



Bear Prints

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Now there is only one pig not spoken for, if you'd like to stock your freezer.

The little white packages disappeared quickly, but there are still a lot of larger ones, namely ham shanks, butts and shoulders left. The shoulders are good for boiled dinners and the other two are typically baked.

We also have smoked ham hocks available, great for soups or beans.

You may be wondering why we're asking you to get your newsletters off the website when we have so many copies. At first there was no website, so everyone was trained to get their newsletters at the farm. Last year we started putting them on the web, with the hope that we wouldn't have to run out to the copy place in a frantic panic on Mondays. But we couldn't just not make any copies, since some people don't have access to the web, or their printer is on the fritz, etc. So, I still make copies. Now I'm trying to cut back on them since it's costly, but still have enough for the people who really need them. Can this work?

Farm News

The **Big End of the Season Thank You Party** is coming up **Saturday, October 7**, from 4 p.m. until late. Read last week's newsletter on line for the whole spiel.

As I'm starting this Sunday night the wind is really blowing outside. The stars are out, however, and it is incredibly warm. Well, despite all our whining earlier in the season, it seems like we may have a good finish after all. We kept at it weeding and planting & now it's paying off. We have a lot of stuff, but don't worry, it will keep so you don't have to feel inundated. The carrots and beets will last in the bottom of the fridge if you cut their tops off. Potatoes will wait in a cool dark dry place (like a paper bag, but not in the fridge) and the winter squash can last all winter in a cool place that doesn't freeze. Unfortunately it's all heavy, so we're feeling a bit run down. The beans aren't heavy, but they're time consuming. It takes us all day to get everything picked now. We don't mean to complain, though, just explaining if we aren't our chipper selves at pick up time. Much better than worrying that we don't have enough to give out! We can get a frost any time from Sept. 15 on, so we're glad the weather has been so mild.

Mike has been busy building a house for the piglets so we can wean them.

We'll be selling our chickens at the end of October if any of you are interested, or if you know someone who is. We don't have a market for the eggs in the winter, so we sell these girls & raise up some new chicks for next season. And so the circle continues...

What's New In Your Share This Week

New this week are **acorn and delicata squash**. The delicata are similar to the sweet dumpling of last week in color, but they are more oval. We still have a couple of more kinds of winter squash in the field. As I wrote last week, all the winter squashes can be used interchangeably in recipes, but the small ones especially lend themselves to stuffing. Mike & I have been eating a ton, comparing all the kinds and checking them out. We cooked the acorn whole the other night after pricking it all over to make sure it didn't explode. I have to say that I think I liked it better cooked whole, since it stayed moister. Everyone has their favorite variety, but they are all good in my book.

No more corn this season. Hope you enjoyed it. I know the raccoons and the

birds did. There was a time when we didn't grow any for the CSA.

It's not new by any means, but the **basil** is **pick your own** this week. It's towards the top of the hill, near the pigs in the green shed. Each day will have a bed, so everyone will have some. Some of it is starting to turn bronze from the cold, but there is still plenty that look good. I'll put the sign up there so you'll know which row to pick.

Don't forget the pick your own **tomillos**, next to the cherry tomatoes. Keep checking them from the bottom, since they are still ripening. The **cherry tomatoes** are going strong. Take advantage of them while you can. The plants will have to go down eventually.

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!

Monday Morning Ramblings

The weather has been so unpredictable this week, I keep going out dressed for the wrong temperature. It looks like some nice warm sunny days are still coming, but there have been enough frost warnings to clue me in that the season could end any time. There are still so many topics I want to write about on this back page! I clearly won't get a chance to do them all, so here are some chat topics... Add to "cleaning the organic kitchen" the idea to use rags instead of paper towels and napkins. If every household in the US gave up just one large package of paper napkins, we could save a million trees (according to 7th Generation) ... *Buttermilk* is an amazing fat-free alternative to butter & oil. Besides making great breakfast pancakes, you can make Mexican polenta pancakes and fill them with your favorite vegetable mixture. If you still have some corn (leftover or frozen, even), ask me for my corn cake recipe using buttermilk. And, of course, don't forget the buttermilk dressing on your salads. And buttermilk biscuits. ... Here's a quote I enjoyed from Crescent Dragonwagon's book *The Passionate Vegetarian*: "The best food erases the line between worldly and spiritual. It is both down-to-earth and transcendental. It is delicious and sensual, sacramental and elemental." (I still can't get over her name, though!) ... I found a great old cookbook from a Vermont vegetarian restaurant called "Horn of the Moon." The recipes are good, but what's even better is that the former owner wrote helpful reactions and tips all around the margins. Go ahead and write in your cookbooks. I hope you're writing all over the newsletter, too! ... Don't forget the herbs in the herb bed. I could do a better job matching our herbs with the vegetables in each week's share. Meanwhile, just go out and cut one herb, bring it back home and read up on it. If you've been meaning to write to me all summer, now's your chance! — Anna Barker (annabarker@charter.net)

Recipes: Winter Squash

*If your only idea of winter squash is something Grandma would make for Thanksgiving dinner, then you should know that squash is grown and used all around the world. You may find this Indian recipe from James Peterson's book *Vegetables* a pleasant diversion from the routine. — AB*

Indian Winter Squash Gratin with Saffron, Cardamom, and Almonds

2 lbs winter squash
2 tsp sugar
1/2 tsp ground cardamom
1/4 tsp saffron threads, soaked for 30 minutes
in 1 TBS warm water
1 3/4 C (one 14-ounce can) unsweetened coconut milk
Salt
1/2 C unblanched whole almonds, coarsely chopped

Preheat oven to 375°F. Cut the squash in half — or in quarters if you have one very large squash — and scoop

out and discard the seeds. Place the squash, flesh side down, in a baking dish just large enough to hold it without overlapping. Pour enough hot water into the dish to come 1/4" up the sides of the squash, cover the dish with aluminum foil, and bake until the squash is soft, about 1 hour. ...When the squash comes out, leave the oven on for baking the gratin. Let the squash cool slightly and scoop out the pulp. Cut the pulp into rough cubes about 3/4".

In a mixing bowl, toss the squash with the other ingredients except the almonds. Spread the squash mixture in a 6-cup or larger gratin dish so the squash mixture forms a layer at least 3/4" thick. Sprinkle with the almonds and bake for 30 min or until the mixture is bubbling and thick and the almonds are golden brown. If the almonds start to brown too quickly, turn the oven down to 325 and bake slightly longer. Serve immediately.