



Bear Prints

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In case you forgot, second payments of \$260 WERE due by August 1st.

We still have more than ever before that are late. Please pay up this week or make arrangements.

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!

Thanks so much for all of you who did get your checks in already!

I was interrupted this morning when Mike came to tell me the sheep & goats were out. They came right away, the dears, when I called them and went in the barn when I offered them grain. They are there temporarily while we finish their new pen. I'm sure they will miss you if you don't go visit them. They are in the barn where the pigs were this spring.

The teenage pigs are in a pen in front of the house now. Walk down the road towards the pond and you'll see them just past the yard. We are down to one guinea hen baby. Although they are roosting at night, the fox is active in the day, too.

Farm News

It was a tiring but productive week. We spent Monday afternoon fencing in about an acre of land at our Westford field to keep the deer out of the sweet potatoes and melons. It didn't help at first, since they just jumped over the electric fence, but they must have tasted the peanut butter we smeared on it and changed their minds. We'll have to move it over to the corn, though, since the raccoons have found it to ready to pick.

Mike spent last weekend tilling over at Nashoba, but then it poured and he couldn't plant. Monday we were busy (as seen above) & Wednesday we were picking, so Wednesday evening and Thursday we finally got some transplants in the ground. Up until then we only had feed corn planted in Littleton. Now we have broccoli and cauliflower, shelling and sugar snap fall peas seeded, more corn, and a couple varieties of beans. The big push of fall planting is on. We only have the next week and 1/2 or so until it will be too late to put stuff in. Any later and the frost will get it before it matures. Then it will be weeding and picking, picking and more picking (hopefully)! It's been a tough season, since we missed so many planned days of planting due to all the rain.

You'll see some changes at the home farm, too. My brother Joe, nephew John, Mom & I harvested all the garlic last week. Michalle, Patty & Matt hung it all in the barn. We grow our own garlic for seed for next year, as well as to give out. Mike is already getting the top of the hill seeded with cover crop to enrich the soil for next season, and there will be new plantings where veggies have already been harvested.

What's New In Your Share This Week

New this week is **corn**, unless you pick up on Friday, since they got some last week. It just seems to be that things are trying to come in on Fridays instead of Mondays. This is the corn that was shredded by the hail. It did great, coming back and there are very few bugs, since it is the first of the season. We had some for lunch and it was great.

Also new this week are **red long of tropea onions**. They are very strong raw, but are the sweetest onion ever cooked. They are incredibly popular and are great on the grill. Cut off the tops and you can use them in stock (fish them out when you are done, since they are tough) or throw away. These aren't storage onions, but summer onions, so don't put them in the pantry to eat in the winter or they'll be a slimy mess. Better to enjoy them in the next month or two. Another new item may be **watermelon**. These are the melons the deer are fighting us over. They are worth fighting over, though, so we didn't give up. They could be any color: yellow,

red, pinkish orange or swirled, so don't be alarmed.

We'll have a knife available if you have to cut one in half because you split a share. We don't claim to be experts at picking them. There are tell-tail signs supposedly. The bottom turns yellow, the tendril opposite the stem turns brown and of course, the mysterious plunking sound. We do our best, and even the not quite ripe ones are good!

And last but not least, we are turning you loose on the **pick your own cherry tomatoes**. Please be kind & only take a few the first week or two so everyone can get some. Soon there will be too many to pick, as our repeat members can attest. We aren't going to police you, so you are on the honor system. They are a rainbow mix, so they ripen all different colors - some red, others orange or yellow. Let us know which ones are your favorite for next year. A reminder that you can pick any of the pyo stuff anytime, not just on your pickup day.

Bear Hill Farm CSA

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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.)



COME ANYTIME —
THIS IS YOUR FARM!

It's Party Time!

