



# Bear Prints

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October 8, 2007

The last week of pick up!  
We'll miss you all. Please feel free to stop by and visit (either us or the critters and farm). Thanks again for being members and supporting the farm. We couldn't do it without you!

Don't forget Dani & Heidi are working on a Bear Hill Farm cookbook for next spring. The deadline for recipes is Nov. 10. Send to: [dani.battle@verizon.net](mailto:dani.battle@verizon.net) or [intothe-woods3@aol.com](mailto:intothe-woods3@aol.com). Heidi is 978-392-0470 & Dani 978-692-6142. There are forms in the farm stand.

A few members asked us about a work day. We usually schedule one or 2 every season. So, this year's will be next Sunday at 10 a.m. If it rains hard we'll just can it.

On the schedule is taking down the cherry tomatoes. With a bunch of people the tedious job of taking off all the clips & collecting all the string becomes fun. If we get that done we'll move on to something destructive, like pulling old veggie plants out. Bring your old clothes and gloves.

## Farm News

The big party was this past Saturday. You can see the remnants—jack-o-lanterns all over the place. We hope everyone had a great time. Not as many people as last year (it did fall on the holiday weekend this year), but still a ton. We picked up all the benches and hay-bales on Sunday and did a bit of general cleaning so we'd have our farm stand back for Monday's pick up, but we took most of Sunday off. It sprinkled a bit Saturday evening, but it didn't downpour and we still sat around the fire. One of the big hits this year was the pig roast. Our friend Lance did a great job cooking that huge pig and there was very little pork left. As usual, the stuff people brought was an incredible selection of great food. The home-made caramel corn was awesome, as well as some chili, the fried mushrooms, etc.... Dani made a cool 10 year anniversary cake with our bear weathervane logo in chocolate! Thanks to everyone who brought instruments and sang—the music was great. And thanks to all the friends that spent hours manning the grills. Mike finally got some honey off the hive, spun out & into bottles! There's more to take off, but I'm not sure he'll have time this week, since the weather's supposed to be pretty rainy.

There's a little pork to stock up on before the pick up ends.

Spring will be here before you know it. We'll send out brochures & a letter sometime in February to remind you to sign up again. In the meantime save those veggie recipes. If they don't make it into the cookbook, we'll use them in the newsletter next season!

## What's New In Your Share This Week

New this week is **celeriac, or celery root**. It is particularly popular in France & Germany, or so I've read. It lasts a while in the bottom of the fridge. It is quite ugly but tastes like celery. It has a tough skin which needs to be pared away with a knife. Once it's cut it will turn dark as the flesh oxidizes, so put it right in water with a little lemon juice or vinegar. Marian Morash, author of the Victory Garden Cookbook thinks it's best eaten raw with a dressing. She recommends slicing it into thin strips or julienne. Marinating it in a mustard/mayo dressing improves it. For 1/2 lb. of peeled celeriac use 1/4 cup each olive oil & vegetable oil, 1 1/2 T Dijon mustard, 1 T wine vinegar, 1 T heavy cream (optional) salt & pepper & 1/4 tsp dried tarragon. Combine the oils, then gradually beat them into the mustard. Slowly beat in the vinegar, then add the cream. She also thinks it goes well cooked with po-

tatoes, too. If you choose to cook it you'll have to use a "blanc" to keep it from getting brown. Put 1/4 cup flour in a sauce pan & whisk in 1 qt. water. Add 2T lemon juice, 1T butter & 1 tsp. salt. Boil 2 minutes, then add your celeriac & potatoes, cut into 1/2 " cubes at a ratio of 2:1 celeriac to potatoes. Boil until tender, about 10-15 minutes, then mash with a little cream & butter. You can do ahead & put in a buttered casserole in the oven, dotted with butter, for 30 min. at 350.

You can also add celeriac to potato leek soup.

We'll have **kohlrabi** again this week. That's the Sputnik veggie. Peel the round part & eat raw or cut into chunks & boil. You can also eat the leaves cooked like any other green. Just pull off the tough middle stem.

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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!

## “Farewell is not goodbye!”

Is it really that time of year already? I think this is my 9th year of writing “the back page,” and I have to say that the last week’s issue is always the hardest to write. How to put into words the grateful feeling I have about being part of the farm, how to express my angst about making it through the winter without my Monday pick-up?

It’s easier to handle if you don’t think of it as a “leaving” but rather as a “break.” It’s true: everything happens in cycles, and we really can’t expect the farm to keep giving without some sort of a rest. Certainly, Mike & Anne could use a break! Anyway, there are only about 35 weeks until we’ll be back again. (Yes, I counted.)

And we’re not done yet! There is still another week’s worth of produce for us, with some old familiars and something new to try (see the celeriac recipes below). I still have the winter squash from last week’s share — if I don’t get to it soon, I’m going to bake or boil it and mash it for the freezer. Then I’ll have it as pancakes or quick bread over the winter, another way to prolong the season. Mike & Anne need us at their work party, too. Especially if you missed the fabulous party over the weekend, the work day is a good way to connect with the farm and other share members. It feels good to be helpful, and the work goes fast when we’re all doing it together.

Finally, let us not forget to submit recipes to Dani & Heidi for next spring’s Bear Hill Farm cookbook. (See details on the front page.) Heidi and Dani are ready to take on the lion’s share of the work compiling and preparing a book of farm recipes, which we’ll all benefit from when the veggies come pouring in next summer. The least we can do is send in some of our favorites to make their job easier.

Oh, and don’t forget to cut yourself some herbs at your pick-up this week. Don’t get too carried away, but if you cut more than you can use fresh, just tie the remainder up in a little bouquet and hang it upside down in your pantry. Thyme especially dries well this way. (You can do the same with your basil if it hasn’t all gone into pesto.) ...Until next year! See you soon! — Anna Barker

## Recipes: Celeriac

*If you’re timid about trying a new vegetable, the easiest thing to try first is either roasting or frying. (This works for introducing veggies to the kids, too.) Don’t expect these to taste like potato chips, but then again they don’t look like a vegetable, either! — AB*

### Celeriac Chips

Peel the celery root and slice very thin, dropping the slices immediately into a bowl of cold water. Refrigerate for about 30 minutes.

Heat about 2” of oil in a pan over medium heat to about 350 degrees. Drain the celeriac slices and pat dry thoroughly. Drop them into the hot oil in one layer and cook until golden, about a minute and a half. Salt lightly, as root vegetables have a natural saltiness.

### Glazed Celeriac

*Adapted from Vegetables, by James Peterson*

1 share celeriac, peeled with a knife  
1 tablespoon butter  
1 teaspoon sugar  
Salt and freshly ground pepper

Cut the celeriac into chunks about 2” long and about 1” thick at the thickest part. Spread the celeriac in a sauté pan just large

enough to hold it in a single layer, put in the butter, and sprinkle with the sugar and salt to taste. Pour over enough water to come halfway up the sides of the celeriac. Bring to a simmer over high heat, turn down the heat to medium and place a sheet of aluminum foil loosely over the celeriac. Simmer for about 15 minutes, or until the celeriac can be poked through with a fork but still offers some resistance. If the celeriac is done but there is still water in the pan, remove the foil and turn the heat up high to quickly evaporate the water.

When all the water has evaporated and the celeriac sections start to brown on one side, toss them around—or very gently stir—until lightly browned on all sides and a layer of caramelized sugar has attached to the bottom of the pan. Grind over some pepper and serve immediately.