



# Bear Prints

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## Farm News

So far we only have \$45 towards the share for the Pawtucket House in Lowell. They are one of the few family shelters in the area. Mike says if you guys can contribute a share, then we will contribute one, too. If you are interested in contributing, you can make out checks to us with a note that it's for the shelter and we can give you the info to make it tax deductible. Any size is welcome.

Still planting and weeding. If the weeds are growing then so are the veggies, though. Keeping up with those weeds is a challenge. Mike has been cultivating the Westford field with the tractor, but the home farm is mostly maintained by hand. We are trying to finish the last of the big spring planting push, then it's already on to the successive plantings to keep things coming all season. This is one of the busiest times for us (particularly Mike who does all the tractor work), planting, weeding and picking.

It was great to see so many friendly, happy faces last week. The kids sure do grow over the winter. Members from last year had to search to find where the farm animals have been moved. I need to make a picture of where all of the animals are to hang in the farm stand this season, since they move so much! Paul and Patrick are working on building a new pen already for the goats and sheep in front of the chicken barn. It will be nice to have some permanent pens to move them back and forth to keep the brush down. That will in turn keep some of the wildlife at bay. We have lots of coyotes, fox, turkeys, and even a couple weasels. Kayla Grant started to work one day a week for us.

## What's New In Your Share This Week

We plan to give out spinach again this week. This is good opportunity to explain that everyone may not get the same veggies throughout the week. Fear not, we keep track of these things, and it all evens out. This spinach may turn yellow before Friday, just like the first batch that was pick your own. But not every crop is ready to start picking on a Monday.

Don't forget the pick your own herbs.

New this week are **kale** and **Swiss Chard**. **Kale** and **chard** (along with lettuce and later, basil) are staples of the CSA, like milk and bread. The first week we give you both, then we often give you a choice of greens. Open your mind and try different greens in the same recipe. I'm a big fan of the simple chop it up & sauté with olive oil & garlic, then steam until done. Some people add a splash of balsamic vinegar. **Kale** is the stiffer one that is more grayish. I've read it has more calcium than milk. We grow 2 kinds, the typical curly stuff & a more tender & colorful Red Russian. We also tried a little of a third Italian variety. This week it is the less curly, Red Russian. The stems are usually tough, so strip the leaves off by grabbing at the bottom & pulling upward. **Chard** has the thicker, fleshy stems. I like to separate the stems from the leaves, slice

them up and start them cooking a few minutes before adding the leaves so they are all done at once. We grow the mixed colored and red-stemmed varieties as well as the green. Once steamed or sautéed, you can use your cooked greens in all kinds of recipes. You can add cooked greens to omelets, lasagna, risotto, add to pasta with olive oil & cheese or even just heat them up and serve as is. Cooked greens are fantastic with chopped garlic, sesame seeds and tamari or soy sauce. It's great warm or cold as is or added to a wrap, orzo salad or to cooked rice. Keep your greens in a plastic bag in the fridge and check to make sure that there isn't too much moisture in the bag to keep them from sliming out. We pick your greens fresh each day, so cook them up and make the most of them!

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PICK UP MONDAY, WEDNESDAY, OR  
FRIDAY  
3 PM UNTIL 7 PM

(Please make arrangements at least one week  
in advance to switch your pick-up day.)

**CSA Since 1998**

COME ANYTIME —  
THIS IS YOUR FARM!

## Just flew in from Chicago. . . (boy are my arms tired!)

Last week I went to Chicago for a seminar. The seminar was fine, but much more interesting was my visit to the Green City Market the morning before the seminar began. I stayed with my friend Rhonda, who is a dedicated Chicago foodie as well as an excellent host. We set our alarms early and arrived at the south end of Lincoln Park (as in Lincoln Park Zoo) by 7am, right when the market opened.

