



# Bear Prints

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September 3, 2007

Remember to save the date—Sat., 10/6 That's our big end of year party (not really the end of the season, but later it's too cold & unsettled). You kids should really be doing your rain dances, 'cause Farmer Mike won't have a bonfire if it's this dry! We won't have a full moon this year (and hopefully we won't have rain that day), but it is always a great time. It's potluck, but you can bring ANYTHING, so no pressure, & we cook a ton of stuff on the grill.

Will we have honey this year? We got a few more hives this spring, & they seem to be doing well. Mike has added honey supers on top of the hives & now is the time to take off any extra honey. We make sure we leave a bunch for them to tide them over the winter. We bought some jars on Sunday, so we're a step closer. In the past we've just kept them for pollination, really, & have let them keep all the honey.

One of our best hives was from a swarm that Mike caught from bees that live in the walls of our house.

PLEASE BRING BAGS, or BOXES or CANVAS BAGS!

## Farm News

I've heard it is this was the driest August on record. I believe it. Even the weeds are dying. It's a good thing we have our pond at home to irrigate. The pump Mike uses died last week though, & he had to bite the bullet & buy a new one right away. Hopefully he'll fix the old one as a back up for the new one in the future. The pond is going down, but there is still plenty of water in it. Mike saw tracks of deer, raccoon & mink down there & he saw a sandpiper migrating through. Keep doing those rain dances in the meantime. The first planting of tomatoes are going down due to the drought, but we have a second planting at Nashoba that should be ripening soon.

We finally got the chickens locked up. It just isn't safe for them to be so completely free range! We left a few out with the rooster. Hopefully we'll get a few eggs now, although there aren't as many chickens as there used to be.

Thanks to everyone for the goodies recently. We must be looking ragged cause people have dropped off zucchini bread, home-made ketchup, tomato sauce & zuke/banana/poppysseed muffins. There's a little ketchup left. We appreciate your thinking of us!

A few more pigs have an appointment with destiny in 3 weeks. Let us know if you are interested in a half or whole pig for the freezer. Call & chat with Mike if you'd like to know more.

By the way, we finally got the computer fixed, only to have a Verizon "router box" go, so we have no internet again! So, CALL if you need to get in touch with us. Thanks!

## What's New In Your Share This Week

New this week is **arugula**. I can't believe we haven't given it out already this season, we planted it so much this spring. It just didn't germinate well for us this year. **Arugula** is an Italian green used primarily in salads, but it can also be briefly cooked. You can toss it with diced tomatoes, olive oil & lemon juice & salt & pepper & serve over pork cutlets with diced fresh mozzarella. Or make substitute it for basil in pesto. You can also sauté cherry tomatoes with minced garlic & onions in olive oil until the tomatoes burst. Add the arugula, salt & pepper & cook until wilted. Then toss with pasta.

Also new this week should be **white corn**. It may have a few yellow kernels from cross-pollination. It's just another variety.

We will also be giving out the **celery** which has been growing between the farm stand and the cherry tomatoes all summer. It's a little small, and may be a bit stronger than

the light, watery ones you are used to in the store, but it tastes like the real stuff. Store it in the fridge in a plastic bag, and use the leafy green stuff for soups (you can freeze it for winter use, too). Wash the ribs and stuff with a mix of chopped green olives with pimentos and cream cheese. Or use instead of crackers with any dip. **Celery** is great diced & added to stir-fry or sautéed with zucchini & summer squash. In fact, it's great added to most anything. Don't forget salad, pasta salad or potato salad. You can also cook the whole of it in broth as a side dish, but it wouldn't go as far that way. The leeks growing right next door to them should be ready by the end of the month. The peppers are coming, too, really. Don't forget the pick-your-own cherry tomatoes, hot peppers, herbs, tomatillos & okra. Keep checking to see if more have ripened.

