



Bear Prints

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August 1st is Wednesday, so please get your \$225 in if you need to. Thanks in advance.

You can mail them or put them in the egg money box in the fridge.

Thanks to those who already have!

As you know, I do the newsletter every week. Anna Barker does the back page almost every week, since she's taken on that awesome responsibility. That makes my life easier, since I'm a throw-the-stuff-together-&-forget-the-recipe-kind-of-girl. Mike is chuckling by now, since he does all the cooking.

It is usually terribly last minute, Monday a.m., sometimes very early so as not to interfere with picking. Sometimes it's a chore, and the type size gets big, since I have no time, but we think it's important that you know what we do day to day. And usually I love sharing with you. Hope you enjoy reading it!

Farm News

Critters everywhere! It's not just us, all the people at the farmer's market that have gardens have been complaining, too. We are even growing lettuce for some friends that are having a terrible time with geese eating their transplants.

Some of you heard that the raccoons ate your corn last week. There's more coming and hopefully they have moved on. The deer ate some of the winter squash over at Nashoba, but we have more growing. We have some preventative scary eyeballs (big inflatable balls) to keep the birds off the next batch of corn.

Always a challenge, this farming. The weather hasn't been all that cooperative either. Mike hates it when I complain about the rain, though, since he's afraid my complaining will turn off the faucet for good. If only I did have that much power! We'd like to get the rest of the cherry tomatoes tied up, but we really can't play with them when they are wet or they'll get diseased.

We harvested all the garlic this weekend. Hard to believe we had weeded them; it was like a jungle in there. Some of the garlic looks really good—great for saving for seed for next year, despite the weeds. Now it is all on the trailer and we have to bunch it in groups of 10 and hang it up to dry. We'll probably start giving some out next week. I almost forgot—we had 13 piglets on Friday! They are down the barn by the goats. Another 4 chicks were hatched, too.

What's New In Your Share This Week

New this week is **kohlrabi**. It is a vegetable that looks like a spaceship (Sputnik?) and is a cross between a turnip and a cabbage. I had never seen one before we started growing them a long time ago, but they are apparently very popular in Eastern Europe. Many people at the farmers market are happy to see them as a reminder of home.

As I've mentioned before, cut the greens off & store separately. You can pull the greens off the tough stalks and use like kale. The bulb is actually part of the stem that grows just above the ground. This batch was just to the right of the farmstand. They come in a lovely purple as well, but unfortunately you have to peel them.

They have a very tough skin that needs to be peeled, similar to the stalks of broccoli. It is crisp and refreshing raw. Just peel and slice or cut into matchsticks to use with dip. Mike also likes to peel then chunk and boil it. I like it like that as well, but it may be even better steamed. It is a very versatile veggie; we have roasted them with other veggies and used in stir fry, too. It does take a long time to roast, though.

You can grate the kohlrabi and use for coleslaw with carrots or boil & mash with potatoes. Or grate it, squeeze out the moisture and add to sautéed garlic & onion. Add some fresh herbs and as my Mom would say, have a party!

Keep your vegetables under wraps!

If you're running out of ideas for what to do with your vegetables, try making them into a stuffing. There are many ways to wrap up your vegetables into a tasty meal that's also portable. Sauté some mixed vegetables and bake them in puff pastry or fillo dough. (Both are available in the freezer section of the grocery store. Follow the baking instructions on the box.) You can also pick up some burrito wraps—I prefer mine as quesadillas: sautéed vegetables spiced with cumin and coriander, a mild cheese such as Monterey jack, sandwiched in between two wraps and heated in a skillet just long enough for the cheese to melt. OR you can get a package of wonton wrappers and try either of these two recipes...or your own invention? (Please send recipes for your successes to me at annabarker@charter.net. Thanks!) — AB

Swiss Chard, Bacon, and Ricotta Ravioli with Tomato Sauce

From www.epicurious.com, submitted by CSA member Melanie Rodrigue

3 slices bacon
3 C chopped Swiss chard, stems discarded, leaves washed and chopped (about 1/2 pound)
1/2 tsp minced garlic
1/2 C ricotta cheese
2 TBS freshly grated Parmesan cheese
24 won ton wrappers, thawed if frozen
1 C prepared tomato sauce, heated

Make filling: In a large heavy skillet cook bacon over moderate heat until crisp, and with a slotted spatula transfer to a cutting board. Chop bacon fine. Remove all but 1 TBS fat from skillet and heat remaining fat over moderately high heat until hot but not smoking. Cook chard and garlic, stirring, until chard is tender, about 2 minutes. Transfer chard mixture to a bowl and cool. To chard mixture add cheeses, 2 TBS bacon, and salt and pepper to taste. Bring a large saucepan of salted water to a gentle boil.