Chicago's Green City Market is *divine*. And Rhonda, it turns out, is even crazier than I am when it comes to impulse shopping at farmers markets. We got radishes, green garlic with scapes attached, baby lettuce, Chinese pea pods *and* sugar snaps, yellow tomatoes (only the hothouse varieties are available in June, of course)...strawberries, muffins, ciabatta rolls, a baguette, baked cheese...

The Green City Market stands out for its selection: in addition to produce and baked goods, local meats (including elk!) and cheeses are also available. But what really is impressive is their strict criteria that all ingredients be both local and sustainably raised & harvested; you can get kicked out if your product sources ingredients that come from outside the area or are covered with pesticides. So as we cavorted across the green on that beautiful sunny morning, we knew that our purchases were contributing to our own good health, benefiting the farmers at the stands, helping to develop a regional cuisine, reducing our carbon footprints, and protecting the health and diversity of our planet — all at once.

Shopping complete, we sat with a cup of coffee (not local, so it is offered free) and a strawberry breakfast crepe to catch our breath and plan our meals. Pasta primavera! No, a stir-fry over rice! Well, you've already guessed it, but we had bought so much stuff that we couldn't finish it all in *two* complete meals! The first night we had baked cheese on a ciabatta roll, topped with sliced tomatoes, followed by fresh strawberries; and the next we had a huge plate of sugar snap peas, a baguette topped with garlic scape pesto, a green salad, and radishes sprinkled with salt—too much to eat, but proof that it can be both simple and delicious!

The market also offers demonstrations by local well known chefs, but alas, I had to make time for that dang seminar!— Anna Barker [annabarker@charter.net](mailto:annabarker@charter.net)

## Recipes: Kale & Chard

*Generous Rhonda sent me home with a suitcase full of cook-books—as well as the suitcase to haul them in! Among them is Deborah Madison's 742-page Vegetarian Cooking for Everyone. Here are two timely recipes from the collection.—AB*

### Green Barley and Kale Gratin

Serves 4-6

2/3 cup pearl barley, rinsed  
Salt and freshly milled pepper  
1 large bunch kale, washed and stems entirely removed  
2 TBS butter  
3 TBS flour  
1 1/2 C milk or vegetable stock  
1/4 tsp allspice  
1/8 tsp grated nutmeg  
1/2 C grated Gruyere or provolone

In a saucepan, add the barley to 1 qt boiling water with 1/2 tsp salt and simmer uncovered until tender, about 30 min. Drain. While it's cooking, cook the kale in a skillet of boiling salted water until tender 6-10 min. Drain, then puree with 1/4 C of the cooking water until smooth.

Preheat the oven to 375°F. Melt the butter in a small saucepan, whisk in the flour, then add the milk. Cook, stirring constantly over medium heat, until thick. Season with allspice, nutmeg, salt and pepper. Combine all the ingredients, check the seasoning, then transfer to a lightly buttered baking dish or ramekins.

Bake until lightly browned on top, about 30 min. (If you've used ramekins, run a knife around the edges, then unmold them by giving them a sharp rap on the counter. Present them browned side up.)

### Chard Soup with Sorrel or Lemon

Adapted to serve 2

2 TBS butter  
1 small onion, chopped  
2 red potatoes, peeled and thinly sliced  
1 bunch chard, stems removed (about 5 C leaves)  
Juice of 1/2 lemon—or 1 cup sorrel leaves, stems removed  
Salt and freshly ground pepper  
1 1/2 TBS sour cream (or crème fraiche)  
1/4 C cooked rice or small toasted croutons

Heat the butter in a large saucepan over med-high heat. Add the onion and potatoes and cook, stirring occasionally, until they begin to color, about 8 min. Add 1/2 cup water and scrape the bottom of the pot to release the juices that have accumulated. Add the greens and 1/2 tsp salt. As soon as they wilt down (5 min), add 3 cups water. Bring to a boil, then lower heat and simmer, partially covered, for 12-15 min. Puree soup and return to pan. Season with salt and pepper and add lemon juice (or sorrel leaves). Mix the sour cream with some of the soup to smooth it out, then swirl into the soup. Serve with rice or croutons in each bowl.