



Bear Prints

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Don't forget to bring your clean bags to re-use! At the beginning of the season, people bring bags of bags and everyone shares them. But this time of year the bags dwindle, so we need more. Bring a cooler, basket or more bags, or else you'll be making a lot of trips to the car carrying veggies in your hands! *Save the date—Saturday, October 6th is the big end of season party! It's the CSA's 10 year anniversary, so don't miss it!*

Be careful about leaving your veggies lying around in bags in the farm stand while you go pick your stuff or visit the critters. Sometimes people even mistakenly pick up the wrong bag after waiting in line for the scale.

Half share people should make sure they coordinate with their share partners as well to make sure they haven't already come & if they did, where your bag is. The past couple of weeks members have left a message for their partners that their bag is the Trader Joe's one under the lettuce, only to find it's not there when the partner comes!

Farm News

Much less eventful this week, and what little news there is, is all good. But first, thank you very much for all the condolences regarding Missy. All the hugs and notes were especially kind and meant more than you know.

Mike bought a "new" (1983) dump truck to haul compost around the farm, etc. We have some beautiful black gold to put on the fields this fall to boost production next year. The other news is that we were in the Boston Globe again. Last Thursday we were in the paper about eating local. Denise Ferbas & her husband, John Dalton as well as the Seago family are now famous! You can see them on the web at boston.com/northwest, then search for bear hill farm. There is even a narrated slide show you can watch. You can also find an article on our eggs there, too, from last year.

It's dry now but it's nice having the capability to water here at the farm. Hopefully you guys will be doing rain dances this week so we won't have to fret about Nashoba. It's been very dry at the Westford field, but Mike only planted early over there, so most of those veggies are starting to go down anyway.

We are all done seeding in the greenhouse. Now it's just 2 more weeks of transplanting lettuce in the field and seeding the cover crops. That'll help next year, too.

We are picking up the smoked meat on Monday afternoon (bacon, ham steaks, smoked hocks), so we'll have that marked and for sale by Wed. There is still plenty of un-smoked pork in the freezer as well.

What's New In Your Share This Week

New this week are **tomatillos and okra**. They are both pick your own and are near the cherry tomatoes, which are also pick your own. The cherry tomatoes are starting to come in good now, so there is no limit on them, but try to pick just a few of the **tomatillos** and **okra** so there will be enough for everyone to try a couple.

Please walk to the right of the tomatillos. We don't want anyone to step on the leeks which are growing next door. Tomatillos look like small green tomatoes in papery husks. They start out like paper lanterns, then fill the husk to bursting. I'll pick one to leave as an example. They are great for making salsa, either raw or cooked, but most prefer cooked. You can add them to a tomato salsa, with some herbs and if you have any hot peppers left. There aren't many hot peppers now, but check in a week or 2.

I am not an okra expert, so I turned to Marian Morash's Victory Garden Cookbook for help. According to her, okra is best picked when the pods are 2 to 2 1/2 inches long. If the pods get big

they get fibrous & woody. Avoid touching the leaves, since some people get a rash from it. The pods themselves are a bit fuzzy, but you can fix that by scraping with a knife or a stiff brush. Remove the stem & cap. It has a mild flavor, but it's juices are somewhat slimy. It's used to thicken gumbo & stews. It doesn't store well in the fridge, so use it up in a couple days. It's best added to other veggie dishes, like ratatouille.

Marian Morash suggests a stew of okra & tomatoes. Cook a couple of sliced okra with some chopped onion & celery about 10 minutes in oil & butter. Add minced garlic, peeled & chopped tomatoes & some hot pepper & cook 5 min. Lower heat & simmer for another 10 min. until okra is tender. Then you can add cubes of cooked ham & rice for a meal. Or add other veggies like corn, green beans, etc.

We also have frilly **mizuna** again. Chop & add to salad or sauté briefly & use as a bed for salmon or veggies.

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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!

