



Bear Prints

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There are no holidays on the farm (or every day is a holiday, depending how you look at it). So plan on coming fourth of July!

Sunday we were hanging out by the shop and saw a tiny weasel moving her babies! She was about the size of a large chipmunk! We have lots of wildlife. Indigo buntings have been singing on the top of the shop.

Didn't finish weeding the herbs, since it was too rainy and I needed to recuperate. Try finding some and adding them to your salads. You don't have to know their names to know what you like the taste of! I'll try to make a diagram for the farmstand of where they are to help you locate them.

Farm News

More rain and below average temps. It is getting us down and not conducive to growing veggies. We're getting behind in terms of transplanting, even though the gang has been working in the rain. Even if they are willing, some jobs just can't happen in the wet. Mike cultivated the corn at Nashoba, though, and some is already a foot high. He also turned the compost piles. I got some more of the carrots weeded. A meticulous but lovely job.

I had laryngitis most of the week. Went to the doctor on Friday to learn I need more rest and su-dafed. I find there is just too much to do. Saturday was our 17th wedding anniversary. In 8 years we'll be married 25 years and the farm will have been in Mike's family for 100 years. Plus that year is the next total eclipse of the sun viewable from North America. How's that for fun facts? New this week is Crystal Spring goat cheese. Ann Starbard sells at the Marblehead farmer's market with us. She & her husband & a couple people take care of a herd of 70 Alpine & Saanen goats in Sterling, MA. Jane's cow cheese has sold so well we decided to offer Ann's goat cheese, too. There is a wide variety. From left to right in the fridge there is plain, chive, black pepper, lavender & lemon, garlic & basil, dill, jalapeno/cilantro and ginger (sweet).

We also have a greater variety of cow cheese this week. There is Cambridge (like cheddar), Londonderry (like cheshire, aged like cheddar but with a different bite), smoked Cambridge, farmhouse jack, Swiss, plain and marinated feta. We'll try to remember to put out the money box! Probably won't be more honey for a while. If this rain keeps up they'll eat it all themselves. We've been selling strawberries at the market & Mike made some jam. It's made with less sugar, so you can really taste the berries. Lots of veggies this week for week 2. Don't be surprised if we have a lull at some point due to the fact we couldn't plant during all the wet weather.

What's New In Your Share This Week

Hopefully the lovely spinach will hold out for another week. We really enjoyed it. New this week are **radishes**, **red Russian kale**, **bok choy** and **shelling peas**! I don't know how they're going to pick it all! You know what to do with **radishes**. If you don't like them in salad, you can always sauté them sliced in a little butter. It really takes away the bite, and what isn't good sautéed in butter?! **Shelling peas** are just that. The pods are tasty but too tough to eat. I bet they would be good for stock. Or just toss the pods in the compost or store them in the fridge to feed to the goats! The peas are best eaten right away. I like them raw, but if you must cook them do so very lightly. We haven't had very good peas the last few years, so this is a treat. They are time consuming to pick, though. We grow 2 kinds of **kale**. You may not be as familiar with this one. Red Russian is more delicate and flatter than the curly kind. Strip the leaves off the tough bottom stems by pulling them towards the top. Then rinse and sauté with

olive oil and garlic until tender. Add a bit of water or broth if you like. We can never have enough kale recipes, since it grows all season long, so get creative and email us your favorites. Kale and sausage soup anyone on a rainy day? Kale chips proved very popular last year with some families. Wash and roughly chop. Sprinkle with olive oil and salt & cook in a not oven on a greased sheet until crisp. Also new is **bok choy**. Try it stir-fried with garlic, soy sauce and fresh ginger. You can eat the entire plant, white and green parts of the leaves. The white part might be good with dip. One recipe recommends bringing a large pot of water to boil, then cooking the sliced choy & cooking 2-3 minutes until tender/crisp. Run under cold water & drain well. Melt a few T butter in a large skillet & add a T of soy sauce or tamari, a T of grated fresh ginger, a small piece of garlic scapes (minced) and the choy. Stir constantly until choy is well-coated and hot. Add some herbs if you like. Enjoy!

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PICK UP MONDAY, WEDNESDAY, OR
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3 PM UNTIL 7 PM

(Please make arrangements at least one week
in advance to switch your pick-up day.)

