doused with chemicals goes beyond the definition of ironic.

Granny's cleaning products, therefore, are not welcome in my kitchen. I much prefer to clean with something that I'm not worried will poison my children if they inhale it! Luckily, a lot of what I need is already here in my pantry.

- **Baking soda:** I poked holes in the lid of an old can, filled it up with baking soda, and sprinkle it on any surface that wants a good scrub. Try this the next time you're tempted to bleach out the rings in your coffee cups.
- **Vinegar:** Use equal amounts vinegar and water as an all-purpose spray cleaner and disinfectant (eg, cutting boards). It really shines those metal surfaces, and your glass will sparkle! Don't forget to clean your coffee-maker regularly by running vinegar through it. (Can you tell I drink a lot of coffee?)
- **Lemon Juice:** Squeeze some lemon juice into your baking soda to make a cleaning paste for stains. Mix with olive oil to make furniture polish.
- **Essential Oils:** Many essential oils, such as orange and rosemary, have cleaning properties. They smell natural because they come directly from nature. I've been experimenting and find that bergamot (a spicy citrus scent) combines well with vinegar to make it more pleasant. (Always shake the bottle; oil and vinegar don't mix.) You only need a few drops at a time.

There's another advantage to using these more natural products for cleaning your kitchen: They're cheap! Use the money you save to invest in some organic cotton kitchen towels. — Anna Barker (annabarker@charter.net)

Recipes: Winter Squash

Speaking of arsenals, I've collected a whole shelf or two of vegetable cookbooks over the years, and I'm so happy to have them to refer to when recipe day rolls around. But this week I searched in vain for a stuffing recipe to follow Anne's description of stuffed bake squash — almost! — I should've looked at Marion Morash's The Victory Garden Cookbook first. Of course she has it...If you don't have this book, run out (or online) and get it now. — AB

Apple Stuffing for Winter Squash

1/4 C raisins
1/4 C Madeira or port wine [I might try apple cider]
3 medium apples [tart cooking apples, like Cortland]
4 TBS butter
1/4 C brown sugar
1 TBS lemon juice

While the squash is baking (see Anne's instructions on the front page), soak raisins in wine to plump. Chop apples into 1/2" cubes — either peeled or unpeeled, as you like. In a small frying pan, melt butter and add apples. Cook for 3-5 minutes until slightly wilted; stir in sugar and lemon juice. When squash has cooked for 30 minutes, turn cut sides up. Drain raisins and add to apple mixture, then fill squash cavities. Cover and bake for 20-30 minutes more or until tender. (Makes enough to fill 2 whole squash.)

Don't throw away the seeds! The seeds of any winter squash can be roasted, not just the old familiar pumpkin seeds. Here's how:

When you scoop out the pulp for roasting the squash, just separate the seeds from the fibers (you can get the kids involved in this, it makes a lovely mess). Rinse, pat dry, and spread on a baking sheet. Place in a 325° oven and bake for 30 minutes. Then toss with some olive oil — just enough to prevent sticking — and bake for another 30 minutes, until golden and crunchy. Sprinkle lightly with salt, or try some curry powder (especially good if you want to sprinkle the roasted seeds on a curried squash soup). The seeds can be used right away, or stored in an airtight container for at least a few weeks.

Winter squash goes well with SAGE and with PORK. You can turn some of those tart cooking apples (the ones used for the squash stuffing) into applesauce to round out the meal. (Just cut the apples into quarters and core; peel them if you don't have a food mill. Cook on low heat with a little bit of water until soft, about an hour?, and then either run through your food mill or mash with a potato masher. Dot with butter and sprinkle with cinnamon sugar to take it all right over the top.) Go to a local apple orchard (see <http://www.pickyourown.org/massapples.htm> for a directory) to pick your apples and you've gone from a meal to a life-affirming EVENT. Bring your apple peels back to feed the pigs...I'll stop now, I'm out of room...!