



Bear Prints

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I can't believe it's that time of year again where I have to start reminding people that paid half their share in the spring that the second half is due! Actually, I only remembered when people started conscientiously sending their checks in. In case you forgot, second payments of \$260 are due by August 1st. If you aren't sure whether you paid the whole thing or if you and your share partner paid only half, feel free to drop me an email or leave a message on my cell phone & I'll check for you. Thanks!

The rosemary has been planted! You can start harvesting now, but remember there are lots of other members. I've been directed that we should cut the stems about 2/3 of the way down, then let them re-grow. Don't cut all the way down to the base or they won't come back. Enjoy!

Don't forget the other herbs, too. Most are great just chopped and added to salad. The mint and lemon balm make great tea, too.

Farm News

Well, I guess I don't have to write about the fact that we need rain! We received some much needed sustenance last night. When it's dry and we have showers Mike has a habit of driving around to our rented fields and checking whether they got it, too. It's often hit or miss. Nashoba was very dry last evening, but hopefully the feed corn over there got the rain, too. Irrigating is such hard work, lugging around the pipes and walking back & forth, fixing leaks, etc. that it's great if we don't have to go there.

The Westford field on Graniteville Rd. looks marvelous! The melons are sizing up, & we want to share our excitement, but we are afraid of jinxing them! Keep your fingers crossed. The corn is tassling and making ears. This is the same batch of corn that was shredded with hail. Mike wants to put up some electric fence this week around it to keep the raccoons out. It is right next to a swamp. He'll also put up some scary eyes. They are basically beach balls with circles representing eyes on them. They usually have streamers of metallic tape attached as well that flutter in the breeze. You put them up just before the corn is ready to keep the blackbirds from eating the corn. You have to move them around every few days so they don't get used to them (that's also why you wait to put them up). He already put up a few scarecrows. The crows were pulling the seeds out of the ground and eating them!

Mike & I slept in on Sunday and took most of the day off. It was fantastic!

What's New In Your Share This Week

Could be quite a few things new this week, but it depends on how they grow. The dry 90 degree weather slows the veggies down (just like us). If it gets too hot, eggplant and peppers will drop their blossoms. Then they don't set fruit and you have to wait for the next batch of blossoms. I'm surprised the chickens are laying as well as they are, since they often let up in the heat as well.

Another thing is that the crops haven't been cooperating about conveniently ripening on a Mon-Fri schedule. So sometimes the end of the week sees a veggie first. As we mentioned, we keep track of these things. Save your newsletters & you'll be prepared (or look on the website to find recipes in old newsletters that you have misplaced).

So, possibly new this week are **mizuna**, **arugula**, and/or **summer turnips**.

Mizuna is an Asian green that repeat members (note that I didn't call you old) have been asking for. It is frilly and is great raw mixed with lettuce

for salad. In fact, it makes up the lion's share of the mesclun mix we sometimes grow. **Arugula** is a green that has a distinct flavor. It is very popular in Italy & at the farmers market. Also used in salad, when each are big both **mizuna & arugula** are good sauteed briefly as well. Mike wilts the **mizuna** down with a little soy sauce and garlic (maybe ginger) and uses it as a bed for salmon. At least he used to when he had time to cook.

Summer turnips are of the haikurei variety. They are not like the big fall turnips you may be familiar with. These little beauties are great just sliced raw in salad. Mike's favorite way to eat them is to boil them until just tender, then add a dab of butter and salt and pepper. The greens are also mild and tender and are great steamed. Try adding some of the herbs to your favorite cooked greens recipe to change things up a bit.

We try to have lettuce every week, & it looks like we'll squeak by this week as well.

Bear Hill Farm CSA
Anne & Mike Gagnon

14 Davis Road
Tyngsboro, MA 01879
Phone: 978-692-4224 cell 978-846-4577
Email: bearhillfarm@aol.com
Website: bearhillfarmcsa.com

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!

Ready-Set-Go!

