



Bear Prints

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Farm News

When we first got married we both worked full time off the farm to support our farming habit. We shoveled manure after work to improve the fields (we even picked up elephant manure at the Shriner's circus in Wilmington one year.) Then Mike quit his job to farm full time, and eventually, I moved from working full time off the farm to part-time off the farm (had to keep that health insurance). For many years we used to say we farmed, but we didn't call ourselves "farmers" until we felt like we earned that distinct honor. I guess I can't call myself a farmer anymore, since I only farm part-time now. I came home from work the other day and I heard myself referred to as the "farmer's wife". Used to be I was "Farmer Anne". I still farm, though, part-time, as seen from my dirty finger nails! I picked beans today and did a little weeding. Next year I'll work out the balancing act a bit better I think, so I can weed the herbs and visit with you a little during pick up. Right now I'm trying to learn my new job and visit with Mike in the morning . It's been an adjustment from working with each other all the time to seeing each other like normal people, after work. This week will be tough for Mike & Matt, since Halley is gone for the week to a wedding in Kansas. I can't take the time off right now, so the boys will really be short-handed.

What's New In Your Share This Week

Nothing new this week according to Mike Sunday night. But new last week that I didn't write about were cucumbers. We've had trouble with them in the past couple years, so it was nice getting a good crop this season. We grow both slicing cucumbers and pickling cukes. My Mom always grows just the pickling ones (her Polish dills are famous), so I grew up eating just those in salad. I can eat bowls of them, forget the lettuce! So if you do get some pickling ones, just use them like regular cucumbers. More farm news, since there are no new veggies. Just when Mike thought nothing more could go wrong with the season, the cub (one of the tractors) died, mid-row. Argh! But, Mike being Mike, he got on Craig's list and found one in Hudson, NH. It didn't run at first, but he got it going today, so we're back in business after just a few

days! We rely on the cub to make beds and cultivate, so they'll be getting the rest of the fall planting in soon. Now that we had a little dry weather we were finally able to get the sheep and goats out on their "summer" pasture. They are in the field to the right of the greenhouse, so feel free to go over and say hi and feed them some carrot tops, weeds, etc.. Surprise! Mike woke up this morning and remembered there **is** something new this week—**arugula**. It is the salad green for Italians, also known as roquette. It has a distinct flavor, not as bitter as radicchio. Mix with lettuce & a simple vinaigrette. Arugula & goat cheese salad was all the rage for a while & they have both remained popular. You can always saute briefly if you find the taste still too strong, then use as a bed for fish.

If you have a star next to your name this week, please talk to us or pay before next week's pickup. This is the last week grace period. Next week we won't pick your stuff unless you've talked to us. We're happy to work with people who are having a tough time, just let us know. Thanks!*****

Now that it isn't raining every day, plan on spending some time exploring the farm when you pick up. Walk up the hill and check out the progression of blight. It is kind of morbidly fascinating to watch it spread. Nothing we can do organically to stop it that is safe. Unfortunately the cherry tomatoes in front of the farmstand look like they are catching it, too. We even had the tomatoes at Nashoba planted in plastic, so we thought they'd have a chance.

Bear Hill Farm CSA Anne & Mike Gagnon

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Phone: 978-692-4224 we have a new answering machine, but we unplug for storms
best is 978-846-4577 for now
Email: bearhillfarm@aol.com

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!

If you can spare just a minute...

I have market research interviews to do this morning, so I'm really in a hurry to get my page of the newsletter done. Funny that this week Anne also wrote about balancing work & the farm. Somehow you have to find time to do the things you love, but if those bills don't get paid... Most of us are probably in the same boat, so let me try to think of a few time-saving tips to make a busy busy life coincide with lovely fresh produce.

- Build up an arsenal of favorite recipes. Store them all in one place. It will serve as inspiration when your brain is fried from work and you're stuck for what to eat. I make photocopies of recipes and store them all in a loose-leaf binder. That way I don't have to waste time trying to remember what cookbook or magazine I saw it in. Whenever I use a recipe, I move it to the front of that section, so the more popular dishes are always at the front.
- Stock your pantry. We each have our own personal tastes, but whatever they are, keep the basics at hand. Write it on your grocery list when you run low. AND shop from your pantry/freezer first when it's time to plan meals. Save yourself as many trips to the grocery store as possible.
- Involve the whole family. I relearn this one over and over again. It does get easier as the kids get older, since less time is spent instructing and more gets done. Still, even the littlest can help spin the salad greens. I also find that the kids get less demanding as they discover all that's involved in getting food on the table. To get started, just put a sticker on your chef's knife to remind you to put the next person who walks through your kitchen to work.
- Plan ahead. I've gone through several variations of this as the years have gone by, but Friday is always homemade pizza night at our house. Regardless, you should know at least the night before what you plan to eat the next day. Staring into the fridge at 5pm is *such* a waste of time.
- Cut yourself some slack. I just can't get all the veggies prepared for the fridge when I get home on Monday night, so I keep some in the cooler and take care of it Tuesday morning. Works for me! — Anna Barker (annabarker@charter.net)

Recipe: Beets

I don't have time to look up a recipe this morning. Thank goodness Cindy Bruetsch sent this recipe for beets in last week! She says both her husband and her 5yo daughter love the it. Thanks, Cindy! - AB

Orange Glazed Beets

(from *Better Homes & Gardens* cookbook)

4 medium beets (1 pound)
1 TBS margarine or butter
1 tsp cornstarch
1/4 tsp finely shredded orange peel
1/4 C orange juice

Cook beets until tender, or until skins easily slip off. [I slice off both ends of the beets, prick each beet a few times and place them with 1/2" or so of water in a glass pyrex. Then I microwave them, covered loosely with wax paper, for about 9 min until tender, rotating once. If the skins don't slip right off, a gentle tug with a vegetable peeler does the rest of the job.—CB]

Once cool, slice and set aside. While the beets are cooking, melt the margarine or butter in a medium saucepan. Stir in brown sugar and cornstarch. Stir in orange peel and orange juice. Cook and stir till thickened and bubbly. Stir in beet slices, heat through. Serves 4. Enjoy!

NOTES/Comments/Feedback:

(What belongs on the back page of the newsletter? What do you like to read about most? Pencil it in below and then drop me a line! - Sorry I don't have time to pull up another recipe and am leaving you with this big blank space. - But do send me an email.—Anna)