Assemble and cook: Put a won ton wrapper on a lightly floured surface and mound 1 TBS filling in center of wrapper. Brush edges of wrapper with water and put a second wrapper over first, pressing down around filling to force out air. Seal edges well and transfer ravioli to a kitchen towel. Make more ravioli with remaining wrappers and filling in same manner, turning them occasionally to dry slightly. Cook ravioli in water at a gentle boil 6-8 minutes, or until they rise to surface and are tender. (Do not let water boil vigorously once ravioli have been added.) With a slotted spoon transfer ravioli as cooked to a kitchen towel to drain. Divide ravioli between 2 plates and spoon sauce over them. Garnish ravioli with remaining tablespoon bacon.

Egg Rolls with Sweet and Sour Dipping Sauce

A Barker family favorite from Smith & Hawken's [Gardeners' Community Cookbook](#) by Victoria Wise

3/4 lb. Bok choy or other Asian greens of the choy family, finely chopped, washed, and patted or spun dry
3 spring (green) onions, trimmed and finely chopped
1 large clove garlic, minced
2 TBS minced cilantro leaves
1/2 TBS ground ginger
2 TBS soy sauce
10 egg roll wrappers
Vegetable oil, for deep frying
Dipping sauce

Place the bok choy, spring onions, garlic, cilantro, and ginger in a bowl and toss to mix. Add the soy sauce and toss again. Set aside. Follow package directions for forming egg rolls, using about 2 TBS of the greens mixture for each of the 10 egg rolls. Pour 3/4" of oil into a wok or heavy skillet and heat until smoking. Place as many egg rolls in the wok as will fit without crowding and fry, turning once, until lightly browned and crispy, about 1 minute. Lift the rolls out of the oil and transfer to paper towels to drain. Continue with another batch until all the rolls are fried. Serve right away, accompanied by the dipping sauce.

Dipping sauce: Combine the following in a heavy saucepan: 1 C ketchup, 1/3 C packed dark brown sugar, 1/3 C granulated sugar, 1/2 TBS ground ginger, 1/2 tsp ground cinnamon, pinch of ground nutmeg. Bring to a boil over medium heat, stirring constantly to prevent scorching. Reduce the heat to low and simmer, partially covered, for 15 minutes, until the consistency is slightly sticky and the spices no longer taste raw. Remove and cool. Use right away or store, covered, in the refrigerator for up to 6 weeks.

...More Recipes...

Curried Chickpeas and Kale

From CSA member Diana Keohane

2 TBS vegetable oil
1 1/2 C chopped onions
4 cloves garlic
1/2 tsp cumin
3 C chopped kale
1 1/2 TBS curry powder
1 tsp ground ginger
1 tsp ground coriander
1 1/2 C vegetable or chicken broth
3 C cooked chickpeas
1 C chopped tomatoes
1/4 tsp salt, or to taste

Just throw it all together in the crock-pot and let it cook on low for 7-8 hours, or on high for 4 hours.

Quick Collard Greens

From CSA member Mimi Englander

1/2 C low-salt chicken [or vegetable] broth, divided
2 garlic cloves, finely chopped
5 1/2 C tightly packed chopped fresh collard greens
1/8 tsp crushed red pepper
1/8 tsp salt

Heat 1/4 C broth in a large Dutch oven over medium heat until hot. Add garlic, cook 2 minutes, stirring frequently. Add collard greens and remaining 1/4 C broth; stir well. Cover and cook 7 minutes, stirring occasionally. Remove from heat; stir in crushed red pepper and salt.

Kale Crunch

Mimi also shared this recipe from Mollie Katzen's Vegetable Heaven. It seems to me like it would be a good topping for a vegetable casserole or gratin.

1 large bunch of kale (about 1 pound)
Vegetable oil
Parmesan cheese
Salt to taste

Preheat oven to 350 degrees. Put foil on a baking pan and brush or spray with oil [although Mimi didn't line the pan and it turned out fine]. Wash, remove stems and chop kale. Spread in pan. Bake 10 minutes, stirring once or twice. Sprinkle with Parmesan cheese and bake 10-15 minutes more, stirring occasionally. Bake to desired crispness. Salt to taste.

Thai Beef Salad

From CSA member Lauren Cunningham, as concocted by her (obviously talented) husband Doug.

Make a **sauce** by mixing together: 2 TBS rice vinegar, 1 TBS Thai Chili Sauce (available at Hannaford's), 1 tsp minced fresh ginger, 1 TBS minced fresh mint leaves, 1 tsp sesame oil, 1 TBS teriyaki sauce.

Combine the sauce with very thinly sliced rare **beef** and any or all of the listed ingredients and serve over a bed of Chinese cabbage or lettuce leaves—or shred the cabbage and mix with the salad before serving.

Ingredient choices: diced cucumber, diced carrot, diced pepper (hot or mild), cashews, and/or other veggies as desired (radishes, parboiled green beans, etc.).

Thanks for the recipes, friends! It's never too late to send something in to share. Everybody loves getting a recipe that is "tried and true."

Swiss Chard Pie

Also submitted by Lauren Cunningham, from Vegetables on the Side by Sallie Y. Williams, Lauren's favorite cookbook for farm season. She says the pie is better served as a side dish than as a breakfast main course.

