



Bear Prints

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As I mentioned in the pre-newsletter, we usually have a couple shares that we donate to the Paw-tucket House in Lowell. They are one of the few family shelters in the area. So far we have one full share and some money towards a second one. I'll post an update on how much more we still need (if any) to make that second share next week. You can make out checks to us with a note that it's for the shelter, and we can give you the info to make it tax deductible. Any size is welcome. Thanks!

A reporter from the Boston Globe called us looking to do an article on people who eat local. Obviously all of you eat local to some extent while you are picking up here at the farm. Do any of you take it a step further & eat local meat (like our pork!), fruit, bread, etc? Do you freeze stuff for the winter or try to eat seasonally? If so, please contact her & she may do a photo shoot during pickup. Her contact info is crane@globe.com or (978) 392-1599. Thanks!

Farm News

Welcome back & hello to new members. Our tenth year as a CSA & 200 members! My Mom, Babci, still helps out weeding. Missy dog is still doing o.k. at 15 but she's deaf, so be patient if she doesn't get out of the road quickly.

We are still clearing more land at the farm (there's now a nice view of the irrigation pond). As I mentioned in the pre-newsletter, we are also using a great new field that the Westford Conservation Commission owns on Graniteville Rd. It's almost all planted & things are growing great, although a bit slow with the cold nights. We will also be planting at Nashoba Valley Ski Area in Littleton again. As you can see near the greenhouses, there's more to go. We're looking forward to another great year!

Feel free to explore the farm. The baby pigs are in the barn by the compost pile. The big pigs are at the top of the hill to the right. The sheep and goats are in the barnyard. They and the smaller pigs will move shortly to their summer homes. The chickens will be in the main barn like last year to protect them from all the critters. They are loose to come & go right now.

The eggs are part of your share this week, but they are usually for sale in the fridge as extra for \$3.00 dozen. We also have pork for sale, first thing this season. It's in the freezer, prices as marked.

We can use your clean egg cartons if you bring them back. Don't forget to bring bags as well. Often people bring a bag of bags a couple times a season. That way you don't have to remember every week. Some people bring coolers, which is pretty smart really.

Be careful near the poison ivy and road; people often drive fast. Trips to the pond need an adult.

What's New In Your Share This Week

You may want to save these newsletters over the season. Not that anything we say is important, but you may forget about that kohlrabi recipe by week 16 or you may want to use the chard recipe on your mizuna. And Anna's words of wisdom on the back page can be fun to reflect back on. This week it is **green garlic, lettuce, & eggs**.

We wash most of the veggies to take the field heat out so that they are cooled and will stay fresh, but we don't really wash them to get all the grit off, so you definitely want to wash them yourselves a few times. Things get particularly dirty after a hard rain splashes soil up against the leaves. I find the easiest way to clean all the different types of greens is to fill the sink with cold water. (You can do smaller batches in a big bowl if you want to water plants when you are finished.) Then, trim the leaves into it and swish around a few times. Let them sit still for a minute, then all the dirt settles to the bottom and you can fish out the clean leaves. The fishing out is key, rather than pouring the water out. I usually

repeat a couple times until there is no more dirt in the bottom of the bowl (or sink). Then dry them off in a spinner and place in a plastic bag in the fridge with a paper towel to absorb the excess. A plastic spinner is a great investment. It can even be used to keep the greens in the fridge.

Green garlic is just regular garlic that we plant closely together and harvest early. You can use the stem as well as the onion-like bulb. Just chop up what you need & keep the rest in the bottom of the fridge. Add some to an omelet with your eggs.

Don't forget the pick-your-own herbs. They are in the first bed on the left, as you look out from the farm stand, next to the grass. It starts with some Chinese chives, then thyme, garlic chives, salad burnett, & regular chives. We also have sage, sorrel, winter savory & oregano. These are all perennials. I have rosemary and mint to transplant as well. Basil will come later as part of your shares.

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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!

“And they’re off!”