Late-Summer Ramblings

I'm very busy in the kitchen today, so instead of a cohesive essay I have a series of ramblings to share with you. Every once in a while, I guess, we should all process the little bits in our brains — the same way I am cooking and freezing the little bits of food in the kitchen today. ...I got up early this morning and made a few jars of bread & butter pickles with some cucumbers that were given to me as a gift. It is so satisfying to see the pantry shelf filling up with canned goods. I won't be able to feed my family on just pickles & jelly this winter, but I do have the sense that I'm "preparing" for the winter. ...I also have a little extra spaghetti sauce mixture (farm pork, tomatoes, zucchini, onions, etc.), which I will wrap in little bread dough packets and freeze for use as appetizers for a winter party. ...This past Sunday I demonstrated my new solar dehydrator. I explained how it worked, but so far the weather has been too cloudy and humid for me to be able to use it! I am typing up an overview on drying foods, including plans and instructions for making the dehydrator. If you're interested in learning more, please let me know. ...Hockey season starts tonight for the little Barkers. I do so much driving to games and practices that it's really more like a part-time job. And just when the farm season is about to reach its peak! So it's an excellent time to dust off the slow cooker. If you have any crock-pot recipes to share (especially vegetarian ones), please send them along. ...*Do you miss Missy the way that I miss Missy?* If you thought of Missy as "your" dog, too, please consider emailing me to brainstorm on some sort of memorial for her. (Ssshhh, don't tell Mike & Anne, LOL.) ... And last but not least, I wanted to tell you about this **call to artists**. Here are the details: *By Farm and By Hand* is a juried exhibition of agriculturally based artwork with cash prizes. This multimedia show will be held at the historic Groton Grange Oct. 7-9. Local artists of all ages are welcome to enter (local being a 100-mile radius of Groton). Entries are due Sept. 29. For more info, please contact Katharine Bell at Bell47@verizon.net. Anne points out that this would be a great time to photograph the farm (or paint, sculpt, knit, etc.). If you enter—or even if you don't—be sure to send us a photograph of your project for the website. ...Happy late summer to you! — Anna Barker (annabarker@charter.net)

Recipes: Zucchini

I want to again thank the people who have been sending in farm recipes, including these two for zucchini. The first was sent in by Carole Barker, from the book Animal, Vegetable, Miracle by Barbara Kingsolver. Carole says that she divides the original recipe by 3 and still has enough for 4 side dishes; so I have an adapted version here for you. — AB

Disappearing Zucchini Orzo

1/4 lb orzo pasta (multicolored is fun)
1/2 small onion, chopped, and garlic to taste
1 large zucchini
Olive oil for sauté
Thyme and oregano to taste
2 TBS grated parmesan or any hard yellow cheese

Bring 6 cups water or chicken stock to a boil and add pasta. Cook 8-12 minutes. Use a cheese grater or mandoline to shred zucchini, sauté briefly with chopped onion and garlic until lightly golden. Add spices to zucchini mixture, stir thoroughly, and then remove mixture from heat. Combine with cheese and cooked orzo, salt to taste, serve cool or at room temperature.



This brownie recipe comes from Marybeth Bush, who says they're a big favorite for both her kids and Anne. I never pass up a brownie opportunity, myself. — AB

Zucchini Brownies

1 1/2 C sugar
1/2 C oil
2 C grated zucchini
2 tsp vanilla
2 C flour
1 tsp salt
1 1/2 tsp baking soda
1/3 C cocoa powder
1/2 C chopped nuts (optional)

Combine ingredients. Place batter in a greased 13 x 9" pan. Bake at 350° for 35 minutes. Brownies will be cake-like. Check with a cake tester; do not overbake.

Still have more zucchini than you know what to do with? You can grate it and then freeze for later use. I like to package it in freezer bags, in portions measured for my favorite zucchini bread recipe—and now for zucchini brownies, too. You will need to drain off some extra liquid when it thaws, but otherwise it's the same as fresh.