



Bear Prints

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We received quite a few contributions to the family shelter share last week. We are now up to \$288.50. We need to get to \$520 so Mike & I can kick in the other share, so we need another \$231.50.

I called and asked them if this was too much of a bother for them and whether they still wanted us to deliver fresh veggies. The director and someone underneath her were very enthusiastic. They have a cook who enjoys the variety and has lots of refrigerator space. So help out if you can to help nourish some people who could use it.

A word about the newsletter. I try to make sure there are a few copies every day for those of you who don't have a computer or have one that is on the fritz.

Usually an old member who created the website for us but has since moved away posts it on our website for us on Mondays around lunch time. (Hot off the press, since Mike usually determines what we are giving out on Monday mornings). I write on the whiteboard whether it's there or not. If you can get it at bearhillfarmcsa.com it would really help, since I don't want to push our luck with our copier, & I should be out picking instead!

Farm News

All kinds of news this week. The major news is the fact that we were hit hard by hail at our Westford field off Graniteville Rd. last Tuesday. We've never really had hail & it was depressing. The corn leaves were shredded and many tomato branches were broken. All the dirt Mike had just hilled up on the potatoes washed away. But, as usual, it wasn't nearly as bad as it could have been, and although the veggies will be set back a bit, most have survived. Luckily, the computer is intact (remember last year's lightning?) and the fields at home were unscathed. One of the guinea hens hatched 4 chicks! They are notoriously bad mothers in our past experience, so don't go near the chicks or she may lose them. I'm not sure if they will be protective either, so lets wait to get a close look until they are bigger.

We got the butternut and acorn winter squash transplanted last week by the shop. I finished weeding the carrots in front of the shop, but they still need thinning. Everyone has been hand weeding at the home farm.

We are planning on offering some great cheese for sale. The woman who owns West River Creamery from Londonderry, VT has been going to our Marblehead market for years and we love her stuff (& she's really nice, too). It is cow's milk cheese from her own cows and she makes it herself. We really enjoy it and have been eating it for years & thought it would be nice to offer it to the CSA. She has Londonderry, farmhouse jack, pepper jack, marinated feta and a farmhouse tome. Priced as marked & you can put the money in the egg box. Coming soon!

Please don't park in the gravel road next to the greenhouse. Landscapers have to be able to get to the compost pile and we need access, too. Thanks!

What's New In Your Share This Week

New this week is **escarole**. It is a green for cooking or salad, but it is one of the more bitter ones. As such, it's supposed to be really good for you. Cooking really tames the bitterness. Try the recipe on the back page—it's fantastic. It is also great in soup, probably because it is a more hardy green. Check the web for more ideas. [Recipezaar.com](http://recipezaar.com) is a great site, as well as epicurious.com. I'm sure you guys know of more sites, so send them in to Anna to add to our list. You can always check out the old newsletters on the website, too.

Also new for some this week is **zucchini & summer squash**. These summer staples are very versatile, so try them in a different way than you are used to. Personally, I love them sliced, brushed with olive oil, garlic & herbs & grilled. I even like the leftovers in cold pasta salad, added to rice, etc. We try not to inundate you & if we have a lot in the future, we'll give it out as extra. Also new this week is **basil**. Seasoned members know there will be plenty of this stuff in the fu-

ture. The first week or two we just offer a couple clippings to stimulate the plants to branch out. Soon enough there will be bunches for pesto. Unlike most of your veggies, basil does not like the refrigerator, where it usually turns black & unappealing. Keep it in a glass of water on the counter instead.

Also new this week is **winterbor kale**. It is the curly stuff most people think of as garnish when you mention kale. It takes a bit longer to cook than the red Russian kale we gave out last week. Do the same thing and pull the leaves off the tough stems and rough chop before cooking. Lots of our farmer's market customers juice it.

Also new are **beets**. The **greens** are fantastic sautéed with olive oil & garlic. Boil or roast whole or in chunks. The peels slip right off once cooked. They are great baked—really sweet. Eat hot or chill & mix with oranges and salad. Be careful, they stain. Try them—farm fresh are wonderful.

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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!

Vacations & Holidays

Every year Anna Barker goes away for vacation for a week or two. She goes to visit family and to get away, but an added benefit is that it makes me appreciate her “back page duties” all the more. I email her late Sunday night or early Monday morning with what veggies I think will be in your share for the week to give her the heads up. I usually don’t confirm what we’ll be getting until late morning and then expect her to be done by lunch so I can make copies and email the final version off to Seth, our webmaster. I’d say it’s a thankless job, finding recipes and sermonizing about how to eat all those greens, but I know it’s not. Many of you drop Anna emails about how much you appreciate her recipes and ideas. Feel free to drop Anna or me a line anytime with thoughts as to how the newsletters can be better and if we’re doing OK. I know she appreciates being appreciated. Who doesn’t?

As for holidays, we have a saying “There’s no holidays on the farm.” So, we have pick up on the 4th of July, since the veggies don’t know enough to postpone maturity. It’s just as well, though, because there’s always so much to do, with weeding, transplanting, picking and, did I mention weeding? It’s also great to see all the Dads and other members who often are working and don’t have a chance to pick up. Remember, you can come any time to visit the farm, not just on your pick up day. Stop by some weekend to visit the animals, pick some extra herbs or take a walk. Explore the farm.

Recipes: Escarole and Other Greens

These 2 recipes are reprints from last season. I don’t like to do that too often, since I feel I’m being lazy, but sometimes they are just too good not to repeat.

Here is Mike’s famous escarole dish that was in the Boston Globe 2 years ago. You can still see it at boston.com by searching for Bear Hill Farm. It takes a really big pan. If you are vegetarian, you could probably try it with smoked tofu.

Escarole, Beans and Sausage

8 oz. hot (or mild) turkey Italian sausage links (must be Shady Brook Farm brand)
1/2 cup chopped onions
2 19-ounce cans cannellini beans (white kidney beans), drained and rinsed
3/4 cup reduced sodium chicken (or veg.) broth (or more)
1/4 cup dry white wine or reduced sodium broth
2TBS snipped fresh thyme or 1 tsp dried thyme, crushed
1/4 tsp crushed red pepper flakes
2 cups or more coarsely chopped escarole (or other greens, but escarole is best)
1/4 cup finely shredded parmesan cheese (optional)

Wash escarole thoroughly. In a large skillet cook sausage & onion over medium heat about 5 minutes or until sausage is

brown and onion is tender. (Mike adds broth to keep it from sticking, since the turkey sausage has little fat.) It reduces and really adds to the dish. Stir in beans, broth, wine, thyme & red pepper. Bring to boil, reduce heat, cover and cook for 5 minutes. Stir in escarole and heat until wilted. And only one pan to wash!

This recipe was from Mimi Englander—the secret ingredient is Worcestershire sauce. Try including it in a zucchini stuffing.

Swiss Chard with Onions

2 tsp olive oil
2 cups thinly sliced onion
2 cloves minced garlic
8 cups torn Swiss chard leaves (about 12 ounces)
1 teaspoon Worcestershire sauce
1/4 teaspoon salt
1/8 teaspoon black pepper

Heat oil in a large nonstick skillet over medium heat. Add onion; saute 5 minutes or until lightly browned. Add chard; stir-fry 10 minutes or until wilted. Stir in Worcestershire, salt, and pepper.