



Bear Prints

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This is the last full week of July, so send in your check if you are making 2 payments please.

It's \$225 and you can make your checks out to Bear Hill Farm. You can mail them or put them in the egg money box in the fridge.

Most of our expenses are early in the season (seeds, fertilizer, etc.) and now, with all the labor money. Keeping track of overdue payments can be a drag, so thanks a bunch for getting them in!

Last week was the first week of corn. All of us have become quite attached to it, since we've spent so much time on it. First we seed it all in the greenhouses. Then we transplant it all in the fields—thousands of plants and a lot of bending. Then there's the picking, which also isn't easy.

It is very hard to grow organic corn without getting some bugs. Conventional corn is sprayed about 6 times in its short life (& sometimes it also has the poison genetically engineered into it)!

If you can't stand the bugs, please put yours in the extra bin. Others don't mind and they will really appreciate it (and so will we)!

Farm News

Picking, picking and more picking. Two hundred shares means bushels and bushels of veggies. We've done just fine with all our help and some volunteers, even with the rain last week. Last week Babci helped pick the beans as well as Ann Conant and Sandi and Taryn & Cassidy. We even had help from Martha Plante and her daughter putting the veggies out.

Hopefully Mike will be better soon. First Michalle and Paul had to go to the chiropractor. Now that they're all fixed, Mike is having trouble with some torn muscles. The chiropractor knows him and laughingly told him to "take it easy." He has managed to take a few hours off here and there (I went to market myself with Maggie) and he has another appointment today.

In the meantime, the picking and weeding continues, as well as some transplanting. Last week they put in some more broccoli and, of course, lettuce every week. We also got most of the new herbs in. They probably won't be ready to pick until next year, but we'll let you know. And yes, the basil is coming, along with the tomatoes!

This week's project is tying up the cherry tomatoes. Got most of the posts in last week. If you were the person who volunteered to help with this, now's the time to give us a call. We'll also be weeding in the field down the road by the pond and cultivating the winter squash. Maybe even weeding & mulching the potatoes in Westford.

The baby chicks are getting big. I'm amazed that we still have all 13. Another hen is setting by the house. Hopefully that will be the end of that! One of the sows at the top of the hill is due to have piglets anytime. The boar in the barn should be going away so we can put her in that larger corner pen.

What's New In Your Share This Week

It often happens that no matter how well Mike plans, some veggies insist on coming in all together or spread out too much. So not every day gets the same stuff in a given week. Don't worry, we keep track of these things! Friday didn't get beets last week, but as soon as more are ready they will. This week, we may have a choice of **cabbage** or **cauliflower**. All the cabbages aren't ready, and neither is the cauliflower, but if we wait too much longer, some of it will go by.

You can eat both raw. I love the sweet crunchy texture of the cauliflower. It is really good with dip, or broken up into salad or mixed with hummus. You can also steam it briefly and cover in cheese.

The cabbage is great in coleslaw in the summer. Mine has celery seed as the secret ingredient, and apple cider vinegar and equal amounts of grated carrot.

You can also steam the cabbage and use the leaves to roll up sandwich stuff. Cabbage is also great just boiled briefly and eaten as is with a bit

of butter. It's very versatile, so try a simple preparation or check the web for more creative ideas. Recipezaar.com is a great site, as well as epicurious.com. I'm sure you guys know of more sites, so send them in to Anna to add to our list. You can always check out the old newsletters on the website. We don't always have the same veggies in the same week, so it may take some looking about, but once you find something good, you can cut & paste it. Also new this week is **escarole**. It is a bitter green for cooking or salad, but it is one of the more bitter ones. As such, they are supposed to be really good for you. I asked Anna Barker to reprint Mike's famous Escarole, Beans and Sausage recipe on the flip side. I say famous, because he made it in the Boston Globe last year, pictures and everything. The key to the recipe is Shady Brook Farm hot Italian turkey sausage (other brands aren't as good). But if you are vegetarian, you could probably try it with smoked tofu.

