



Bear Prints

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Farm News

We usually have a couple shares that we donate to the Pawtucket House in Lowell. They are one of the few family shelters in the area. So far we have one full share and \$85 towards a second one. So, we still need another \$365.

If you are interested in contributing, 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. We also need 1 or 2 people to drop off the shares to the shelter.

Last Wed. was our 15th wedding anniversary. Mike surprised me by taking me out to dinner, back to where we first met in North Andover. Our daughter held down the fort and met new members for us. It was quite romantic & I appreciated it all the more, knowing how tired & busy he is.

We continue to transplant, seed and weed. Mike has been putting in 16 hour days, getting up early to do plowing and back at it in the evening with cultivating and side-dressing. Last week's big push was weeding & we have succeeded in rescuing most of the onions and almost all of the carrots. Now it is dry. We missed most all the showers and thunderstorms last week, so Mike has to spend time setting up the irrigation today. At least we have a pond to irrigate from! It's supposed to get hot this week. We'll be listening to the tomatoes grow while we wilt in the fields. The tomatoes already need staking. We'll be putting on the first strings this week. We are much ahead of last year already and if all goes well we should be picking zucchini & summer squash in a couple weeks.

It was great to see old members again last week (Someone pointed out that I need to refer to them as experienced or repeat members vs. "old.") Check out that I have all the kids names spelled right. Please be patient if I forget yours!

What's New In Your Share This Week

Last Friday the goats and sheep got out during pick up. It's not that unusual to have CSA members help us move various animals from pen to pen or to get escape artists back where they belong.

You can bring your peelings and left over veggies to feed the animals when you come to visit. Also feel free to ask us if there's anything to feed; we often have the outer leaves of lettuce or weeds that you can give them.

New this week are garlic **scapes**, **kale**, **Swiss chard** and **spinach**. Lots of greens. **Scapes** are the top part of the garlic plant that would turn into a flower (& little bulbets) if left on the plant. We cut them off to use them and so the plant makes a bigger bulb. Chop them up & use as if it were a peeled clove of garlic. They last a long time in the bottom of the fridge in a plastic bag. Use them in homemade salad dressing and marinades for grilling (along with some of our oregano) with olive oil & lemon. Don't worry if there is white stuff on them; it's just their juice.

Kale is a cooking green. I think all greens are good just chopped up & sautéed with olive oil & garlic. Kale is the most substantial of them. **Kale** is the stiffer one that is more grayish. I've read it has more calcium than milk. We grow 2 kinds, the typical curly stuff & a more tender & colorful red Russian. The stems are usually tough, so strip the leaves off by grabbing at the bottom & pulling upward.

Chard has the thicker, fleshy stems. I like to

separate them from the leaves, slice them up and start them cooking a few minutes before adding the leaves so they are all done at once. My Mom loves the green **chard**, but we grow the mixed colored and red-stemmed varieties as well.

Spinach you've seen before. You can steam it, but don't forget you can eat it raw in salad as well, either mixed with your lettuce or by itself. If you like it that way you may want to pull off those tougher stems first.

One way of making sure that your greens don't slime out in the bottom of the fridge is to cook them the first day or two, then put the leftovers in the fridge to add to recipes later. You can add cooked greens to omelets, lasagna, risotto, add to pasta with olive oil & cheese or even just heat them up and serve as is. Steam them, stir-fry or sauté with that garlic.

Keep your greens in a plastic bag in the fridge and check to make sure that there isn't too much water in the bag.

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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!

“Eat your greens!”

Here come the vegetables! Especially if this is your first year with a CSA, the sudden arrival of a variety of leafy greens may come as a bit of a shock. Next to “I don’t have time to cook,” the reason I hear most often for not joining a CSA is “*We just don’t eat that many vegetables.*” I respect this. USDA recommendations to eat 3-5 servings of vegetables each day notwithstanding, coming home with a delightful bag of greens can conjure up scenes from a horror movie for some: day after day, plate after plate piled with green vegetables—until the room turns green, and eventually so does the poor victim’s skin...[“Ominous chord!”]

However, I really think that most of this “vegetable phobia” is associated with our traditional habit of thinking of vegetables as an *accompaniment* to the main meat dish. If it is your habit to treat vegetables as an afterthought, you are going to have a hard time making them appealing each day — even with the stunning variety of vegetables we will see this season.

Put your vegetables in the center of your plate, and I can almost guarantee you that you will never be bored. To get started, skim through the table of contents of any good vegetarian cookbook; usually, the chapters are organized by types of main dishes, from beans to grains. Use the cookbook to guide your meal plan.

My own week’s menu will probably include: fresh spinach mixed in a “super-sized” salad, sautéed Swiss chard in a quiche with a little sausage, tortellini with scape pesto and any leftover chard, grilled cheese sandwiches with scape pesto and some sautéed spinach (and possibly some thinly sliced *pear*, believe it or not). If there are a few nice pork chops at the farm, I will probably serve them on a bed of mashed potatoes and spicy braised kale—but mind you, that is the one truly meat dish for the week. And then I always serve homemade pizza on Friday night; it’s never the same dish twice, because each week I have a new assortment of vegetables to work with. Save a soup dish for the night before pick-up, and you’ll have a place to dump (quite tastily) the last of the week’s treasures. Quesadilla, casseroles, omelettes—it seems I’m always just getting started when I run out of room! ENJOY! — Anna Barker (annabarker@charter.net)

Recipes: Scapes & Quiche

This is the third year in a row we’re publishing this recipe for “Garlic Scape Pesto.” It’s not that pesto is the only way to prepare scapes — but it is the best! Serve your pesto on pasta, as a spread for garlic bread or dip for fresh veggies or pita chips, over steamed potatoes, stirred into white rice, on pizza or sandwiches, in a vinaigrette (add 1 TBS to your recipe)...and if you think of any other uses, please let me know! — AB

Garlic Scape Pesto

1/4 pound scapes (approx. 10-14)
1/2 cup olive oil
1 cup grated Parmesan cheese

Chop the scapes into chunks about 2”. Blend them in a blender or food processor along with the olive oil. Pour into a bowl and mix in the parmesan cheese. (Yes, it’s really that simple.)

Anne adds: Mike loves this stuff. It was a big hit a few years ago when we brought some spread on pieces of French bread to a July 4th party. We should warn you, it is pretty garlicky. The amounts are not exact, so feel free to add a few less scapes if you’d like to save some for another purpose.

I could hear your protests from all around town about the quiche. “Too many eggs! Too high in fat!” Actually, most quiches only call for 3-4 eggs, so you can eat a quarter of a medium quiche and still only get the equivalent of 1 whole egg. To cut the fat, here is a nice universal recipe for a “crustless quiche” (no butter). It’s from Amy Dacyczyn’s The Tightwad Gazette III. With no crust to prepare and roll out, it’s a real time-saver, too.

Crustless Quiche—Universal Recipe

1 C plain yogurt (or milk or cottage cheese)
1/2 C water
3 eggs, slightly beaten
1 C flour
1/2 C grated cheese
1/4 C chopped, cooked meat
1/4 C chopped, cooked vegetables
Seasoning to taste

Preheat oven to 425 degrees. Mix all ingredients thoroughly. Pour into a greased 9” pie plate. Bake for 30-35 minutes until set.