



Bear Prints

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**SAVE THE DATE
PARTY
SATURDAY
OCTOBER 4, 2008
From 4 p.m. to
Potluck, barbecue,
bonfire, lots of fun!**
Next week you'll hear how much fun it was, so don't miss it. Bring warm extra clothes, maybe a folding chair, and people are always asking for recipes! Bring anything for the potluck. And bring your musical instruments. Some of our previous talent can't make it this year, so we're looking for newcomers!

If you need to reach us my cell is 978-846-4577.

Since we don't have an answering machine anymore, that's the best way to get in touch in a timely way.

Please leave a message. Thanks!

Farm News

Thanks to everyone for the condolences on Anna's Dad. Just to clarify, there are 2 of us. I'm Anne (married to farmer Mike) and Anna is a member that does the back page. It does get rather confusing.

I survived my first week without the grandkids. It's definitely quieter. They should be here for the party this Saturday. Hope you can make it, too. I've heard it is supposed to be cold but clear, perfect for a bonfire. Certainly no worries about the fire this year, since we haven't exactly had a drought! We didn't go to our market on Sat. They forecasted rain, but more importantly, we just couldn't face picking any more than for the CSA in Friday's cold rain.

The deer have found our crops at the home farm. We've been lucky until now. If you don't get any more lettuce, you know who to thank. They walk down the row and take a bite out of the middle of each one. They also ate some of the baby bean plants. Speaking of babies, "my" babies that I'm feeding are doing great! We had another litter last week. We transplanted the smallest of mine to the new litter and Mom didn't seem to notice. She started having them down in the woods, so by the time she got settled in the barn and finished she didn't really care about much.

The trees are turning, especially the red maple in the swamps. They are my favorites, all orange and red, plus they are some of the first, contrasting nicely with the greens.

What's New In Your Share This Week

New this week is are a few things, if we can get them all picked. First we have **koma-tsuna**. It is a Japanese green used in salad or for cooking. It has a mild flavor and can be substituted in any of your cooked greens recipes. Stir-fry it like bok choy or simply steam it.

We should also have **shelling beans called tongues of fire**. They aren't hot, just striped with red! They can be eaten at any stage, so we are picking them young rather than waiting for them to mature and be ready for shelling. Picked as green beans like this, they are similar to Italian romano beans. They are great raw or steamed, boiled and then topped with butter. You can also blanch them by placing them in boiling water until they turn color (just a couple minutes) then cooling in ice water. Then you can sauté them with onions and garlic, or with soy sauce & your favorite nuts, or just added to salad.

We may also have some of those infamous **sweet potatoes** that I wrote about last week. Mike was shocked at how hard they are to dig. He says some are a foot deep and they tend to break. Not sure if we'll have enough for everyone, but we'll try.

We'll also give out the **acorn squash** if we have enough time to count it all up on Monday. Otherwise we don't know how much to give each of you. I don't think it produced as many as other years.

Last but not least, we may have **kohlrabi** again. That is the odd sputnik-type veggie. Peel the bulbous stem and try it raw. Some people roast it, but we like it just boiled. Try it this time and don't just toss it in the hydrator in the bottom of the fridge with the ones you got last time, so long ago! The greens are also good to eat. Just strip them off the stems like kale or collards.

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.)



COME ANYTIME —
THIS IS YOUR FARM!

It's Lovely To Be With You!

Heading back from Ohio on the plane, I read Into the Forest, by Jean Hegland. In this thought-provoking novel, two young women living in the redwoods of Northern California must learn to survive on their own: the end of oil and an infrastructure destroyed by domestic terrorism have cut them off from the outside world. Chilling, and maybe a little too close to today's headlines for comfort. (A great read, though!) Later, as I sat around the dinner table with family and friends sharing slices of that beautiful orange-fleshed watermelon that came from the farm, I was reassured to think how many people I know I can rely on in my community. It was such a comfort to receive words and gestures of condolence from many CSA members over the past few weeks. How odd that we call it *community supported agriculture* — as if it were a one-way street — when really it's more like a fuzzy web. (Agriculture supported community?) That is, we think that we are giving, and that perhaps we will give until it is all gone, but the return in sustenance ends up being exponential. And these days, I feel we all need each other more than ever...even if we haven't quite reached Armageddon yet. :)

Which brings me around to encouraging you to attend the Bear Hill Farm party on Saturday night. Fun, yes. Good food, absolutely. Maybe some music, too, and I wouldn't want to miss the magic of the bonfire. But every year, as I trek back to the car with my flashlight in hand at the end of the evening, what I always leave with is the glowing feeling that I am part of a community well beyond the tight little circle I normally travel in. There are good people in the world, and an awful lot of them belong to Bear Hill Farm! I will be looking for you and wanting to say hello— LOL, even if I don't recognize you at first (google "prosopagnosia")! And even if you don't know anyone and aren't in the mood to go around meeting people, the stars seen through the light of the bonfire are another great way to feel connected. Don't miss the chance.—Anna Barker

Recipes: Green Eggs?

My 8yo Miles saw the green eggs laid by Aracuna hens the other day and wanted to bring "green eggs and ham" to school to celebrate Dr. Seuss's birthday. I had to tell him that only the shells are green, not the yolks. Oh well. Maybe these recipes for eggs with greens would appeal to Sam I Am.—AB

Brown Rice and Eggs with Pungent Greens and Walnuts From Deborah Madison's Vegetarian Cooking for Everyone

1 1/2 cups brown rice
Salt and freshly milled pepper
2 bunches mustard greens, stems removed [or any other green!]
1 large garlic clove, minced or pressed
2 TBS extra virgin olive oil
1 or 2 eggs
1/2 C toasted chopped walnuts
Grated pecorino Romano, optional

Boil the rice in salted water until tender, 30-50 min, depending on whether it's long- or short-grain. Meanwhile, cook the greens in 2 quarts salted boiling water until tender, 5-7 min. Drain, then press out the liquid and coarsely chop them. Toss the greens with the garlic and oil and season with salt to taste. When the rice is done, drain it, then return it to the pot and rapidly stir in the eggs until well coated. Add the greens and walnuts and toss again. Serve with a light covering of grated cheese.

Kale Pie

Adapted from the Gardener's Community Cookbook

1 pre-baked 10" tart crust
4 C washed coarsely chopped kale leaves
1 TBS olive oil
2 small onions, finely chopped
3 cloves garlic, minced
2 large eggs
1 C crumbled feta cheese
1/2 C half and half
1/2 tsp salt

Preheat oven to 375°F. Cook the kale in boiling water until wilted but still bright green, about 3 min. Drain and set aside to drip dry.

Heat the oil in a medium sauté pan. Add onion and garlic and cook over medium heat, stirring frequently, until just golden. Remove from heat and set aside.

Break the eggs into a large bowl and lightly beat. Add the feta, half and half, kale, onion mixture, and salt. Stir to mix and pour into the prebaked crust. Bake until center of pie is firm and lightly golden across top, 40-45 min. Remove and allow to cool 10-15 min. Serve while still warm or cool to room temp.

OR you could always just sauté those greens and then serve them with poached eggs on top!