CSA Since 1998

COME ANYTIME —
THIS IS YOUR FARM!

Fresh, Healthy, "Real" Eggs—Get Them Here

Did you get a chance to enjoy the eggs that came with our shares last week? Mine went into a Father's Day breakfast special, *panakugen*. (A dozen eggs, 2 C milk, 2 C flour blended until smooth; baked 20-25 minutes until puffy at 450°F in 3 soufflé-type dishes that each have 2-3 TBS butter melted in them. Yum!)

This Spring the Barker family got 7 newborn baby chicks for our own backyard. They are now almost 10 weeks old and have moved from the brooder out to their coop. They don't even start laying until about 20 weeks, and already I've made a big enough financial commitment that I calculate it will take me about 8 years of "free" eggs to even finish paying it off! If you have been wondering why eggs are so expensive, I can give you a first-hand account. :-0 But how do they get "factory" eggs down to as low as 89 cents a dozen? Well, they cut a lot of corners; and not too many of those shortcuts contribute to our good health or the planet's, not to mention quality of life for the chickens.

- They confine 4-5 hens to a cage 18-20" square. (The generally recommended amount of space for a singled confined bird is 3 square *feet*.) Chickens in a space that small can't even turn around. This poses a risk of cannibalism, easily resolved by cutting off their beaks.
- Poor sanitation conditions are handled by pumping the chickens full of antibiotics in their feed. Speaking of sanitation, large egg producers are faced with far more manure than can be dealt with sustainably. So it ends up as waste, polluting our waterways and leading to disease.
- They starve them for periods of 10-14 days ("forced molting") in order to redirect their hormones to continue laying. (Average death loss of "only" 1.5% according to the egg industry.)
- They breed chickens solely for the number of eggs they can produce, leading to the loss of traditional breeds like the ones found on smaller farms.

AND beware of environmentally-friendly claims like "cage free," which *doesn't* mean they go outside! The only way to really know you're getting the eggs you think you're getting—short of spending a Spring building your own coop—is to buy from a farmer you know.—Anna Barker (annabarker@charter.net)

Recipes: Kale

I should follow my diatribe on "green" eggs with some egg recipes, but I know that with all this rain & cool weather, we're going to have a lot of greens of the leafy variety over the next few weeks. Here are some unusual kale recipes to inspire you. Do please send in your own, too! - AB

Winter Kale Pesto

(from Pestos! By Dorothy Rankin)
1 C chopped fresh kale, stems removed
1/2 C dried basil*
2 medium-size garlic cloves
2 TBS freshly grated Parmesan cheese
1/4 C sunflower seeds
3/4 C olive oil
Salt and freshly ground pepper

Combine the kale, basil, garlic, cheese, and sunflower seeds in a blender. Process to mix. With the blender running, slowly add the olive oil. Season to taste with salt and freshly ground pepper and process to the desired consistency. Especially good with whole wheat pasta.

*Yikes, that's like a jar of dried basil. If you didn't dry a whole lot of your own last basil season, I'd suggest cutting way back on the dried basil and "bulking up" the pesto with parsley—or sorrel, perhaps, for a lemony tang. Experiment and let me know how it turns out.

Chinese Sesame Kale

(from www.seasonalchef.com)

2 cloves garlic, minced
1 bunch kale, well rinsed, but not patted dry
2 tsp sesame seed oil
2 TBS water
1 tsp soy sauce
2 tsp toasted sesame seeds
Salt and pepper, if desired

Remove the stems from the kale and tear into bite-sized pieces. (Save those stems for vegetable stock!) Heat the sesame seed oil in a large skillet over medium-low heat. Add the minced garlic to the hot oil and sauté for about 20 seconds. Add the kale and water to the garlic and oil, and cover the skillet. After 1 minute, stir the kale, then re-cover. After 1-2 more minutes, when the kale is wilted, stir in the soy sauce and sesame seeds. If desired, add salt and/or pepper to taste.

To make this a full meal, serve over brown rice and top with Asian-style fish fillets: 4 fillets in a baking dish, topped with 1/4 C soy sauce, 2 tsp sesame oil, 1/2 C scallions, and some fresh ginger (to taste); cover with foil and bake about 15 minutes at 350°F, or until fish flakes with a fork.