



Bear Prints

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***We might also have potatoes & carrots this week if we have time to dig them. If so, store the potatoes in a paper bag out of the fridge. If the carrots have tops on, take them off. ***
We should have fresh pork the middle of this week or so. The smoked meat will be a couple weeks longer.

We will also have fruit from Brookdale Farm in Hollis, NH for sale. They are conventional (it's hard to grow organic fruit here).

Basil should be kept like flowers in a vase of water on the counter. Cold, including the fridge and our well water can turn it black. It's great in pesto: chop up a clove of garlic in a food processor, add 2 T walnuts, 1 cup loosely packed basil, then add 1/3 cup extra virgin olive oil. Then add 1/4 cup freshly grated parmesan cheese & salt & pepper. Cover with olive oil & plastic to keep from browning & put in fridge. (It's still fine if it does turn color). Then use on toasted baguette slices with a slice of tomato!

Farm News

Still no computer, so I'm still flying solo with Anna Barker. She is the best. I am always last minute with the newsletter and letting her know what is new for the week, and she just accepts it as the way it is. Often we don't know what we're giving out for the week until we start picking! It all depends on what's ready, what can hold another week and what won't. We try to give you a variety and enough to keep you busy, but not enough to inundate you. Since we have no computer, no emails, so please remember to call if you want to switch days or if you have questions.

We gave the first batch of chicks away last week to a small farm in Shirley. They had developed bad habits, no thanks to us, eating out of our hands even when the food was meant for us. They were also a pain in the farm stand. So, from now on, we can only feed chickens (including chicks) down the barnyard. Another clutch of chicks hatched last week, so there are still babies. Speaking of which, there are tons of baby tree frogs hanging out down the pond field. They must be eating bugs, but they are so small most bugs seem bigger than they are. They are bright green and so adorable.

We weeded on Thursday at Nashoba. It is amazing what can be accomplished in a day with a crew of 8 determined people!

Mike & I went to a wedding Friday evening. Mike looked slick in his dress up clothes and we had a great time, but it was hard getting up at 4:30 the next morning to pick!

What's New In Your Share This Week

New this week are **tomatoes** and **basil**. What a combination! Also new this week are the pick your own **cherry tomatoes**! I know old members have been waiting all season for these guys. I'm not at home, so I can't run out and list the different types by row. We have sun gold, which ripen orange, pear-shaped ones (I think) and yellow ones, so they aren't all going to ripen red. The cherry tomatoes have to last all season and we want everyone to enjoy them, so be gentle to the plants. Please show the kids how to pick them & be gentle, which ones are ripe, etc. Even if they are "old pros" it doesn't hurt to remind them at the beginning of the season. They will eventually produce more than you can

pick, but for now please be mindful that everyone wants a few and **share**! Also new are regular tomatoes. Don't put them in the fridge—the cold affects the flavor. We grow many different varieties, including heirlooms like rose, brandywine, Pruden's purple & striped German. They are usually big & ugly, sometimes odd colors but they have great old-fashioned tomato taste. They aren't good for shipping or storage, though, so you don't see them in the supermarket much. Great for tomato sandwiches, with toast & mayo or for Caprese salad. Just slice some big ones, add sliced fresh mozzarella, basil leaves, olive oil & salt & pepper. A good fruity green olive oil is best.

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!

Basil & Tomato Season!

I've been left almost speechless by Anne's announcement that we have basil and tomatoes this week. I can't wait to get to dinnertime: spaghetti with home-made pesto and a little sausage, topped with a little sautéed garlic and tomato. With all the excitement, this seems a good day to rely on a few paragraphs I've been meaning to share with you, from the introduction to Mollie Katzen's Vegetable Heaven:

"Food is such a personal matter. For many of us, it is not a simple subject, but one often fraught with worry, confusion, and conflict. Yet, anxiety-ridden though we might be over it, we all have a great capacity for just plain *loving* food as well. We can find tremendous relaxation and enjoyment in both the preparation and the partaking of delicious meals, but we often lose touch with this gift. *Vegetable Heaven* is an invitation to tap into the beauty and pleasure of food — a reminder that we deserve good things, and that we have it within ourselves to *create* these good things that we deserve.

"I have written this book hoping greatly that you will make good use of it, even though you are probably busy and may find it difficult to fit cooking into your routine. In these recipes, I have tried to keep time, cost, and labor to a minimum without compromising the quality and novelty of the results. I know that many of us are seeking simple pleasures, attempting to live well within our means and the constraints of our daily lives. Perhaps the whole realm of food — thinking about it, shopping for it, preparing it, *enjoying* it — can dovetail with this quest, becoming less a source of self-doubt and conflict, and more a well-spring of creativity, health, and happiness. If *Vegetable Heaven* brings you even one step closer to this goal, I will feel gratified indeed."

ALL of Mollie Katzen's cookbooks (starting with The Enchanted Broccoli Forest) are a delight to read, and I think she *should* feel gratified. I recommend them as a way to help take full advantage of our CSA produce. Now... off to check the olive oil supply for pesto! — Anna Barker (annabarker@charter.net)

Recipes: Tomatoes

Having exuberated (?!) over Vegetable Heaven and tomatoes, here are two fine tomato recipes from the cookbook. As MK says, "*Vine-ripened tomatoes in season should be tampered with as little as possible.*" Enough said. Remember: fresh tomatoes stay on the counter; but cooked or cut tomatoes do go in the fridge! — AB

Simplest Tomato Salad

3 TBS olive oil
4 scallions, minced
2 pounds firm tomatoes, perfectly ripe
1/2 tsp salt (or to taste)
Freshly ground black pepper

Heat the olive oil in a small skillet over medium heat. Add the scallions, and saute for about 5 to 8 minutes, or until the scallions are completely wilted. Set aside to cool for about 5 minutes.

Meanwhile, slice the tomatoes in half; squeeze out and discard the seeds. Cut the tomatoes into bite-sized chunks, and place them in a medium-sized glass or ceramic bowl.

Pour the scallions or oil (still warm) over the tomatoes, and sprinkle on a little salt and a fair amount of black pepper. Stir gently and serve right away at room temperature, or cover tightly and chill.

Roasted Tomato-Garlic Sauce

2 TBS olive oil
3 1/2 pounds fresh tomatoes (not too ripe)
1 or 2 garlic bulbs
1 tsp salt (or to taste)
2 tsp red wine vinegar (or to taste)
Black pepper to taste

Preheat the oven to 375 degrees. Line a baking tray with foil and brush it with 1 TBS olive oil. Cut the tomatoes in half; squeeze out and discard seeds. Place tomatoes cut side up on the baking sheet. Slice and discard the tips from the garlic bulbs, and stand the bulbs on their bases on the tray. Drizzle the open tomatoes with the remaining tablespoon of olive oil, and place the tray in the oven.

After 30 minutes, remove tray from oven. Turn tomatoes over, and pour off and reserve their juices (to prevent them from stewing in their own liquid). Return tray to oven and bake for another 30 min.

Cool to room temperature, pull off and discard tomato skins, and place the tomatoes in a food processor. Break the garlic bulb up into cloves, and squeeze the pulp directly into the food processor. Add the reserved tomato juices, and puree everything until smooth. Transfer to a bowl, and season to taste with salt, vinegar, and pepper. Cover and refrigerate until use.