



# Bear Prints

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We really need 1 or 2 people to drop off the shares to the shelter. You can volunteer to do it every other week if that's easier. Anyone live in Lowell?

We have one full share and \$295 towards a second one. So, we still need another \$155.

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.

## Farm News

Happy 4th! With the holiday there's been a lot of switching of days, what with vacations, etc. So I figured I should mention a few things about pick up. First, you can always come late. We put a time of 3 to 7 just so there's a concrete time to expect to see us around, but you can come after that. Just bring a flashlight if it's after dark. Second, you can always have someone else pick up for you without letting us know. Just make sure they know what to do and they cross off your name. The best way to let me know you'd like to switch days is to put it down on the previous week's pick up sheet next to your name ("next week Fri, please"). If your car breaks down, it's best to call vs. email. Then you can usually come the next morning.

Free-range usually means chickens aren't kept in tiny battery cages. As you can see, our chickens are completely free-range right now, eating Michalle's flowers & stopping traffic. We are in the process of building them a porch attached to the barn, so we can close them up where they'll be safe. As for now, the hen that was setting in the woodstove in front of the house hatched her chicks on Mon. I successfully rescued 3 that were having trouble getting out of their eggs on Mon. & Tues. (a chick midwife)! Mom & 7 chicks are hanging out by the house. Be careful not to get too close. The hen by the tree going up to the farmstand is still setting on hers.

A friend sheared Smudge the sheep for us on Friday, in front of the shop while members watched. He wasn't too freaked, since he was eating grass as he was being worked on. He also got a manicure at the same time.

We found a cecropia moth chrysalis last week that hatched. The caterpillars are the notorious tomato hornworms. You'll hear more about them when the cherry tomatoes are bigger.

## What's New In Your Share This Week

New this week is **summer squash**. Not every pick up gets the same veggies every week. Last week was the perfect example. We had spinach but after that terrible heat it was getting yellow and going to seed by Friday. The summer squash happened to be ready, so Friday got that and the spinach was pick your own. We keep track and try to make it all work out in the end. New veggies don't always start producing enough on Mondays!

We'd have other new stuff if it wasn't so dry. We're working on it, though. Aside from the rain dances, Mike finally got the irrigation hooked up to the top of the hill. A lot of hauling pipe and hose, but it looks great when the sprinklers are on! We drove out to Southampton on Sunday to buy two 550 gallon tanks so we can water the Westford fields. It's labor intensive, but watering 1100 gallons with drip irrigation will go a long way towards getting those veggies on your plates. This should tide us over until we get a decent rain.

The cucumbers and eggplant are flowering over at Westford and the tomatoes are setting fruit. The potatoes are doing great over there as well. Emily has been busy with her little wheel hoe getting rid of weeds. She's also been tying up the tomatoes, weaving them with string. Patrick pounded all those stakes in ahead of her. Michalle has been doing great with her lettuce again. Everyone has been weeding the greens. Michalle and Paul are both going to the chiropractor this week. Paul & Patrick have been working with Mike on the chicken addition.

As for **summer squash**, it's great raw with dip, sautéed with onions and garlic (but don't make it mushy) & even better grilled with olive oil & garlic.

Also new maybe **collard greens**. They are paddle shaped and thicker like kale. Great slow cooked with some bacon, but also good steamed. Just like kale, take it off the tough stems. Cook it longer than chard.

Sometimes the weather is lovely and farming is just grand. Other days it is miserably hot. Last Thursday was one of them. But, our gang was fantastic and kept right up, even though we all felt like passing out. Sandi, Tarin and Cassidy volunteered to help us transplant corn and I can't believe how dedicated these kids were. Let's see if they come back though, after being traumatized! It's not always that bad!

Bear Hill Farm CSA  
Anne & Mike Gagnon

14 Davis Road  
Tyngsboro, MA 01879  
Phone: 978-692-4224  
Email: bearhillfarm@aol.com  
Website: bearhillfarmcsa.com

PICK UP MONDAY, WEDNESDAY, OR  
FRIDAY  
3 PM UNTIL 7 PM (but you can come late)

(Please make arrangements at least one week  
in advance to switch your pick-up day.)

**CSA Since 1998**

COME ANYTIME —  
THIS IS YOUR FARM!

