



# Bear Prints

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August 1st was last Wednesday. Did you send in your second \$225 if you needed to? You can mail it or put it in the egg money box in the fridge. Thanks to those who already have! We need more bags soon, too.

We may be a bit light the next few weeks. Please be patient. Every year about now Mike starts fretting that we're going to have a bad week when we are in between plantings—some have gone by and others haven't come in yet. Usually it all works out fine, but we always warn you just in case.

Once those cherry tomatoes come in, we'll forget everything else for a while any ways!

## Farm News

Last week sure was a hot one. After all that heat we need some rain. Too bad we couldn't trade that humidity in for some bona-fide showers! It was so bad we were watering the Swiss chard with our sweat. I hope the effect of all that salt is minimal. As we've mentioned before, heat helps the veggies grow—that's why we'd rather give up our cool sleeping nights for warm growing ones. But you can get too much of any good thing (except maybe kale) and when it's in the 90's even the veggies protest. The weeds don't seem to mind as much and keeping them at bay keeps us busy.

One more row of cherry tomatoes to tie up. Maybe they'll ripen enough that we can turn you loose next week. We've also been busy picking your veggies (200 shares is a LOT of veggies), weeding and harvesting onions. Did I mention all the garlic has been harvested? Now it's all hung up in the goat barn down by the compost pile. Speaking of which, I should clarify which barn I'm talking about. Last week some of you went searching for the new piglets. We change the use of our barns on a regular basis and so the "goat barn" might mean anywhere. I should have said they are in the chicken barn (although all the chickens are loose right now, most of them hang out in the barnyard across the street from the house). The goats just happen to live in a pen down the barnyard, although they should be foraging for themselves if we had time to finish some new fencing! The barn by the compost pile should be referred to as just that, since it's been used not only for pigs, but also for goats and storage.

The piglets (12) are doing fantastic as are all the chicks. There are now 3 sets of 7, 6 and 4 in each clutch. They are really turning into pests, and may have to go to other farms soon!

## What's New In Your Share This Week

Some of the chicks were up the farm stand last week eating the corn! And others won't leave us alone when we eat lunch at the picnic table, even flying up to eat with us.

New this week are **garlic and onions**. While both these crops are usually stored, they can also be used right away. In fact, I think **garlic** is best fresh out of the ground. Some **onions**, like the red long of Tropea, (the red oval ones) are summer onions that don't store well. They keep best in the fridge, while the other onions and garlic keep best in a cool, dry, dark place. The fridge is too humid for them. Next week we may have basil to go along with a few tomatoes!

Lastly, I should mention that our computer is at the doctor's this week. Pray for a full recovery, so to speak. In the meantime, no sheets to cross your name off! If you've e-mailed recently, we haven't received it, so call us at 978-692-4224 & leave a message with your #. Running a business, we have all our info on ours: payroll, tax stuff, newsletters, etc. We've been terrible about not backing up, but you can bet we've learned our lesson now. Back up your stuff if you don't already! Thus, I'm typing away at Anna's desk, and Mike won't get a chance to edit my colorful phrases this week. Hopefully things will be back to normal next week and he'll reign me in.

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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!

## Honorable Alliums

Anne called me last night with the news that “new this week are onions and garlic.” Ah, alliums (everything in the onion family, including garlic and chives), those workhorses of the kitchen. You will find them in just about every cooked dish throughout the world, and small wonder: who can argue with the aroma of sizzling minced garlic or onions?

Because even with the most familiar vegetables there is always something new to learn, here are some random tidbits pulled from my cookbook collection.

- Do not brown onions and garlic together at the same time. Onions take much longer to brown, and by the time they’re ready the garlic will be bitter. (Only cook garlic until it’s softened; browned garlic tastes bad.)
- Beware: garlic stored at room temperature in olive oil can be a botulism hazard! Garlic cloves alone *should* be stored at room temperature, but placing them in olive oil prevents contact with oxygen—exactly what botulism spores need to survive...and multiply. I know people who have kept olive oil with a few cloves of garlic on the counter for years and are still alive to tell about it, but to be safe store your dressing, marinade, etc., in the fridge for up to 10 days (then throw it away).
- The food processor is not the best choice for chopping onions, because it releases so much of the juices. Chop onions with your chef’s knife just before cooking to preserve their best flavor. Freeze leftovers in a plastic bag and use them the next time you cook.
- To get rid of the sharpness of raw onions so you can use them in salad, chop or slice them and put them in a strainer. Then pour boiling water over them, rinse in cold water, and pat dry. The onions stay crunchy but lose their sharpness.
- Don’t forget the chives in the herb bed. I cut a handful of garlic chives last week and snipped them into my salad. Notably delicious!

— Anna Barker (annabarker@charter.net)

## Recipes: Onions and Garlic

*In keeping with the “workhorse” theme, here are two sauces that are so versatile they’ll go with just about any other farm vegetable. Make a batch at the beginning of the week and use wherever your spirit takes you—atop hot cooked veggies, mixed into a casserole, as a sandwich spread, or... — AB*

### Basic Aioli (eye-oh-lee)

*Adapted from [www.greatpartyrecipes.com](http://www.greatpartyrecipes.com)*

6 fresh garlic cloves  
1 large egg or 2 egg yolks  
1 C extra virgin olive oil  
1 TBS fresh lemon juice  
Salt and pepper to taste

Place the garlic cloves in a food processor or blender and mince (or mince by hand). Add the egg and process briefly. With the processor running on low, very slowly pour in half the olive oil. Add the lemon juice. Gradually pour in the remaining olive oil and process until the mixture thickens and emulsifies. Transfer to a small bowl and add salt, pepper, and any other seasonings of choice. (I like about 1/4 tsp Dijon mustard.) Chill for at least 30 minutes—better after several hours.

*Note: You can always cheat and just add 6 cloves of crushed garlic and a tablespoon of lemon juice to a cup of commercial mayo. There is nothing like the real thing, though, so I encourage you to try this recipe just once.*

*Cooking onions over a low, slow heat sweetens them and makes the flavor smooth and mellow. This sauce will keep in the refrigerator, stored in an airtight container, for up to a week — but you’ll have eaten it all by then! Try it on pasta.*

### Caramelized Onion Sauce

*From Mollie Katzen’s [Vegetable Heaven](#)*

1 TBS olive or vegetable oil  
4 medium onions, very thinly sliced  
1/2 tsp salt

Heat the oil in a large skillet. Add the onions to the hot oil, and cook over high heat for a minute or two, stirring a couple of times. Sprinkle in the salt, lower the heat to medium, and cook, stirring occasionally, for 10 minutes.

Turn the heat to low, cover, and cook anywhere from 30 to 45 minutes longer. (Just stir it once or twice during this time.) Check the onions to see if they’re done to your liking. The longer they cook, the sweeter and softer they become. At a certain point, the onions will virtually disintegrate and become a fluffy sauce.