Bear Hill Farm CSA

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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!

Tips For Kicking Into High Gear

It's week #6 already, about one third of the way through the farm season. New members have had a chance to get acquainted with the weekly schedule and how things work at the farmstand. It's a little different from popping into the grocery store, isn't it?

Anne's comments on the front page about not throwing away the corn really highlight the relationship that exists between farmer and member at a CSA. We want to honor the vegetables and all the work that goes into producing them, yet it can be a dramatic change from our ordinary customs in the kitchen.

Even those of us who have always loved to cook are used to identifying a recipe and then shopping for the ingredients—in that order. This is hardly a sustainable practice: as soon as we run out of oil it's goodbye to strawberries in February! The CSA "here's your share" format makes more sense, but it demands a different approach. Here are some tips to help:

- Plan, plan, plan. When you get home, write down your share ingredients. Plan the week's menu using the more tender veggies on the first days. If it's clear that you have more than you can use, prepare something for the freezer right away (while it's nice and fresh).
- Have a few standard back-ups. Over time, you will identify some favorites. At some point you'll stand over your crisper and be able to visualize: soup! stir-fry! pasta! Memorize a favorite sauce or seasoning combination (or tape it to the cabinet door like I do), and you can go on auto-pilot.
- Go to bed with a good book. Cookbook, that is. You will stumble across cooking techniques and ingredients that can be adapted to any week's share. Once you know about roasting vegetables, for example, or grated ginger, or vegetable quesadillas, or...mealtimes may never be the same.
- Invite a friend over for lunch or dinner. Not only will they help put away the food, but sharing the experience is an ideal way to remind yourself of the excellent choice you made to sign up for a CSA this year. — Anna Barker (annabarker@charter.net)

Recipes: Escarole and Other Greens

Here is Mike's famous escarole dish that Anne wrote about on the front page. Try it and let us know how it turns out for you.
— AB

Escarole, Beans and Sausage

8 oz. hot (or mild) turkey Italian sausage links
1/2 cup chopped onions
2 19-ounce cans cannellini beans (white kidney beans),
drained and rinsed
3/4 cup reduced sodium chicken (or veg.) broth (or more)
1/4 cup dry white wine or reduced sodium broth
2TBS snipped fresh thyme or 1 tsp dried thyme, crushed
1/4 tsp crushed red pepper flakes
2 cups coarsely chopped escarole (or other greens)
1/4 cup finely shredded parmesan cheese (optional)

Wash escarole thoroughly. In a large skillet cook sausage & onion over medium heat about 5 minutes or until sausage is brown and onion is tender. (Mike adds broth to keep it from sticking, since the turkey sausage has little fat.) It reduces and really adds to the dish. Stir in beans, broth, wine, thyme & red pepper. Bring to boil, reduce heat, cover and cook for 5 minutes. Stir in escarole and heat until wilted. And only one pan to wash!

A few CSA members have sent in some great recipes lately. Please keep them coming! This one is from Mimi Englander—the secret ingredient is Worcestershire sauce. In addition to serving it as a side dish, how about making it the base for your next frittata, including it in a zucchini stuffing, or mixing it up in a Shepard's pie. — AB

Swiss Chard with Onions

2 tsp olive oil
2 cups thinly sliced onion
2 cloves minced garlic
8 cups torn Swiss chard leaves (about 12 ounces)
1 teaspoon Worcestershire sauce
1/4 teaspoon salt
1/8 teaspoon black pepper

Heat oil in a large nonstick skillet over medium heat. Add onion; saute 5 minutes or until lightly browned. Add chard; stir-fry 10 minutes or until wilted. Stir in Worcestershire, salt, and pepper.

Special Double Issue Next Week!

Send in your recipes, ideas and requests! Next week we'll write up 2 additional pages, available only on the web, with lots of extra stuff to help you enjoy your share. Bookmark the website now: www.bearhillfarmcsa.com.