



Bear Prints

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Did you get some yucky white onions last week? We didn't realize when we put them out that some of them had bad spots from being damp too long. Sorry! Look through them to make sure they are o.k. & use up any questionable ones first. You don't want those bad apples to ruin the rest. Also, I hear you aren't supposed to store onions and potatoes together. Both do best out of the fridge and in a paper bag, as opposed to a plastic one.

We went to another wedding on Sat. evening. My Mom joined us & slept over Sat. & Sun. She typically gets up at 5:15 a.m. & goes to bed at 11:30 p.m. BUT, in between those times she is typically running! Honestly, I don't know how she does it. And she's 79. She's been like that her whole life. Mike is psyched, though, since the house is always a lot cleaner when she's around. Thanks for all the help, Momma!

Farm News

For new members a description of the end-of-season party. We really should refer to it as the "appreciation" party, since it isn't usually the end of the season and it is really a thank you to all of you for being members.

It is Oct. 6th, the first Sat in Oct. and the party starts around 4 p.m. Bring lots of layers of warm clothes, even hats & mittens. A couple of lawn chairs, & a flashlight are helpful, too. Mike and some volunteers man the huge (6 & 8') grills & cook pounds & pounds of hot dogs, hamburgers, chicken, winter squash, veggie burgers & other veggies. It's a no stress potluck, so bring anything you'd like. It's great if your dish & spoon are labeled so I can get them back to you. Some people even bring a card with the name of the dish & a short description of the ingredients (e.g. Brownies-no nuts or Vegan Casserole-wheat-free) but it is not necessary.

Over the years the party has been in front of the shop, in front of the farm stand even in the old greenhouse when it rained one year. We have pumpkins for people to carve, & there are marshmallows to toast. The kids get to run around in the dark and it's fun to look at all the jack-o-lanterns lit up. Last year people started a new tradition (we hope) & brought some musical instruments, which was great fun. Come anytime and stay as long or as short a time as you'd like. We bet you'll love it.

It can be cold once the sun goes down. Hopefully it won't rain. The basil is still o.k., although I've been wearing my lined jeans in the mornings to pick.

What's New In Your Share This Week

New this week are **leeks**. They are related to onions and taste like a mild onion. The dark green part is tough. Most people just use the white and light green parts. They are fabulous cooked slowly in butter, but then again, what isn't? Cut off the dark part, & the roots, then cut in half or quarters length-wise & run under cold water to get rid of any dirt between the layers. They aren't supposed to be crunchy unless they're deep fried! As I noted, they are like a mild onion & can be used in almost any recipe. Or, try potato leek soup. You don't have to use a ton of cream. Just sauté the leeks in butter and boil the potatoes. Then you can puree them with chicken or vegetable stock. Good cold or hot.

Do you still have beets in the bottom of your fridge or (horrors) still some kohlrabi from weeks ago? They are probably still there because: 1. you can leave them there & get away with it (as opposed to lettuce); 2. you forgot about them; or 3. they intimidate you.

Be daring—try them! There are lots of recipes on recipezaar.com or epicurious.com or in the old newsletters on the website (although I admit, those can be a little tough to find). If one recipe doesn't seem to be to your liking, try an entirely different kind. You may be surprised to find you've broadened your culinary horizons. And if you still don't like it, it's probably cause the veggies are too old!

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!

Home Gardening for the CSA Subscriber

While I don't go selling Bear Hill Farm to every stranger I meet, it has become such an integral part of my life that the CSA subject often pops up when I'm talking to someone new. Not too long ago, my BHF enthusiasm was cut short by an acquaintance who said, "*Oh, we don't need to bother with a CSA. We grow all our own vegetables.*" — To which I could only sigh. If you really can feed your family on your own backyard produce, all the power to you.

I've never had a thumb quite that bright green, myself. Still, I like to get my hands dirty; and I know there are many of us farm members who enjoy the satisfaction of keeping a garden. This is great, because the more stuff growing the merrier; and there is plenty you can grow that will complement your share.

- **Grow for the freezer.** I love to have a crop of green beans going all summer, just to put in those freezer bags for January. Broccoli also freezes well. I still suffer from farm withdrawal, but this does ease the suffering.
- **Grow what only you are fond of.** I was going to use okra as an example here, but Mike & Anne have indulged us this year! However, you may have a taste for lima beans—in which case I ask you to *please* try them at home and not petition to have them grown at the farm next year!
- **Grow unusual varieties.** As you may know, I'm a diehard pesto fan. I delight in our bounty of basil. But I also love to try different pesto recipes, so at home I grow purple basil and lemon basil. Other people like to sample different varieties of potatoes. "Whatever works for you."
- **Grow to have a little on hand.** Even though we get hot peppers at the farm, it's nice to have one small pepper plant, so you can grab one right when you need it. Grow some cilantro, and you'll never lack fresh salsa.
- **Grow edible ornamentals.** Marigolds and nasturtiums belong in every yard. They add color to salads and sauces, as well as pleasing the eye.

If you have a hankering to play in the dirt, don't be afraid to try. Just be sure to keep your farm subscription so you're sure not to go hungry! — Anna Barker (annabarker@charter.net)

Recipes: Leeks

The following recipes came from allrecipes.com. Using a search engine is ideal for farm produce, because you can type in the vegetable name (along with the word "recipes") and have a wide assortment at your fingertips. At the allrecipes site, you also get reviews and variations. — AB

Cheesy Leek Strata

Try varying the vegetables and cheese, and add meat if desired.

1 (1 pound) loaf sourdough bread, cut into 1/2" cubes
2 small leeks, white portion only, chopped
1 medium sweet red pepper, chopped
1 1/2 C shredded Swiss cheese, divided
1 1/2 C shredded Cheddar cheese, divided
8 eggs
2 C milk
1/2 C beer
2 garlic cloves, minced
1/4 tsp salt, 1/4 tsp pepper

In a 13x9x2" baking dish coated with cooking spray, layer half of *each*: bread cubes, leeks, red pepper, Swiss cheese and Cheddar cheese. Repeat layers once.

In a bowl, whisk the remaining ingredients. Pour over cheese. Cover with plastic wrap. Weigh strata down with a slightly smaller baking dish and **refrigerate for at least 2 hours** or overnight.

Remove strata from the refrigerator 30 minutes before baking. Bake, uncovered, at 350°F for 40-45 minutes or until center is set and a thermometer reads 160°F. Let stand 5-10 minutes before cutting.

Curried Leek Soup

3 medium leeks, thinly sliced (white portion only)
1 garlic clove, minced
2 TBS butter or margarine
1 (14.5 ounce) can chicken broth
3/4 C water
1 1/2 C thinly sliced carrots
2 celery ribs, thinly sliced
2 tsp chicken bouillon granules
1/2 tsp curry powder [*or more to taste*]
1/8 tsp pepper
1 (12 fluid ounce) can fat-free evaporated milk

In a 3-qt. saucepan over medium heat, sauté leeks and garlic in butter until tender. Add the broth, water, carrots, celery, bouillon, curry powder and pepper. Bring to a boil. Reduce heat; cover and simmer 20-25 minutes or until vegetables are tender. Cool slightly. Place 1 cup soup in a blender or food processor; cover and process until smooth. Return to pan. Add milk, heat through (do not boil).