



Bear Prints

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Farm News

Today is Momma's (aka Babci which is Polish for Grandma) 81st Birthday! Babci usually comes one day a week to help out on the farm. Chances are you've had eggs cleaned & boxed by her, or beans picked by her or carrots weeded by her. She also prays for anyone who needs it, so wish her good health!

This is the week I warn you of upcoming shortfalls. Yes, the sun finally came out, and the wind on Sunday helped to dry things out a bit. But the damage has already been done to some extent. Now that it isn't constantly raining, we can get more of the plants languishing in the greenhouse into the ground. But we've already lost hundreds of heads of lettuce that slimed out in the field. Hopefully we'll have enough for this week. This cold, wet weather has been the bane of our existence, but farmers are nothing if not optimistic, so we hope for a strong finish. Mike already started staking some of the tomato plants and I have to say they look good so far. We'll start staking your cherry tomatoes this week.

We'll also clean up the beds in front of the farm stand where we've already harvested lettuce and turnips. New transplants will go in shortly. I have been weeding the carrots whenever I can with this weather and my schedule and they look good, especially two of the plantings. Carrots and sugar snap peas are some of our most popular veggies, especially with kids. We plan to give out sugar snap peas as long as they last.

I'm better, but now Mike is sick with a cold! Matt and my granddaughters came with me to market while Mike rested (& staked tomatoes)+. They're the best!

Leftover Veggies for Lunch:

- Quesadilla
- Omelette
- Pesto Mayo, as a sandwich spread or served with leftover roast vegetables. (Add about 1TBS any pesto to 1/4 C mayo.)
- Quiche
- Pizza
- Frittata
- Vegetable Panini Sandwich, with a slab of good-quality cheese (spinach and goat cheese, or arugala and brie, etc.)
- Cold, right from the fridge

What's New In Your Share This Week

New this week are **beets**. Kind of an old-fashioned veggie, they are amazingly popular at the farmer's market. Fresh, tender beets are completely different from canned ones. A revelation that probably adds to their appeal. If you don't think you are a beet fan, please give these a try. Often the tops get old but these look fantastic, so don't waste them. Personally, I like the beet greens better than the beets, and I like beets. These are the greens meant for sautéing with olive oil & garlic. They are also good steamed, though. As I said before, cut the tops off and store separately from the roots. The beets themselves are best by far roasted. Scrub them well but don't peel them.

Drizzle with a little oil & cover with foil then bake until tender. If they are really big, chunk them to save cooking time. Once cooked the skins slip off easily and the beets are so sweet. You can also boil them, then peel and eat. I think they are even sweeter cold, so save any leftovers for the next day, with sectioned oranges as a snack. Be forewarned, though, that beets are very colorful and will stain, so don't use your best linen dish towel from your great-great grandma around them. On a final note, to put it delicately, they remain colorful, so don't be alarmed in the bathroom.

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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.)

CSA Since 1998

COME ANYTIME —
THIS IS YOUR FARM!

Living Well Is the Best Rev— ...Revolution?

CSA members who have been reading the newsletter for a while may remember that I'm a sucker for Independence Day. Every year around this time I climb up on my soapbox and try to rally us all to embrace the fighting spirit that led our Founding Ancestors to sacrifice for what we now (too often) take for granted.

This past weekend the Barkers sat around our backyard picnic table, eating pizza made with BHF veggies and reading out loud a modern version of the Declaration of Independence. As in the past, I wondered if I would have the courage to commit an act of treason and sign it. Yikes, it makes my neck tingle to think of it!

This year, though, I'm feeling like that step up to the soapbox might be just a little higher than I can manage. Oh, I'm still idealistic. And it's not like our problems have gone away. (Shall I list them? Nah!) And there are certainly plenty of opportunities for us to each make a difference.

But you know, there's another side to it. At least for myself, I can only wave my baton for so long against our impending doom (only slightly tongue-in-cheek here!). After that I get tired, and then I feel guilty; and guilt leads to resentment, and then I get mean...and pretty soon, *nobody* is enjoying life around here!

So my call this year is decidedly more relaxed. Recreational, even: more picnics and more long bike-rides, more music in the park and more pizza in the backyard.

Sometimes this can mean just a change in attitude. For us as members of Bear Hill Farm, this means that — while we remember all the good reasons that brought us here (protecting farm land, a wide variety of nutritious vegetables, a world without pesticides, etc.) — I'm going to say now that the most important thing is that it's just really good food! I really love coming to the farm, getting my fresh produce, and taking it home to cook it up for my family because *it's a lot of fun!*

If you join me this summer in a quest for a life well enjoyed (including good food), we will not be alone. Thomas Jefferson himself was well known for his appreciation of fine gardens and the foods they could produce. He favored peas...when he wasn't busy writing the Declaration, I guess. No doubt the taste of the freshest English peas reminded him why this was all worth fighting for. "Here here!" — Anna Barker (annabarker@charter.net)

Recipe: Kale (or other greens)

*Here is a recipe that Cheryl Callahan sent to us, pulled from Martha Stewart's Living magazine. As she says, you can exchange any leafy green for the kale—try bok choy or Swiss Chard—and your favorite quick-cooking cut of lean beef for the filet mignon. Most importantly, **enjoy!** - AB*

Ginger Beef and Kale Serves 4

1lb filet mignon, thinly sliced
2 TBS finely grated fresh ginger
4 garlic cloves, minced
1 medium onion, grated (1/2 C)
1/4 tsp smoked paprika
2 small dried hot red chiles, crumbled
1/4 tsp coarse salt
1 tsp extra-virgin olive oil
1 bunch kale (1.5 lbs), stems discarded, leaves cut into 3 pieces, and rinsed well
1/2 C beef stock
1/2 tsp freshly ground pepper

Combine beef, ginger, garlic, onion, paprika, chiles, and salt in a bowl, making sure the beef is well coated.

Heat oil in a large sauté pan over medium high heat. Add beef mixture, and cook, stirring frequently, until lightly browned 2-3 minutes.

Stir in kale, cover, and reduce heat to medium low. Cook, stirring occasionally, until wilted and tender, 5-7 minutes. Uncover and raise heat to medium high. Add stock and cook, stirring and scraping bottom of pan, for 1 minute. Season with pepper.

I'll be on vacation next week so there may be no back page. It's our annual trip to Ohio, hopefully this time with a stop at the Public Market in Rochester, NY. I'll be sure to report back any news on Midwestern agriculture. Meanwhile, try to send in your recipes and we'll see if we can do a recipe double issue the end of July.

I miss you already! - Anna