Pastry dough for a 1-crust 9" pie, prebaked 6 minutes at 450 degrees and left to cool

1 TBS butter
2 lbs Swiss chard [or 1 share], leaves chopped and stems reserved for another use
1/2 C grated Gruyere cheese
1/2 C cottage cheese or skim milk ricotta
3 large eggs, beaten
1 C half-and-half
Pinch nutmeg
Salt and freshly ground pepper to taste

Preheat oven to 450 degrees. Melt the butter in a medium-size kettle over medium heat. Add the chard leaves and cook, stirring occasionally, until wilted, 2-3 minutes. Remove the kettle from the heat and cool.

Spread the grated cheese over the bottom of the partially baked pie shell. In a blender, combine the cottage cheese, eggs, half-and-half, and nutmeg. Blend just until well mixed, and season with salt and pepper. Stir the cottage cheese mixture into the cooked chard and pour this mixture into the pie shell.

Bake for 15 minutes, reduce the oven temp to 350 degrees. Bake until the center is set and a knife inserted into the middle comes out clean, about 15 minutes longer. Cool 5 minutes. Cut into wedges and serve.

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!

Why We Love Our CSA

- Fresh-picked today! The vegetables we pick up haven't been hanging around. They taste better and are more nutritious, and they last longer.
- Free of pesticides and chemical fertilizers. Even if you don't believe that these chemicals act as poisons when we eat them on our vegetables (I do!), they certainly have a harmful effect on our environment and the farm-workers who use them daily.
- A safer food distribution system. I hate hearing about those food poisoning outbreaks. Were my green onions affected? What farm did my spinach come from? Not to mention bio-terrorism! We travel in our own circle here.
- Greatly decreased use of fossil fuels. Food that travels far is one of the greatest contributions to global warming. Enough said.
- Money saved. The food we get at Bear Hill Farm is well below retail. I calculated this once, and at grocery store prices for comparable items (not all of them organic, either) our share should cost us over \$600. That was a few years ago; I bet it's even more now.
- Variety. You can't even find a lot of these vegetables at the store. And even the familiar veggies we get are selected for flavor. The common varieties at the grocery store are there because they travel well and keep for long periods of time.
- The farm-family-community experience. I want my children to grow up knowing where their food comes from. I like making friends with people I meet at the farmstand. I love hanging out and chatting with my farmers. We are a little community, and we contribute to the health of our greater community by helping to keep Bear Hill a farm.
- FUN! Just say "bonfire." :) But there's also the new pond, the animals, the work parties, the farm's natural beauty...

What do you love about our CSA? — Anna Barker (annabarker@charter.net)

Recipes: Kohlrabi

Anne gave us a complete description of what to do with kohlrabi on the front page, but for those who rely on recipes, here are two to get you started. The first is a favorite of my 12yo Henry. It tastes just like roasted potatoes—so much so, that he buries them in ketchup and cleans his plate. — AB

Roasted Kohlrabi with Whole Garlic Cloves

From *Vegetables Every Day* by Jack Bishop

3 medium kohlrabi bulbs (about 1 1/2 lbs)

10 large whole garlic cloves, peeled

2 TBS extra-virgin olive oil

Salt

Preheat the oven to 450 degrees. Peel the kohlrabi with a paring knife, removing the green skin and outer 1/8" or so of the flesh. Cut the bulbs into 3/4" dice. [It's important to cut them small so they cook thoroughly.] Toss the kohlrabi, garlic cloves, and oil on a large rimmed baking sheet. Roast, turning the kohlrabi and garlic two or three times, until well browned, 30-35 minutes. Season with salt to taste; serve immediately.

I picked up *Fresh from the Garden* by Perla Meyers at the library. Rather than photocopy every recipe, I decided to get my own! She has a few approaches to kohlrabi. This one is simple and I can't wait to try it. Is 1 1/2 pounds kohlrabi 3 bulbs or 6? Weigh yours and adjust the recipes accordingly! — AB

Kohlrabi Glazed with Maple Syrup and Brown Sugar

3 TBS unsalted butter

6 medium kohlrabi (about 1 1/2 lbs), trimmed, peeled and thinly sliced

Salt and freshly ground white pepper

1/3 to 1/2 cup water or chicken broth

2 TBS dark brown sugar

2 TBS pure maple syrup

In a 10" skillet, melt the butter over medium heat. Add the kohlrabi and toss to coat evenly with the butter. Season with salt and pepper. Add the water or broth and simmer, covered, until tender, about 10-12 minutes; add the remaining liquid if it evaporates before the kohlrabi is done. If any liquid remains, remove the cover and cook until reduced. Add the brown sugar and maple syrup, mix well, and cook for 1-2 minutes longer until the kohlrabi is nicely caramelized. Serve hot.

More Recipes Online This Week!

We've put together a special double issue this week, with some great recipes submitted by CSA members. But it's only available online, so hop on the computer and check it out at www.bearhillfarm.csa. Then bookmark the page and save paper by getting every issue online. Thanks!