



Bear Prints

Volume 9, Number 17

October 9, 2006

Thanks again to all of you for joining us this season. It started out slow, so new members in particular were probably a bit worried, so we really appreciate the confidence you have in us to pay upfront. You must all realize by now that it's not a responsibility we take lightly.

□ We haven't had a □
□ work day this year, □
□ which is usually at □
□ least an annual □
□ event. Since we're □
□ all about tradition, □
□ how about **Satur-** □
□ **day, October 21st** □
□ **at 3 p.m.?** We can □
□ take the string off □
□ the cherry tomato □
□ plants and pull out □
□ some of the veggies □
□ that have gone by, □
□ etc. There's always □
□ plenty to do at the □
□ farm! Kids are wel- □
□ come; dress warm □
□ and bring gloves. □
□ We'll postpone to □
□ Sunday if it rains. □
□ □

Farm News

Another year. We had a hard frost Saturday night, so **next week will be our last week** of pick up. Another frost is bound to come soon. It was spotty, so you may still find some basil up there. The field across the street by the greenhouse got hit hard. That is where the cold settles as it comes down the hill. Normally the second week in October is our last week, but we started 1 week late this year, due to the rain. We still have some produce though, so we'll extend pick up 1 more week so we'll get our full season in after all.

The end of year party was great. Hope you all had a great time. There was well over 300 people in attendance over the afternoon and evening, and we had 9 people cooking at the huge grills for 2 & 1/2 hours. It was a beautiful night with a full moon, some shooting stars, lots of marshmallows and lots of great dishes. It would be great if you could send in your recipes to Dani (see page 2) so she can compile them to share. We'll hand them out next season or put them on the web. We also had plenty of pumpkins and some great carving. Lots of people took their masterpieces home, some left them to share this week. We were even serenaded by the coyotes as well as some great musicians. The last of the die-hards didn't leave the bonfire until 4 a.m., but I had to fold around 2:30.

Feel free to email or write us your suggestions for next year, in terms of what to grow, set up, newsletters, etc... Can't guarantee anything, but we'll try to consider it all. Sometimes it just doesn't work out (like our hot peppers this year). Come visit to see the farm in other seasons. We'll be getting the new chicks soon, and we'll still have the pigs and goats. We really don't mind your stopping anytime, after all, it's your farm.

What's New In Your Share This Week

New this week is an Asian green called **happy rich** that I mentioned last week. It looks like broccolini to me. Use it in a stir-fry or eat it raw with dip.

Also new this week is **butternut squash**. It is our favorite, although this year the acorn and some of the others are catching up in my book. The butternut lasts for months if stored in a cool spot that won't freeze and like most of the winter squashes, it gets sweeter with time. It takes us a while to get all the winter squash in out of the fields. The main crop is the butternut. We count it all as we pick it up so we can figure out how much to give each share. This year it's ten a piece. We left it by the greenhouse, so you don't have to lug it as far down to your cars this year. You can use the cooked squash just as you would canned pumpkin for pies, too. It is also great in soup, as seen on page two. Another variation of soup is to roast the squash, then puree with apples & onions that

have been cooked in chicken broth. You can add a bit of heavy cream at the end. Another idea is to peel, dice & sauté with other veggies; toss with butter & a spoonful of molasses. Or roast with sausage & onions, drizzle with balsamic vinegar & serve with polenta & parmesan cheese. You can also use in place of carrots in stews; add cumin or curry powder.

Since I still have some room, a few more thoughts on the CSA. This was our 9th season as a CSA, next year will be the big 10 year anniversary. I think this may have been the first year we had lettuce each & every week, no small feat in planning. It was one of our toughest growing seasons (as you've heard more than once) but one of our best in terms of work force. All in all, another great year.

Bear Hill Farm CSA

Anne & Mike Gagnon

14 Davis Road
Tyngsboro, MA 01879
Phone: 978-692-4224
Email: bearhillfarm@aol.com
Or on the web: www.bearhillfarmcsa.com

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!

Post Party Pondering

Hello! Anne asked me if I would fill in for Anna this week who is taking a break, so I am doing my best to walk in her literal footsteps. Of course I agreed, hence the ramblings, but now that I am writing I am not sure what I want to say. Which, to all of you that know me, is an unusual occurrence as I usually have MORE than enough to say ☺.

Hello to everybody that came to the end of season party, which may have been around three hundred people. The food was fantastic - Mike and Anne and their family did an amazing job – and that bonfire was incredible! And a huge thank you to all of you that brought food and drink with you, as there was lots of yummy goodies to be had. So much of the food was so great that Anne & I would *love it* if you can **supply us with the recipe for the dish that you brought**, and then I will compile them into a yearly cookbook for the farm. (And, I am STILL going ahead with the other cookbook, so SEND IN YOUR RECIPES!) My family and I had a great time carving pumpkins and eating way too much, and it is only a shame we have to wait another year for it all to happen again.

But back down to reality with a bump and for me that means catching up with the homework that I haven't finished (I'm a student at UML studying for a BS in Biology), and trying to run a household that contains a very active soon to be 7 year old! Consequently I am always looking to cut corners - save time, money, and effort - and sometimes it pays off. I have found a recipe that uses loads of my Bear Hill Farm veggies, and looks yummy to boot! So I have spent the rest of the weekend cooking up some of last week's haul from the farm, and I have included one of the recipes below.

(Dani Battle joelsmum1999@yahoo.com)

Fall Soup

I, like Anna, love my cookbooks. I also subscribe to Eating Well magazine (www.eatingwell.com), and this is where the soup recipe came from. ~ Dani Battle (joelsmum1999@yahoo.com)

Roasted Pear-Butternut Soup with Crumbled Stilton - about 6 servings

I had to adapt this recipe to fit the ingredients that I had last week – no butternut squash (had acorn and sweet dumpling) and only tomatillos (instead of the tomatoes) – but my soup came out tasting rich, sweet and delicious! I often just roast the halved and seeded squash (cut side up with a tsp butter and brown sugar in the hole, a halved onion and a couple of carrots, ½ cup water in a roasting dish all tightly sealed with foil for 40-50mins at 375 degrees), then shove it in the blender with whatever I have on hand – peanut butter, sour cream, roasted garlic, and some stock – and see what comes out the other end. ☺ Enjoy!

2 ripe pears, peeled, quartered and cored
2 pounds butternut squash, peeled, seeded and cut into 2-inch chunks
2 medium tomatoes, cored and quartered
1 large leek, pale green and white parts only, halved length-

wise, sliced and washed thoroughly

2 cloves garlic, crushed

2 Tbsp extra-virgin olive oil

1/2 tsp salt, divided

freshly ground pepper to taste

4 cups vegetable broth or reduced-sodium chicken broth, divided

2/3 cup crumbled Stilton or other blue-veined cheese

1 Tbsp thinly sliced fresh chives or scallion greens

1. Preheat oven to 400°F.
2. Combine pears, squash, tomatoes, leek, garlic, oil, 1/4 teaspoon salt and pepper in a large bowl; toss to coat. Spread evenly on a large rimmed baking sheet. Roast, stirring occasionally, until the vegetables are tender, 40 to 55 minutes. Let cool slightly.
3. Place half the vegetables and 2 cups broth in a blender; puree until smooth. Transfer to a large saucepan. Puree the remaining vegetables and 2 cups broth. Add to the pan and stir in the remaining 1/4 teaspoon salt.
4. Cook the soup over medium-low heat, stirring, until hot, about 10 minutes. Divide among 6 bowls and garnish with cheese and chives (or scallion greens).