



Bear Prints

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July 7, 2008

You did it! We'll be delivering 2 full shares to the family shelter this season. Thanks to everyone who contributed and to Dick Henry, who has been doing the deliveries for years. Remember, we can't donate your share to the shelter when you are on vacation (or whatever) unless you tell us the week before that you want to donate it. Sunday was my Mom's 80th Bday! Everyone knows her as Babci (grandmother in Polish). She usually comes on Mondays to help out on the farm, but she has been busy with a sick relative this year.

This wet weather is great for growing greens, so you may feel a bit inundated. We try not to overload you with any one veggie, but we need to harvest the chard, kale and collards when they grow so fast so that they don't go by. They will slow down in the dry heat later, and you'll be looking for them. So, for now feel free to cook them up and freeze them to enjoy later if you're having trouble keeping up.

Farm News

Yet another busy week. Saturday the gang descended with great success upon Westford to weed the place while I was at market. The field looks OK, despite the hail. Lots of weeding at home as well. Yesterday Mike cultivated some of the field corn at Nashoba. Field corn is feed corn (or cornmeal corn I suppose). This is the first year Mike is growing it for the animals. The weeds were as high as the corn, since we've had so much rain. You can't cultivate when it's pouring, since the fields are too wet and the weeds won't die; they'll just re-root. The girls have been busy seeding in the greenhouse. If it stops raining we'll get some of those transplants into the ground. Wednesday was Marissa's last day. She worked for us for 8 weeks under a program through her college. She was a trooper, never complaining. We do a "last supper" for our workers and she requested a barbecue. While waiting for the downpour to stop we were informed that a big pig was trying to get into the greenhouse! We ran out into the downpour & lightning to discover that 3 sows had escaped their pen. Just a little damage to some transplants that got stepped on and a few flowers, but we were lucky. A few sows can do a lot of damage quickly! Well, the cheese has arrived! It is self-serve in the egg fridge with the prices marked on it. There is a little write up about them that I will post. They don't use hormones, pasture from May-November, feed a vegetarian diet (duh), and use vegetable rennet!

What's New In Your Share This Week

New this week is **collards**. If you don't get them this week, then you'll get them next week. They are shaped like ping pong paddles. Just like the kale, strip the leaves off the stems. Roughly chop, then steam, or sauté with olive oil & garlic. They are often slow cooked with a little water and salt pork or bacon. Once we introduce the greens to you we usually give them as a choice.

Also new this week is **kohlrabi**. Unfortunately you have to peel the bulbous stem, so you lose the pretty purple color. I love it sliced raw, but you can also boil and mash them (Mike's preference). In case you don't have enough greens, you can also use the leaves, stripped off the tough stems.

One more new item this week—**bok choy**. It is great in choy suey. There is a recipe on

the back page. I also found some on epicurious.com, particularly Bok Choy Gratin, but I couldn't fit it, being the clod that I am with formatting. Check it out yourself. Baked with cheese, it sounds good enough for kids to eat. Check out the website for other ideas for kohlrabi as well.

By the way, Nancy Wilder reports that she left her veggies on the counter the other day & she returned to find her cat crunching on the beet greens! Her cats like the lettuce, too. Smart cats!

Well, I guess it's time to get out there and start picking! Have a great week!

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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!

Newbies (guest writer Paige Impink)

As I chop garlic scapes and follow a recipe for Bean Soup with Kale, I can't help but feel excited about our new family adventure with Bear Hill Farm! Having never participated in a CSA, we didn't know what to expect. We knew we wanted more local produce, we wanted to support local farming, and we wanted to give our kids a chance to see where their food really came from.

We look forward to the bounty we receive each week and the kids can't wait to get to the farm. Picking up our share, the animal visits, buying eggs, and crossing our name off the list is all old hat now just three weeks in. However, I am still adjusting to the stress I feel when I get home. "Okay, now what do I do?" I reach for my Moosewood Cookbooks or look up the newsletter on line and see suggested recipes.

With kids under foot, I can't just cook up a storm the way I'd like to, so I have to wedge caring for these great vegetables and putting them in worthy recipes between other household tasks. I feel a self-imposed pressure not to let a single leaf wilt before it hits a recipe, but the results have been very satisfying. Ann and Mike and their crew work very hard and we appreciate the result.

We give two thumbs up to our summer adventure so far and recommend it to friends and family alike. We also want to thank Lauren and Doug Cunningham, long time members, for telling us about Bear Hill Farm! We very much look forward to all the new goodies to come.

The Impink Family, Tewksbury

Recipes: Bok Choy

This recipe is modified from a little booklet that came with Mike's wok years ago. It's called *Wok Cooking for Beginners* by China Connection.

Pork Chop Suey (or chicken or vegetarian)

1 cup thinly sliced lean pork
1 medium onion, thinly sliced
2 -3 cups shredded bok choy
1T soy sauce
2 cups fresh bean sprouts
1/2 cup bamboo shoots
1/2 cup sliced water chestnuts
1 cup sliced fresh mushrooms
1/2 cup sliced celery
Salt & pepper
1 T cornstarch dissolved in 1/3 cup water
2 T peanut or canola oil
Marinate pork & onions in soy sauce for 20 minutes. In the meantime, dissolve cornstarch & slice veggies.

Coat wok with oil & heat until almost smoking. Add pork & onions and cook until pork is brown, about 2 minutes. Cover and cook 3 more minutes until pork is done. Add bean sprouts, celery & bok choy & cook, stirring, 2 minutes. Add rest of veggies & salt & pepper & stir, then cover & cook until done, about 3 more minutes. Stir cornstarch mix, then add and mix. Shut off heat and serve over rice with more soy sauce. Quick & easy, once you chop the veggies.

I had a great recipe for beet curry soup from member Bruce Magnuson, but it will have to wait a week or two until the next time we give them out. Keep those recipes coming!

Thanks to new member Paige Impink for being the guest writer above this week. I appreciate the help with getting the newsletter done. Can't wait til you're back, Anna!