Hurrah, hurrah! Welcome to Bear Hill Farm, or welcome back! I always rush to the first pick-up of the season feeling manic, ready to “get going” with the season’s plethora of fresh vegetables. But in spite of this horses-at-the-starting-gate feeling, the farm season is really more of a marathon than a sprint. At first we’ll see only the cool-weather vegetables (mostly leafy greens), while our heat-loving favorites soak up the sun. Pace yourself and prepare well, as this glorious season will last until the last winter squash is hauled down to the basement in October. Still, you can tap that early-season enthusiasm by making sure you have everything you need to make the most of your vegetables in the weeks ahead. Here are some ideas based on my own experience:

- Stock up on freezer containers for those weeks when you have “too much.”
 - Sharpen your knife. A good sharp chef’s knife can be your best friend.
 - Put your favorite recipes all in one place, especially the ones that can be adapted to different vegetables. My favorites include quiche and soup.
 - If your idea of a meal is a slab of meat with a dab of vegetables on the side, you should head to your favorite local bookseller and pick up something from the “vegetarian” shelf. Anything from the Moosewood Collective is a good place to start, but there are many to choose from.
 - Hoard all your bags. I don’t just mean the grocery bags; you can also bring the smaller produce bags for vegetables like green beans, potatoes, and carrots. This is also when I get the hockey gear out of the trunk (LOL) and put a cooler in the minivan. I toss in a freezer block when I head out the door.
 - Set up a station near the car for your clean empty egg cartons. Save those berry containers, which will be useful later for cherry tomatoes.
 - Put notes in your calendar to tell Mike & Anne when you’ll be away. Think of friends who might like to benefit from your pick-up while you’re gone.
- And drop me a line to let me know what you’d like to see in the newsletter this year. (This is **your** newsletter!) — Anna Barker (annabarker@charter.net)

Recipes: Green Garlic and Eggs

This recipe from CSA member Dani Battle is a repeat from last year’s first issue. I plan to again serve these with an omelette and salad for a most excellent light supper tonight. — AB

Savory Cheese & Green Garlic Scones

2 -1/2 to 3 cups all-purpose flour
1 Tablespoon + 2 teaspoons baking powder
1 teaspoon salt
4 ounces feta cheese, crumbled (I use sheep/goat milk)
4 ounces cream cheese, softened in microwave 15-30 seconds (you want it very soft)
4 green garlic stems, green & white parts, chopped
1 cup half&half or whole milk
1 egg
Opt. Egg Glaze: Beat well with a fork 1 egg & 2 Tbsp. milk

1. Heat oven to 400 degrees.
2. Combine 2-1/2 cups flour, baking powder, and salt in a large bowl.
3. Add cheeses & toss gently with a fork until combined.
4. Add garlic & toss gently with a fork until combined.
5. Beat half & half (or milk) with egg and gently fold into dry ingredients, mixing lightly until a soft dough forms. Add up to 1/2 cup additional flour if the dough is too sticky.

6. On a floured surface, gently pat dough into a circle approximately 1-inch thick. The key to tender scones is to handle the dough with a light touch and as little as possible. With a sharp knife (I use a large serrated knife dipped in flour) cut the circle into 8 wedges and place them on a greased or parchment-lined baking sheet. (I use a commercial grade half-size sheet pan.)
7. Brush tops and sides of scones with egg glaze if desired, and bake for 20-25 minutes, or until golden brown. Cool on a wire rack. Serve warm, or cool completely and refrigerate or freeze in an airtight container.

Scrambled Eggs

Everybody knows how to make scrambled eggs (I hope), but here are some tips to make this simple dish the best ever:

1. Whisk the eggs very well. Getting increased air into the eggs makes them lighter and fluffier.
2. Use medium heat, not too high. This will keep them from turning to rubber!
3. Warm the pan first, then add a little butter. Pour in the eggs just as the butter melts—don’t wait for it to brown.
4. Do not stir the eggs until they’ve had a few minutes to set (solidify), but stir them continuously after that, so they don’t brown.
5. Add a little cheese, and don’t forget the fresh farm herbs.