



Bear Prints

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Thanks to everyone who contributed to the shelter shares. We have 2 full shares again this year, thanks to your generosity.

We also have a couple volunteers to drop off the shares in Lowell. If it's convenient for anyone else to do this once in a while, it's helpful to have a few names, just in case something comes up. Let me know or just write a note next to your name on the pick up sheet.

Thanks again!

Farm News

It rained! Yay! We were so psyched! It was worth every penny, getting those water tanks to make it rain. An inch a week, that's all we ask. Emily noted that she is much more aware of the weather, now that she works on the farm. The veggies are still growing slowly, but they have no choice and will have to mature eventually.

We managed to get almost all the winter squash transplanted over at Nashoba last week. It's late, but we got it in late last year and it did just fine. We also transplanted the basil and peppers. We seeded a ton of stuff in the greenhouse to transplant out later. Second and third plantings of broccoli, beets and other stuff. This week we transplant the pumpkins and the second planting of tomatoes and more peppers. Michalle & Paul have been going to Mike's chiropractor. They are feeling better after taking some time off last week. Patrick's wrist is getting better as well. The hen that hatched 7 chicks a couple weeks ago still has all of them. They are growing like weeds. Be careful not to step on them. The hen by the tree on the way to the farm stand hatched 6 last Friday.

After market on Saturday we visited some good friends of ours, Brooke & Rita from the HerbFarmacy in Salisbury. The herb angels are trading us a bunch of herbs for veggies this season. We are putting in another whole bed of pick-your-own herbs for next season. We got golden marjoram, lemon balm, tarragon, spearmint, peppermint, and more lovage & salad burnett (tastes like cucumber). I also got a little chocolate mint for me!

My Mom, aka Babci, (grandmother in Polish) turned 79 on Friday the 6th. She comes and helps pick & weed, etc. every Monday. She is amazing. Say Happy Birthday if you see her!

What's New In Your Share This Week

The reporter from the Globe that I mentioned in the first newsletter interviewed member Denise Ferbas last week. A photographer stopped by on Friday and took pictures of her picking up her veggies. Don't know when it will be published, so keep your eyes open for it in an upcoming Thursday or Sunday northwest edition.

The deer have been eating at least half the **zucchini**. We're talking bushels. We pick it anyways and feed it to the pigs. Our options are limited in this populated area of Westford. If we get a long term lease we'll put up a fence next year. For now, we'll try moving the scarecrows around and putting smellier shirts on them. Friday had a little **zucchini** last week and Monday should have some this week. It's great sliced the long way & grilled with olive oil & salt & pepper. The **zucchini** and **summer squash** is also great diced up and sautéed quickly and lightly with butter and curry powder. We pick it small to get it before the deer do.

Also new this week should be **mizuna**. It is a frilly, oriental green. It is great mixed raw in salad or added to stir-fry. It is best sautéed with olive oil, soy sauce, sesame oil and garlic, then used as a bed for salmon or on top of hamburgers. It has a little spice to it.

Diane Kottke told me about green smoothies last week. She put her spinach in a blender with some chard, a 2-inch piece of carrot, one frozen banana, and a handful of frozen strawberries. Looks gross but tastes pretty good. You could also add different greens, some yogurt, and honey. Another member does a similar thing, but takes it a step further and freezes it into home-made popsicles for the kids! How ingenious! I love popsicles myself (I usually use fruit juice), so I think I'll try it. Diane says the frozen fruit is key to the smoothie. She peels a bunch of bananas and puts them in a bag in the freezer to be ready to go.

Sorry we are running out of eggs. As I mentioned last week, we need to get those hens locked up, but right now we have to concentrate on getting the rest of the main crops in.

We're making progress down the barnyard, though.

To those of you who were disappointed there is no pork left, take heart. We'll have some more two or three times more this season. We'll let you know ahead of time in the newsletter, so keep on reading it off the website!

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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!

