



Bear Prints

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Cabbage with Indian Spices

1 & 1/2 T oil
1 cup minced onion
3/4 tsp. minced ginger
1/4 to 1/2 jalapeno
1/2 head cabbage, shredded
1/2 tsp. ground coriander
1/8 tsp cayenne
Pinch of tumeric
1 & 1/2 T water
1 large tomato, peeled & chopped
1/4 tsp salt
Heat oil on large skillet over med heat. Add onions ginger & jalapeno, sauté until onions are brown, stirring.
Add cabbage & spices, mix well. Then add water, reduce to low & cook covered for 10 to 20 minutes. Add tomato & salt & mix. Remove hot pepper & serve.
From Farmer John's Cookbook.

I'd like to put something outrageous in this box or maybe give you guys who read it a reward of sorts. It may be boring & I know you're busy, but the newsletter is our only sure fire way of communicating with you. Sometimes I'm busy & can't stay at the farm stand, sometimes you miss notes on the white board & some people who split shares don't come every week or you're away on vacation. So if we don't have email, this is where you'll see it. I try to get the newsletter on the website by Monday afternoon, but sometimes it's late. Please bookmark the website: bearhillfarm-csa.com. Thanks!

Farm News

All kinds of news this week. First, the very sad news that Missy dog died last Tuesday. She was well over 15 years old & was a wedding present when she was a puppy. She died at home & was sick less than a day. I'll miss her for a long time. I still can't get over that she's not around. The end of the year party won't be the same without her. She was friendly & sweet & helped a lot of kids get over their fear of dogs. I'm sure I won't be the only one to miss her.

More changes. Our daughter, Michalle, has quit farming. You really can't do it if you don't love it, so it really is all for the best. Emily has left to get ready to go back to school & Annie will finish this week. Our nephew Patrick & Erin will stay until the end of August. Then it's Mike & Paul & I.

The computer is still not fixed. I can do the newsletter on it, but still no lists of names, so please bear with us and write yours down, rather than crossing it off. We have email back, but we have a ton of old stuff to wade through as you can imagine. As always, it's best to write down any changes in pick up days next to your name the previous week, or call in advance.

Tomatoes, glorious tomatoes! They all seem ripe at once. You can peel them by dipping in boiling water until they split (just a minute). Then cool in cold water & the skin slips right off. This is the time to make sauce, salsa and eat tomato sandwiches. We also have lots of zucchini this year. A new batch is just coming in. We've often had a hard time with them in previous years due to our nemesis, the squash bug. This year it was the deer, but we had enough for everyone. Try stuffing the big ones with rice, barley, etc. Add tomatoes!

We should be getting Smudge's half-sister in the fall. He is the sheep. More on that later.

What's New In Your Share This Week

New this week is "**red**" cabbage. It looks purple to me, maybe blue once it's cooked. To retain the color, combine it with acids like wine, vinegar or apple juice, & cut with a stainless steel knife. Red cabbage is coarser than green, so marinate it longer in coleslaw or cook it a bit longer. Don't overcook, though, or it will turn mushy & strong tasting. Cabbage lasts a long time in the bottom of the fridge. If the outer leaves turn yellow, just take them off. Once you cut it, put it in a plastic bag.

Also new is a variety of onion called **red long of Tropea**. It's really hot raw and very sweet cooked. I wrote about it earlier, but we gave out another variety of red onion back then. Sorry!

Also new this week are **hot peppers**. They are pick your own, right next to the cherry tomatoes, which are also PYO. Please be careful of the beans right next to them. The row starts off with jalapenos, then a few chili peppers, and it ends with big Hungarian wax. Generally, the smaller and redder the hotter. The Hungarian wax are the

least hot, but they vary tremendously. Please just pick a few: there's only one row.

There is also pork for sale again from our own pigs. We are keeping the pork money separate from the eggs & fruit, so there is another container by the tall freezer for that cash (or checks). This time around we have Breakfast sausage, labeled as pork sausage, in addition to the hot & sweet Italian. All the sausage is bulk, so you can crumble into recipes or make into patties. Mike made toast, sausage patties & eggs for us last week for a mid-morning break. Yum! We also have kabobs again for grilling. This lean cut is also great for stir-fry, too. Just slice it thin while still partially frozen. A few people have been asking me about pulled pork. I've never made it, so decided to do some research on recipezaar.com & epicurious.com. You can use pork shoulder or butt. You can even use your slowcooker (crockpot). Check it out!

