



Bear Prints

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New this week is pork! People who waited last year will be happy that we have some early in the season. It is in the freezer priced as marked until it's all sold. We enjoyed some breakfast sausage the other day. It is processed at Blood Farm in Groton as usual, but this year we had them vacuum pack it, so it looks different this year.

We may have some white space in the newsletter this year, as I try to adjust to working full-time off the farm. It takes me too long to try to space everything out so it looks nice and still fits it into the boxes. Hence the usual small type in the what's new category. Bear with us and try to read the newsletters so you don't miss some important info RE: pick up. Thanks!!

Farm News

Will it ever be sunny for more than a couple hours with no threat of rain?! It is getting depressing. Any non-rain day is a plus at this point. At the market people were saying "Oh, you must be happy with all this rain. Are things growing well?" No, and we don't want to hear any more forecasts of doom either, thank you. As farmers we understand the vagaries of weather & usually roll with the punches. The topper today though, was the chipmunk digging up all the sprouted squash seeds AGAIN in the GREENHOUSE! They aren't even waiting for the poor baby veggies to get out into the wild before they are being attacked! Give Mike a thumbs up when you see him.

I did get some carrots weeded Sat. after market and Mike & Matt got more ground ready at Nashoba Sat. afternoon. Sunday we transplanted all the winter squash and leeks.

We have to put something in the newsletter this week about pick up etiquette. This year we've had a real problem with people taking more than their share of peas. We don't know if it is people who split shares that accidentally lose their minds and take 2 or if members feel it is OK to take more peas and leave their kale instead. It's not OK because that means another share will miss out. It is more important than ever to pay attention to pick up politeness, since I'm working full time and Mike is so busy. The farmstand is left unattended that much more now. So, please remember to cross off your name (so we don't think you haven't come and pick another share).

Please only take what is listed for 1 share and don't switch things. Make sure your share partner does the same and understands the process. Lastly, switching days was supposed to be for emergencies so people didn't miss out on their veggies. Please don't ask to switch unless it really is a big deal and please write it down on the sheet the week before. If something does come up, just come late. Don't worry if it really is an emergency, though!

What's New In Your Share This Week

New this week are **kohlrabi**, **collards** and **sugar snap peas**. Not sure if we'll have many, but the peas sure are a great treat! These are the kinds you can take off the stem & string along the side and eat pod and all. They are delicious and I eat all mine raw. I suppose you could briefly steam or sauté in butter, but why? Eat them before you get home and destroy the evidence or be generous and influence people by sharing.

Kohlrabi is the alien-looking veggie. It is a cross between turnips and cabbage. You can eat the leaves, pulled off the tough stems, but the main attraction is the bulbous stem. Peel off the tough skin and eat raw with dip or chunk and boil or steam it. I think it tastes just like the stems of broccoli. Kids might like the crunchy texture raw. Mike likes his boiled then mashed with a little butter. Don't be intimidated! Seize this exciting opportunity to try a new exotic veggie! Don't let them roll around the bottom of the hydrator all summer. By the way, most veggies that you eat the bottom and tops of need to be

separated when you store them in the fridge. Take the tops off or they will cause the bottoms to lose moisture.

Collards have smooth, paddle-shaped leaves. I always want to use them as a fan. They contain almost as much calcium as milk, making them especially great for lactose intolerant folks. They are thick, so they take longer to cook than the other greens. A market customer blanches hers in boiling water until tender, then runs them under cold water. She then uses them instead of tortillas or wraps for sandwiches. Whole leaves take longer to blanch than sliced leaves. Season collards with vinegar, hot pepper sauce, garlic, onions, or lemon. Check out the internet for all kinds of ideas for collards. Left over greens of any kind can be added to omelets, lasagna, rice, soups, quesadillas, etc...

More bok choy & turnips this week. We have to give them as a choice since we don't have enough of either for another whole week.

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

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

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★★★★★ "Great recipe! I totally changed it."