“My Summer Vacation”

The Barkers headed down to the Cape last week for the holiday. We joined thousands of others coming and going along Route 6; the drive always makes me feel like a lemming, but we had a great time once we got to the beach.

One of the things I do every vacation is head to the nearest farmer’s market. The kids tease me about it, and I think even the farmers laugh at what a farm-stand groupie I am. I insist, though, that it’s a great way to support local agriculture and to get a sense of the “real” locale as opposed to just the tourist version. The two best farmers markets I’ve been to so far were both in New York: the Green Market right in New York City, and the extensive covered market in Ithaca. Last year’s visit to Vermont also included one that wasn’t bad, and I’ve become a “regular” at the August market in Waterville, Ohio (my hometown).

So you can imagine my excitement when I read in the Cape Cod newspaper that Mashpee has an open air market on Friday afternoons, with stalls from 3 local growers advertised. The kids rolled their eyes, but ice cream was promised for dessert (also local!), and we all happily motored down Route 28 on Friday afternoon. An hour of stop-and-go traffic later, I made an important discovery: it is technically possible for an “open air market” to be situated in a parking lot across from Talbot’s and Starbucks! Yes indeed, “Mashpee Commons” is actually THE MALL!

My illusions of children frolicking on the open green—white church in background — were shattered, but I did take the time to make a purchase from each of the 3 farm stalls. Little rounds of artisanal cheese and crackers, a bag of mixed salad greens (complete with edible flowers), and a carton of blueberries made an excellent light supper that night. And thank goodness for it, as my arms had frozen in steering wheel position and I was unable to cook.

Now that it’s Monday I’m back home and in Vacation Recovery Mode (*read* “sleeping at desk”). But I’ll be filling this space next week with more tips and general advice. Do let me know what you want to read more about. — Anna Barker (annabarker@charter.net)

Recipes: Greens Make the Meal

This week’s inspirations come from the Smith & Hawken Gardeners’ Community Cookbook. As usual, you can interchange the greens pretty much at will. I think this first recipe will be great with mizuna, although perhaps not cooked as long as 20 minutes. — AB

Soba Noodles with Swiss Chard, Ginger, and Pine Nuts

1 TBS olive oil	8 ounces soba noodles
2 cloves garlic, minced	2 TBS pine nuts, toasted
2 tsp chopped fresh ginger	Freshly ground pepper
3/4 lb Swiss Chard (1/2” strips)	Crushed red pepper
2 TBS soy sauce	1/2 C grated Parmesan cheese (optional)

Heat the oil in a large sauté pan. Add the garlic and ginger and stir over medium heat until beginning to brown, about 2 minutes. Add the chard and soy sauce and stir to mix. Cover the pan and continue cooking until the chard is wilted and tender, about 20 minutes.

Meanwhile, bring a large pot of water to boil. Add the noodles and cook until tender, about 3 minutes. Drain, reserving 1/2 cup of the cooking liquid. Stir the reserved liquid into the chard. Divide the noodles among 4 bowls and top with the chard and liquid. Sprinkle the pine nuts, black pepper to taste, and a good pinch of crushed red pepper over the noodles. Serve with parmesan cheese, if desired.

Pasta and Fresh Greens

(Adapted to serve 2; can be doubled.)

1 pound fresh greens, coarsely chopped, washed, drained
1 TBS minced garlic
4 C chicken broth
1/2 pound spaghetti, linguine, or fettuccine
1/4 C grated Romano cheese

Place the greens, garlic and broth in a large pot. Bring to a boil over high heat, then simmer until greens are tender, 3 to 10 minutes, depending on the greens. Remove from heat but do not drain. Set aside in a warm place.

Cook the pasta until al dente. Drain briefly and transfer to a platter or large bowl. Ladle the greens along with a bit of their cooking liquid over the pasta. Toss, then top with the cheese, and serve.

This pasta can also be served in a bowl as more of a soup: Pour the rest of the pot liquid over the pasta and greens. Sprinkle the cheese over the top and serve without tossing.

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