Bring **clean, empty** bags—we're getting low.

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!**

It's Time to Celebrate!

Oh, the weight of the world. If it's not the bills flooding my desk then it's the calendar packed with appointments and have-to-dos. Meanwhile, there are those tiny little matters of global warming and the depletion of our oil resources to reckon with...as well as the daily news...which just today included a spot about the number of crops that are "Roundup Ready" (genetically engineered to resist the herbicide Roundup), and how many weeds are now resistant to Roundup. ("Yet are we resistant?" was an unasked question!)

Sigh. What's a middle-class, middle-aged, middle-of-the-road woman to do in today's world? *We need some relief*, I've been thinking lately, *something to celebrate*. So I was very pleased to read in the Sunday paper a paragraph about our own Bear Hill Farm. "Mike Gagnon...is harvesting about 15 varieties of tomatoes this week, including striped German, pruden's purple, and brandy-wine. Fifteen more will be ready for picking throughout the month..." Hey!

All over the world, people have been turning to local food as a way to make concrete their commitment to a more sustainable, peaceful world. Call them "localvores" or "locavores," if you will — they are people who feel that it is worth the trouble of scouting out local food because the benefits of better taste, health, and a smaller carbon footprint are so great. And here today at the farm we have a ripe, *newsworthy* example of all that can be good about our own local agriculture, and the part that each of us plays in it by being members of a CSA. Beautiful tomatoes, I say! The tomatoes are beautiful today!

A group of locavores in Maine (www.kitchengardeners.org) has declared this Sunday, August 26 as International Kitchen Garden Day. I will be celebrating the day by demonstrating a homemade solar foods dehydrator with the folks at GrotonLocal.org. I'd love for you to join me, or you may wish to celebrate quietly on your own, perhaps simply with a plate of sliced tomatoes. Or can anyone come up with a song in the local tomato's honor? :) The point is that ripe, fresh beauties like these simply cannot be imported from Mexico, and their presence at our farm this summer is most certainly worth celebrating. — Anna Barker (annabarker@charter.net)

Recipes: Cherry Tomatoes

We could eat plates and plates of vine-ripened sliced tomatoes all summer, I'm sure. Yet the number of excellent recipes involving tomatoes means we'll have to sacrifice a few to the cooking pot. Oh well! ...This first recipe comes from CSA member Carole Barker, who rightly calls it "comfort food with a twist." (There are now 3 Barker families at Bear Hill, I believe, and none of us related!) — AB

Stove-Top Macaroni and Cheese with Roasted Tomatoes

From [Cooking Light](#) via MyRecipes.com

3 C halved cherry tomatoes

Cooking spray

1/4 tsp black pepper

3 ounces sourdough bread, torn into pieces

1 tsp butter, melted

12 ounces large elbow macaroni

2 C (8 oz) shredded extra-sharp Cheddar cheese

1/4 C egg substitute

1 1/2 tsp kosher salt

1/4 tsp ground red pepper

1 (12-ounce) can evaporated low-fat milk

Preheat oven to 375°. Place tomatoes in a 13x9 baking dish coated with cooking spray. Sprinkle with black pepper. Bake at 375° for 30 minutes or until browned, stirring occasionally.

While tomatoes cook, place bread in a food processor; pulse 2 times more or until crumbly. Toss crumbs with melted butter. Sprinkle the crumbs on a baking sheet and bake at 375° for 12 minutes or until golden, stirring frequently.

Cook macaroni in boiling water 7 minutes; drain. Return macaroni to pan; place over medium-low heat. Add cheese and remaining ingredients; cook 4 minutes or until cheese melts, stirring constantly. Stir in tomatoes. Sprinkle each serving with about 3 tablespoons breadcrumbs.

Stuffed Cherry Tomatoes

If you're having a party to celebrate the tomato crop (even your own personal private party), why not include a few stuffed cherry tomatoes on the menu? Just cut off the tops and scoop out the seeds (a table-knife tip or your little finger will do nicely), then drop in a dab of stuffing. Try pesto, mayo mixed with a little chopped bacon or shrimp (fancy!), or cream cheese whipped with basil, tuna...you get the idea!



**HOW ABOUT YOU? - WHAT'S YOUR FAVORITE
TOMATO RECIPE?**