I always wonder if people use the recipes printed on this back page. Last week I made a nice supper with the Asian-style fish fillet recipe and the one for Chinese Sesame Kale. I used tilapia fillets (on sale at Donelans and listed as "safe" in my Seafood Watch pocket guide—get your own at www.montereybayaquarium.org.) Also, I used the bok choy instead of the kale..and without the sesame seeds, since at the last minute I didn't have any.

When I first started cooking, about 150 years ago, I followed every recipe to the letter, no substitutes. I lacked confidence in my abilities and I really wasn't sure what I liked or how I'd change a recipe. Now I know that, for example, you can never have too much thyme but it's easy to go overboard with rosemary; walnuts can often be substituted for pecans or pine nuts, but cashews have a taste all their own; etc. I'm glad I finally decided to take a few risks, because cooking is a lot more fun when you give yourself some room for creativity—not to mention the number of trips to the grocery store saved, when you know you can substitute or leave out a missing ingredient.

Apparently, I am not alone, because the reviews in many of the recipe websites are full of people who have tweaked the original recipe in one way or another. I highly recommend reading these reviews. Sometimes a recipe that gets a high rating will be accompanied by a number of reviews that say something like, "It was great but had too much salt" or "I followed an earlier review and added some cumin to this dish." You'll find some useful recipe improvements as well as inspiration to give your own ideas a try, and the reviews shine a light on exactly how the recipe earned those stars.

Good websites for recipes with reviews include: allrecipes.com, epicurious.com, and recipezaar.com. I also like the online community at seriouseat.com, where you can post a message asking for recipes or cooking advice and get comments from some serious eaters (as the name implies), as well as recipes and reviews.

And if you try an online recipe, don't forget to go back and write a review yourself so that others may learn from your experience. While I'm at it, let me make a plug for writing notes in your own recipe books; it's like sending a blog to the future you, LOL.—Anna Barker (annabarker@charter.net)

Recipes: Collard Greens and Mussels

Case in point, here is a collard greens recipe that got very good ratings over at epicurious.com. They all love how quick it is to make. It is also simple enough that you can "dress it up" any way you like. Let us know what you do with it. — AB

Collard Greens Miniera

Originally from Gourmet, January 2001

1 1/4 pounds collard greens, halved lengthwise and
center ribs discarded
3 slices bacon, finely chopped

Stack collard-leaf halves and roll crosswise into a cigar shape. Cut crosswise into very thin slices (no thicker than 3/4") with a sharp knife. Cook bacon in a 12" skillet over moderate heat, stirring, until crisp. Add collards, tossing to coat, and cook until just bright green, about 1 minutes. Season with salt and serve immediately. (Makes 4 servings.)

I mentioned tilapia is a "safe" fish, according to the Seafood Watch report at the Monterey Bay Aquarium. This week, farmed mussels are on sale at Donelans. Since they're another excellent choice for both our bodies and the environment, I thought I'd include a recipe here. This one from allrecipes.com got a lot of good reviews. Serve them with greens on

the side (and lots of bread for dipping in the sauce!) or as an appetizer, with a big green salad to follow.—AB

Mussels Marinere

4 quarts mussels, cleaned and debearded
2 cloves garlic, minced
1 onion, chopped
6 TBS chopped fresh parsley
1 bay leaf
1/4 tsp dried thyme
2 C white wine
3 TBS butter, divided

Scrub mussels and pull off beards, cutting them at the base with a paring knife. Discard any that do not close when you handle them or those with broken shells. Set aside.

Combine onion, garlic, 4 TBS parsley, bay leaf, thyme, wine, and 2 TBS butter in large pot. Bring to boil. Lower heat and cook 2 minutes. Add mussels and cover. Cook just until shells open, 3-4 minutes. Do not overcook. Remove mussels from sauce and place in bowls.

Strain liquid, and return to pot. Add remaining butter and parsley. Heat until butter melts. Pour over mussels.

I just love this rain!

