



Bear Prints

Volume 12, Number 7

July 27, 2009

Another reminder—
people who paid half at
the beginning - the
other half (\$265) is due
no later than August
1st.

THAT'S THIS WEEK
FOLKS!

Please don't leave that
much cash lying around.
If you want to pay in
cash, please see one of
us. Thanks!

Thanks to those of you
who already sent it in!!!

Farm News

And the rain just keeps coming! At least it's warm this morning. Those muggy hard to sleep nights is what gets those veggies growing and we haven't had much of that this season.

Because there has been much less to pick right now compared to other years and because we have such dependable help, Mike & I took off for a couple days this weekend. First time during the growing season in about 16 years. It was just a couple days, and we worked our tails off before we left, but it was nice to get away. It was Mike's idea and we went up to Burlington, VT to visit Intervale Farm. It is a 350-acre non-profit that leases land to farmers. They get to share tractors and greenhouses. It is always fun to see how other people grow. It has been much less rainy up there. It was pretty sunny most of the time, but we had to come back to the rain. Sadie was very happy to see us, though.

We got all the garlic in front of the shop harvested and in the barn. Now we can seed the area to rye for the party. The cherry tomatoes are almost all tied up. We'll turn you loose on them in a week or two. We also transplanted more corn, broccoli, and cukes.

Cole Slaw Variations

To your basic coleslaw
recipe add:

- Sweet pickle
- Raisins, peanuts, vanilla yogurt
- Chopped apple
- Cumin
- Cilantro, sesame oil, and toasted sesame seeds
- Toasted ramen noodles, slivered almonds, soy sauce
- Dried cranberries and walnuts
- Lime and peanuts
- Basil! :)

...as long as it's made
with cabbage...

What's New In Your Share This Week

New this week is **green cabbage**. You can use it for coleslaw; there are a gazillion recipes on the web. Use a Cuisinart to make short work of cutting it up. Try an Asian version with sesame seeds and toasted sesame oil. Carrots sweeten it up. Or, you can simply steam or boil it. Fresh cabbage cooked this way is amazingly sweet. And there is always boiled dinner.

Also new this week is **basil**. It is the only green I can think of that really can't go in the fridge for storage. It turns black in the cold. The way to keep basil fresh is just in a glass of water on the counter, like a vase of cut flowers.

Change the water every couple days so it doesn't get all yucky, and it may even

grow roots. You can use individual leaves in sandwiches, salads or recipes. Or you can make pesto and freeze it for the winter. Again, there are many versions. I like mine simple, with not much oil and a little soy sauce. You can experiment and try different recipes to see which you like best.

Once the basil starts producing we usually give it out most weeks, so you should have the opportunity to try a couple at least.

Bear Hill Farm CSA

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best is 978-846-4577for now

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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!

Artisan Bread in Five Minutes a Day

I have been so eager to share this terrific book with you, by Jeff Hertzberg and Zoe Francois. I got it last fall and have been baking fresh bread every week (almost) ever since. I know that “she bakes her own bread” is code for those disgusting women who do it all—and maybe a little too cheerfully—but if the simple techniques in this book catch on, it’s bound to change that image.

What you do is get a 10-quart container with a tight-fitting lid. Then mix together a huge amount of yeast, salt, water and flour (13 cups!). Let it rise and store it in the fridge. After that, whenever you want a fresh loaf of bread you just pull a pound of dough from the batch, spend five minutes shaping it into a loaf (hence the book’s title), let it rest and then pop it into the oven.

Okay, there’s a little more to it than that. If you want really good crusty bread, you need a baking stone—the piece of clay that rests in the bottom of the oven. And a peel—like a giant spatula—makes the job much easier. Also, although it’s only 5 minutes of *hands-on* work each day, you still have to plan ahead: 30 minutes at least for rising, another 30 for baking, as well as some time for the loaf to cool. (As romantic as bread hot from the oven sounds, it’s actually rather mushy tasting.)

Oh, but I love it. You get to sink your hands into that fragrant yeasty dough and be a kid again. You save money, at least after the baking tools are paid off. So many meals, especially vegetarian favorites, call for “a loaf of fresh crusty bread” as an accompaniment. And you have complete control over the ingredients.

While I usually end up making the standard white (unbleached flour) - which also serves well as pizza dough and makes a superior cheese bread just by adding a cup of grated sharp cheddar cheese—there are a number of recipes calling for whole grains (rye, pumpernickel, whole wheat, oat flour) and add-ins (roasted garlic potato bread, tapenade bread). So good!

If I’ve given you the bread bug, here’s my inside scoop: Market Basket has large jars of yeast cheap; Donelans has an excellent shaker of four bread dipping spice combinations. Please buy your copy of the book from an *independent* bookseller. I got mine at Willow Books in Acton, then stopped by Kitchen Outfitters for the peel and stone.—Anna Barker (annabarker@charter.net)

Recipes: “ Serve with Crusty Bread ”

I was looking for a good recipe using some of our new basil—something besides pesto, since I know not everyone loves it. This soup only calls for 1/2 tablespoon(!), but since it also calls for zucchini and sausage (some of Farmer Mike’s might be in the freezer)...well, it’s on my menu for this week. I think I will substitute canned petite diced tomatoes until ours come in. It’s so hard to be patient, but even in a hot sunny year tomatoes are not ready until mid-August! Hold onto this recipe!—AB

Italian Sausage Soup with Tortellini—allrecipes.com

1 pound sweet Italian sausage, casings removed
1 C chopped onion
2 cloves garlic, minced
5 C beef broth
1/2 C water
1/2 C red wine
4 large tomatoes, peeled, seeded and chopped
1 C thinly sliced carrots
1/2 TBS packed fresh basil leaves
1/2 tsp dried oregano
1 (8-ounce) can tomato sauce
1 1/2 C sliced zucchini
8 ounces fresh tortellini pasta
3 TBS chopped fresh parsley

In a 5-quart Dutch oven, brown sausage. Remove sausage and drain, reserving 1 TBS of the drippings. Sauté onions and garlic in drippings. Stir in beef broth, water, wine, tomatoes, carrots, basil, oregano, tomato sauce, and sausage. Bring to a boil. Reduce heat, simmer uncovered for 30 minutes. Skim fat from the soup. Stir in zucchini and parsley. Simmer covered for 30 minutes. Add tortellini during the last 10 minutes. Sprinkle with Parmesan cheese on top of each serving.

Now here’s a salad dressing that calls for basil. You can also add basil to your salad and “serve with crusty bread.” - AB

Creamy Basil Salad Dressing—recipegoldmine.com

1/4 C fresh basil leaves
1 C mayonnaise
1/2 C sour cream
1/2 C chopped parsley
3 scallions with tops, chopped
3 TBS vinegar
1/8 tsp dried tarragon
1 tsp Worcestershire sauce
1/2 tsp dry mustard
1/4 tsp freshly ground black pepper
1 clove garlic
2 TBS chopped chives

Combine all ingredients in a blender and blend until smooth.