## 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!

## How to Over-Equip a Kitchen

Among the essays of many food writers, you will generally find one that goes something like “All I really need in my kitchen is my trusty frying pan/chef’s knife/stock pot.” I’m sure I could get by with any of the above if I had to, but I’m glad that I don’t have to! There are useless kitchen utensils, to be sure. (My “pasta measurer” never comes out of the back of the drawer. I should get it out and at least use it as a bookmark.) Yet many modern kitchen inventions are supremely useful, especially during farm season. Here are my favorites:

- **Kitchenaid Stand Mixer:** Mine is used every week to make homemade pizza dough in a matter of minutes.
- **Food Processor:** Sometimes it doesn’t come off the shelf for months, but it’s indispensable for making pesto, as well as slicing cucumbers for pickles, etc. I buy a big block of cheddar cheese on sale and then grate it in the food processor. Once it’s grated, cheese freezes well, and I can toss just a handful onto a casserole of leftover veggies.
- **Grilling Machine:** Mine is the George Foreman version (got it off Freecycle). I got it just for grilling cheese sandwiches, but it makes great grilled chicken very quickly. This buys me more time to fuss with the veggies, and sometimes I put the chicken right on a salad.
- **Immersion Blender:** This is a blender on a stick, great for making purees or any “cream of” soup. You put the blades right into the pot instead of getting a blender container dirty. Convenient!
- **Ice Cream Maker:** I haven’t gotten as creative with summer fruit sorbets as I expected, but it’s still fun to whip up a quart of vanilla to serve with fresh berries. The taste is incredible compared to the commercial stuff, you know what’s in it, and it’s a heck of a lot cheaper than going out.
- **Pasta Maker:** This is what started me thinking about “useful” appliances, as I just procured one off of Freecycle. I can’t wait to try my own version of pumpkin ravioli...won’t be long now! — Anna Barker (annabarker@charter.net)

## Recipes: Arugula

*My favorite way to have arugula is on a long slice of baguette bread with brie — warmed for a few minutes in the toaster oven for a real treat. However, most arugula finds its way either into a salad (mix with lettuce to even out arugula’s “bite”) or a dressing of some sort. Here are two to get you started; see how they work and adapt them to suit yourself. — AB*

### New Potatoes with Creamy Arugula Sauce *Adapted from Bon Appetit, August 1987*

12 small red new potatoes, boiled until tender and quartered  
1 1/2 C arugula leaves and stems  
1/4 C chopped walnuts  
1 TBS fresh thyme leaves  
1 tsp freshly ground pepper  
3 TBS olive oil  
1/3 C whipping cream  
1 1/2 tsp fresh lemon juice  
1/4 C chopped fresh mint

Finely chop arugula and walnuts with thyme and pepper in food processor. With machine running, gradually add oil, then cream, blending with on/off turns. Mix in lemon juice.

Pour this dressing over potatoes. Add chopped mint and mix. If desired, garnish with chopped walnuts, mint sprigs and borage. Serve at room temperature.

### Tomato, Basil, and Arugula Pasta Salad

*From Gardener’s Community Cookbook by Victoria Wise*

3-4 large tomatoes, cut into 1/2” dice  
3 cloves minced garlic  
1 C (packed) arugula leaves  
3 TBS shredded fresh basil leaves  
1/4 tsp crushed red pepper  
2 1/2 TBS balsamic vinegar  
1/3 C olive oil  
Salt and pepper  
1/2 pound penne  
1/2 C grated parmesan cheese

Toss the tomatoes, garlic, arugula, basil, crushed red pepper, vinegar, oil, and salt and pepper to taste in a large serving bowl. Set aside to marinate at room temperature for at least 1 hour or up to 3 hours.

Cook the penne al dente, drain briefly, and add to the tomato mixture. Add the cheese. Toss and serve without chilling.



Dianne Kottke sent in this photo of the farm in winter, hardly recognizable compared to today. — Let us enjoy the week, remembering how quickly the seasons turn!