## Happy Independence Day!

I always climb up on my soapbox around the 4th of July. As you may know from reading the newsletter over the years, I have a soft spot in my heart for the Revolutionary War heroes and the anti-war hippies...and all of the other good people in between who have sacrificed so much to protect our liberty. Yet not every revolution calls for taking up arms or protesting in the street.

I'm thinking now, of course, of the drastic changes that need to take place if we're going to continue to live sustainably on this planet. What do we do when the enemy is us, American citizens and consumers? When I hear that marine biologists can't pick up a handful of ocean water or sand *anywhere* without also getting microscopic pieces of plastic — and that this plastic mostly comes from the packaging and transportation of the food we eat — I feel guilty. And when I hear that the FDA wants to allow even *spoiled meat* to be irradiated and sold unlabelled — I get angry. (Both of these topics were on "Living on Earth" Sunday morning; check it out at [www.loe.org](http://www.loe.org).)

Well, it may not feel revolutionary, but participating in a CSA is one giant step towards independence from the food production & transportation system that is killing our planet. No confined animal feed lots where our livestock stand knee deep in their own waste. (Yuck!) No petroleum products used to fertilize our crops. Compost, yes. Reusable bags and egg cartons, plenty of them. And most importantly, the food we bring home from Bear Hill Farm has not been irradiated, wrapped in plastic, and shipped thousands of miles before it reaches our dinner plates.

I want to invite you to be my comrade and help spread the word about the role each of us can play in turning around the current environmental crisis. Don't be shy about bringing your reusable bags to the grocery store. Invite a friend over for dinner to sample some wonderful Bear Hill Farm produce. Read up on the topic (I have a list of books to share with you) and *talk* about it. That helps with some of the guilt. As for the anger — well, at least it's more productive. Time to write to the FDA! — Anna Barker ([annabarker@charter.net](mailto:annabarker@charter.net))

## Recipes: Salad Dressing and Cooked Greens

*I've been reading Michael Pollan's The Omnivore's Dilemma. In it, he explains why so many of our food products now contain high fructose corn syrup (HFCS) and how it's responsible for a lot of health problems. If you buy bottled salad dressings, please check the ingredients label; some brands can be trusted, but others appear to have more HFCS than practically any other ingredient! It's so easy to make your own, though, and then you can control *all* the ingredients. Here's a recipe for one that is too often sickly-sweet when prepared commercially. — AB*

### **Creamy French Dressing:**

3/4 cup vegetable oil or olive oil  
1/4 cup lemon juice  
1 tablespoon sugar  
3/4 teaspoon salt  
1/4 teaspoon paprika  
1/4 teaspoon dry mustard  
1/4 teaspoon pepper  
1/4 cup sour cream

Put all ingredients in a jar with a screw-top lid. Cover jar and shake vigorously to blend well. Chill dressing thoroughly before using and shake well before serving.

(I like French dressing best over a green salad that contains bacon, hard-boiled eggs, and croutons. I guess I'm still an Ohio girl, after all! At least I don't use Bac-Os anymore.) :)

*We had this great dish from Jack Bishop's Vegetables Every Day last week, and it received a "two thumbs up" review. We had it with chard, but I think it could be easily adapted to any farm green. I never worry about the exact amount of greens; I just throw in whatever we get in our share. — AB*

### **Garlicky Chard, Asian Style**

2 TBS roasted peanut oil  
1 TBS minced fresh gingerroot  
2 medium scallions, sliced thin  
4 medium garlic cloves, minced  
1 share chard or other green (mizuna, bok choy, etc.), chopped  
1 TBS soy sauce  
Freshly ground pepper, to taste

Heat the oil in a stockpot deep enough to hold the greens. Add the scallions, garlic, and ginger and cook until fragrant, about 1 minute.

Add the damp chard, stir well to coat with the oil, cover, and cook, stirring two or three times, until wilted, about 5 minutes. Season with soy sauce and pepper.

Jack Bishop suggests leaving the greens a bit "soupy" and serving them over rice. I agree that it's very good that way and moves the greens into main dish territory.

**PLEASE SHARE YOUR RECIPES AND IDEAS!**  
We want to hear from you! Thanks!