Week 6 at the Farm. This is about the time when we see that we need to develop some kind of a system if we're ever going to keep pace with the wonderful amount of produce that comes our way from Bear Hill Farm. We get the right amount to feed a family of four for the week, or two hungry vegetarians; it really isn't *too much*! Yet you are not alone if you're feeling a bit overwhelmed right now. It's okay, you'll adjust. As a veteran, let me share some tips that have helped me.

You'll want to start with a well-stocked pantry. Google "well stocked pantry" for tips, but my favorites include: burrito wraps, puff pastry, wontons, Annie's mac & cheese (an excellent base for all kinds of veggies!), nuts, a good variety of cheeses, many flavored vinegars, and an assortment of spice rubs (commercial or homemade). Keep these all on hand to feed your imagination and avoid last-minute grocery trips. Speaking of grocery trips, try to make your "big shop" the day after you do your pick-up, if possible. Start by planning your meals based on the share—no more random selections from magazine recipes!—and make your grocery list from there. Some of my best meals have been pulled together spur-of-the-moment (with the help of that pantry), but I still have a weekly routine. Mondays are usually soup, for instance, to use up most of last-week's veggies. And Fridays are for homemade pizza because...well, just because. Once a week we will always have eggs, pasta, or a giant salad. The point is that if you give yourself some guidelines to start with, it is actually easier to be creative.

When planning those meals, keep in mind that some veggies stay fresh longer. So your marinated beet salad should go at the end of the week, while the stir-fried greens are closer to the beginning. And don't forget a leftover night so you can have a night off to enjoy the summer! The frost will be on the pumpkins too soon. — annabarker@charter.net

Recipes: Greens Greens Greens!

Lauren Cunningham sent in this recipe from the Earth Bound Farm Organic Cookbook, by Myra Goodman. Lauren says that if you don't have any lemons, you can use lime or orange zest (the best), and that the dish goes really well with pork. The recipe uses Swiss chard, but it'd also be good with mizuna (shorter cooking time) or some of the other greens.—AB

Swiss Chard with Raisins and Pine Nuts

1 bunch (about 1 pound) Swiss chard, any variety
2 TBS olive oil
3 TBS minced shallots
Grated zest of 1 lemon
1/4 C raisins
1/2 C toasted pine nuts
Coarse (kosher) salt and freshly ground black pepper

Rinse the chard and cut the ribs off the leaves. Cut the ribs into 1/2" dice and set aside. Stack the leaves and cut them into 1/2" strips. Set the leaves aside separately.

Heat the olive oil over medium heat in a large, heavy pot or large, deep skillet (preferably nonstick) with a tight-fitting lid. Add the shallots and card ribs and cook, uncovered, until soft, about 5 minutes.

Add the chard leaves and cook, stirring frequently, about 1 minute. Add 2 tablespoons of water, most of the lemon zest, and the raisins. Cover the pot and cook, stirring occasionally,

until the chard is tender and the water has almost evaporated, 4-8min. If the water evaporates before the chard is tender, add an additional splash of water. Remove the pot from the heat. Stir in the pine nuts, and season the chard with salt and pepper to taste. Serve immediately garnished with remaining lemon zest.

There are 153 recipes using Chinese cabbage over at www.cooks.com. This is #57.—AB

Spicy Chinese Cabbage

6 C coarsely shredded Chinese cabbage
1 small red pepper, seeded and cut in thin strips
2 TBS soy sauce
2 TBS salad oil
1 TBS vinegar
1 tsp salt
1 tsp sugar
1/8-1/4 tsp pepper sauce
1 clove garlic, minced

Combine cabbage and red pepper in large heatproof bowl. In a small bowl, mix soy sauce, oil, vinegar, salt, pepper sauce and garlic. Pour over cabbage mixture. Cover bowl and microwave at high power 8 minutes, stirring once. Stir and spoon into serving dish. Or, cover and chill well to serve as a chilled vegetable or salad.