



Bear Prints

Volume 11, Number 13

September 8, 2008

**SAVE THE DATE
PARTY
SATURDAY
OCTOBER 4, 2008**
From 4 p.m. to
Potluck, barbecue,
bonfire, lots of fun!

I can't believe it's only 4 weeks away. I'm in trouble if what they say about time going faster as you get older is true. Either that or I'm really happy since time flies when you're having fun.

We need plastic bags again! Please bring some this week!

We've been super lucky with things just working out over the years. It continues as members just seem to know when we can use the extra help. Aside from my Mom (Babci), Ann Conant from down the street helped pick beans last week. In addition, a couple members came early last week and helped set up. It all adds up and we appreciate it!

Farm News

Sad news—Anna Barker's Dad passed away out in Ohio. Please keep her and her family in mind this week.

After all the rain we had this summer it's hard to believe it was getting really dry. Hanna dumped a significant amount of rain this weekend, though, so we're all set for another week now. No major problems here despite the wind & heavy rain (aside from the usual leaks), but there was a lot of erosion along the sides of the road. Be extra careful when parking this week, since some of the gullies are deep. A lot of the gravel washed down into the road. Mike heard on the weather that it's supposed to get really cold this week in the evening. Keep your fingers crossed that we don't get a frost! We'll cover the basil and sweet potatoes if necessary. They are very cold sensitive. It would be a shame to lose those potatoes after all this time.

Paul is off to St. Thomas on Thursday for a well-deserved week vacation. We'll keep him busy before he goes, then we'll be the ones busy.

Last week I mentioned in passing that we don't get to eat many veggies in the summer. Jackie Frey made us an incredible cauliflower pie on Friday. The recipe is from Moosewood, & if we have more cauliflower I'll definitely include it in the newsletter. It was great! It has a grated potato crust and it is similar to a quiche, with eggs and cheese. The cauliflower still had some texture to it, which I liked. (Remember, don't cook your veggies to mush.)

What's New In Your Share This Week

Nothing new this week. It was bound to happen sooner or later. This is the hardest time of year to write the newsletter for me. The help is usually gone and the activity isn't as varied now. Usually it is just pick, pick, pick.

You've had them all before, but this week we'll be harvesting the new baby greens planted out in front of the farm stand. You may not remember, but the greens we used to give out every week were at the top of the hill. We usually plant the different kale, chard and collards once in the spring and harvest them all season long by picking just the outer leaves. This season even the greens went down to disease with all the rainy weather, so we started more babies in the greenhouse. We then transplanted them out in front of the farm stand, and now they are ready to harvest. We'll try to give out chard

to everyone this week, since it seems the most popular green and you haven't had it for a while. We'll also give out a choice of the others. There is always sautéing greens in olive oil & garlic, and I hear that kale chips are good (curly kale sprayed with oil, sprinkled with salt & baked until crisp) but I haven't tried it yet.

We have some horticultural beans (also known as shelling beans) growing well over at Nashoba. Hopefully the cold weather won't set them back. The variety is tongues of fire; they have red streaks. We can pick them as regular green beans if it doesn't look like they'll mature in time. You can eat them as green beans when immature, as fresh shelling beans when ripe or leave them until dry and use as dried storage beans.

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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!

On Dad, Life, and Cherry Tomatoes

Yes, my Dad passed away last week. He was 82, had lived a full and happy (for the most part) life, and was spared suffering from ill health. Short of keeping him around forever, it was the best we could ask for.

Dad was an organic gardener when I was growing up back in the '70s. We lived in a typical suburban development right in the center of Ohio farmland. Although I still think of Ohio as part of our country's agricultural heartland, our backyard was the only one that was half taken over by a vegetable garden. Dad made compost, rotated his crops, mulched, and did all the other things that made his garden thrive, giving us tons of beautiful veggies all summer long. (I didn't like them then! For shame.) Of all the things that Dad taught me—or tried to teach me—over the years (practice the piano! watch your pocketbook!), I will always hold his love of and care for the land closest to my heart.

As he got older he was understandably unable to keep up with his large vegetable garden; in fact he spent most of his time dozing, at least this past year. So it was very touching when I came home last week to be with him one last time, and my brother took me out to the backyard to show me that Dad had planted some cherry tomatoes in the Spring. Apparently, he was thrilled by my 8yo Miles's love of cherry tomatoes and had planted them just for him. Dad couldn't have known (or could he?) that the end was near, but I took those plants as a testimony of faith, that he was sending the message that he knew a part of him would *never* die. And through these words I share that spirit with you.—Anna Barker

Recipes: Swiss Chard

I was tempted to follow my essay with some recipes using cherry tomatoes, but practicality wins over sentiment. (Dad would approve.) Cherry tomatoes can be eaten right off the vine, while finding something different to do with that chard can be a lot more difficult! Here are two very unusual recipes to inspire you.—AB

Sprightly Chard Stalks

From The Kitchen Garden Cookbook by Sylvia Thompson

Separate the chard leaves from the stalks and save the leaves for another use. About 12 minutes before serving, barely cover the whole stalks with salted water in a large heavy skillet, cover, bring to a boil over high heat, turn heat to medium-low and cook briskly until tender, 8-10 minutes. Drain (save the stock for another use) and slice on the diagonal about 3/8" thick. Sprinkle lightly with fruity olive oil, balsamic vinegar, salt and cayenne pepper. Taste for seasoning, turn into small bowls, and serve with big spoons. Pass freshly grated Parmesan or Romano cheese on the side. *Sylvia says that chard stalks taste a little like asparagus.*

STICKING WITH REGULAR OLD CHARD SAUTED WITH GARLIC IN OLIVE OIL? Remember that it can be served over pureed white beans for a vegetarian dish, and also makes a great filling for wontons and cannelloni.

African Pineapple Peanut Stew

From Moosewood Restaurant Cooks at Home

1 C chopped onions
2 garlic cloves, minced or pressed
1 TBS vegetable oil
1 bunch kale or Swiss chard (4 cups sliced)
2 C undrained canned crushed pineapple (20 oz can)
1/2 C peanut butter
1 TBS Tabasco or other hot pepper sauce
1/2 C chopped fresh cilantro
Salt to taste
Crushed skinless peanuts
Chopped scallions

In a covered saucepan, sauté the onions and garlic in the oil for about 10 minutes, stirring frequently, until the onions are lightly browned. While the onions sauté, wash the kale or Swiss chard. Remove and discard the large stems and any blemished leaves. Stack the leaves on a cutting surface and slice crosswise into 1"-thick slices.

Add the pineapple and its juice to the onions and bring to a simmer. Stir in the kale or chard, cover, and simmer for about 5 minutes, stirring a couple of times, until just tender. Mix in the peanut butter, Tabasco, and cilantro and simmer for 5 minutes. Add salt to taste, garnish with peanuts and scallions. ■