"Just a heads up that new this week will be corn (if the raccoons didn't eat it all) and red long or tropea onions. Hopefully we'll also have watermelon. Basil again as well and probably beets. Use what you'd like for recipes!" — Anne

I was so excited to read Anne's email message to me this morning— never have I seen a better excuse to throw a party! And I would not be the first to be thinking along these lines around this time of year: among other festivities, August 1st marks *Lughnasad*, the ancient British celebration of the "first harvest." The entire earth is ripening and the ingredient list is long; but the wheel is turning and time is short. So let's rejoice now and share the bounty with our friends!

Whatever problems our early ancestors had (like mere survival, for one), I think they had it easier when it came to planning parties. A tightly-knit village community, a more predictable routine, a greater sense of sharing the workload, all meant that gatherings were part of everyday life...and food was often the centerpiece.

These days it seems like all the stars have to unite before I'm ready to pick up the phone to get even a few dear friends together for a simple meal. Everyone is always so busy! And the house isn't clean enough. Never mind the need to have a "theme" or take-home party favors. (I blame our commercial mass media for drilling in the message that every event *must* involve the purchase of wasteful consumables. Arg.)

Forget all that. A party requires some nice people and fresh food that's prepared with love. That's all! So pick a date, throw a sheet over the picnic table, give some folks a call, and have yourselves a good time. With this week's share to start off your ingredients list, you can't go wrong. And if you let the guests bring the beverages, you'll be singing rounds of "John Barleycorn" in no time. — Anna Barker (annabarker@charter.net)

Recipes: Party Food

*Talk about abundance: there is no end to recipes for delicious party food! Here is a recipe for a nice pasta salad—add or subtract vegetables & amounts according to what you have on hand and how many you're serving. Serve with some grilled sausages or chicken breast...or not. It's **your** party! - AB*

Pasta with Grilled Summer Vegetables and Goat Cheese
From The Garden-Fresh Vegetable Cookbook, by Andrea Chesman (Serves 4-6)

Diced vegetables: 1 small yellow summer squash, 1 small zucchini, 1 red bell pepper, 1 fennel bulb, and/or 1 cup green beans (cut in 1" lengths)
2 TBS extra-virgin olive oil
1 pound rotini or other short pasta
2 C cherry tomatoes, halved
1/4 C loosely-packed fresh basil
2 garlic cloves, minced
6 ounces soft fresh goat cheese, crumbled

Prepare a medium-hot fire in the grill with a lightly oiled vegetable grill rack in place. Begin heating a large pot of salted water for the pasta. Combine the squash, zucchini, bell pepper, and fennel/green beans in a large bowl. Add the olive oil and salt and pepper to taste, and toss to coat. Grill the vegetables, tossing frequently until tender and lightly

charred, about 5 minutes. Set aside and keep warm. Add the pasta to the boiling water and cook until just al dente. Reserve 1 cup of the cooking water and drain.

Return the pasta to the pot. Add the tomatoes, basil, garlic and goat cheese. Pour in half the reserved cooking water and toss to form a creamy sauce. Add more water if necessary. Season generously with salt and pepper. Transfer the pasta and sauce to a serving bowl. Top with the grilled vegetables and toss lightly. Serve at once.

Salsas are an excellent choice to serve with chips or over grilled meats at any party. Try **corn and greens**: 5 cups shredded sharp greens (arugula, watercress, radicchio), kernels from 3 ears of corn, 1/4 C cider vinegar, and 1-2 small hot peppers, minced. Or how about **watermelon and red onion**: 2 large watermelon slices, cut into 1/2" chunks; 1 large red onion, diced; 1 bunch fresh cilantro, chopped and 1/2 C balsamic vinegar. (Both ideas from Recipes from America's Small Farms, by Joanne Lamb Hayes and Lori Stein.)

Serve a dip or cheese spread with sticks of our fresh vegetables—one of my favorite ways to eat zucchini. I like to mix some of my homemade basil pesto with cream cheese in the food processor for a simple but fancy spread, or pesto mixed with mayo makes a nice dip. And the cherry tomatoes...just leave those out to be eaten like candy! — AB