



Bear Prints

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A whole new pile of goat cheese to select from this week. It really has been a big hit the last couple years. I put away a log of ginger for me first thing. We have some cards from Crystal Brook at the farm stand if you want to learn more about the kinds of cheese they sell and where they are located. Help yourself.

Wednesday and Friday got eggplant last week. Members who have been with us for a while know that we used to have eggplant, but the last few years we've had terrible crops. We hope to get some for Monday next week, if we don't have enough this week to give out.

We grow long skinny Asian eggplant as well as the Italian varieties and in different colors. They can be used interchangeably. The skinny ones are great on the grill.

Farm News

We are happy to report that there just isn't much new to tell you about this week on the farm. For the first time in what seems like a long time there is no new disaster of weather or equipment, only the mundane tasks of picking and weeding, etc... Hallelujah!

Mike and Matt survived the week of picking alone, while Halley was off to a wedding for the week. Member Casey who has been volunteering one day a week came twice last week to help out.

The hot weather has been great for making the veggies grow, but as you can imagine working in the fields makes you want to wilt. The pond has come in handy for swimming and cooling off. It is amazing how hot the water is at the surface. Down below it's cooler, though, and is quite refreshing. I wonder how the fish feel about us disturbing the "zones"? Sadie enjoys walking around the edges trying to catch the baby fish.

I've been hearing lots about late blight on the radio, at the market and from farmer friends of ours. It has affected tomato & potato crops state-wide. It hits organic growers especially hard because there's no good way of controlling it.

What's New In Your Share This Week

New this week is **braising mix**. It is a mix that we've been growing for years from Johnny's Selected Seeds in Albion, Maine. It is a mix of mustard greens, mizuna and arugula. The mustard greens get quite spicy hot when they are mature, so this mix is best cooked, rather than raw. When it is young it is often sold as mesclun mix for salad.

Wash it good, then roughly chop. You can then wilt it in an oversized frying pan with vegetable or chicken stock or even water. Season with either soy sauce or balsamic vinegar. You can eat it as a side dish, or mix it into other recipes that call for greens. It is also great with pasta as a cold salad.

We'll have more pork soon, so check out the freezer. Keep an eye out, since that bacon goes fast.

We have peaches to sell from Brookdale Farm again. They are in Hollis, NH. We sell their fruit at the market (labeled as theirs) and you guys get to benefit as well. I have never had such consistently good peaches. They are one of my favorite fruit, and I gorge myself on them this time of year. In fact, I think I'll have a snack before I hit the sack!

Bear Hill Farm CSA

Anne & Mike Gagnon

14 Davis Road
Tyngsboro, MA 01879
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!

Nobody Preaches Like the Newly Converted

What motivated you to sign up for the farm last spring? For me, my original intent was to help save the planet and to get food from a trusted source. The impact of wholesome foods on my own health was only secondary. I just figured I'd eat a lot of good food and the rest would take care of itself. Recently, though, a family doctor's report with high cholesterol numbers has made it abundantly clear that we have to make some changes in our family's diet. So, my dear husband and I are now on week 2 of the wildly popular South Beach Diet!

Many of you will already know that this diet calls for lots of lean protein, a huge amount of leafy green vegetables, and very, *very* few carbohydrates (virtually none in the first 2-week phase). Now, I need to lose some pounds but the real reason I'm on this diet is to support my husband. So imagine my surprise after the first week of carb-free living. "My name is Anna and I'm addicted to carbs." It may be the "pink cloud" of the newly dieting, but I feel so good! I see it now: in spite of the good veggies from the farm that I eat faithfully each week, I still eat a LOT of bread products! (Or used to, that is.) This week I've seen an end to deep valleys of afternoon low-energy levels as well as an intense feeling at the tip of my tongue that I *must eat something now*. I feel good—did I say that already?

The South Beach Diet is a great place to start for those of us who need a *regimen* in order to face reality and get our numbers in order. But interestingly, the principles of the diet are not much different from those of the popular foodies who have made a connection between eating a plant-based diet and eating a *planet*-based diet: Michael Pollan's [In Defense of Food](#) ("eat food, not too much, mostly plants"); Deborah Madison's [Vegetarian Cooking for Everyone](#); and Mark Bittman's [Food Matters: A Guide to Conscious Eating](#) ("vegan until six").

The obvious exception is that the South Beach Diet calls for lots of meat, although there is a vegetarian version. Yet the message remains the same: we are less healthy than our grandparents because over time we have switched toward a more refined and processed diet, and away from the whole foods that used to be dominant on our plates. Aha! This includes not just farm veggies but also whole [grains](#) like steel-cut oats and whole wheat pasta. Eat your veggies AND skip the rolls! "Thus ends my lesson." - Anna Barker (annabarker@charter.net)

Recipe: Mixed Vegetables

Here is a recipe from [The South Beach Diet](#) by Arthur Agatston, MD. It's very satisfying and can replace bread, potatoes, or white rice. I've had several variations over the past week, substituting BHF green beans for the asparagus, and adding a variety of herbs. (Their food tends to be pretty bland.) - AB

Oven-Roasted Vegetables

1 medium zucchini, 1 medium summer squash, 1 medium red bell pepper, 1 medium yellow bell pepper, each cut into bite-size pieces
1 pound fresh asparagus, cut into bite-size pieces [or substitute 1 share green beans, trimmed & cut]
1 red onion, chopped
3 TBS extra-virgin olive oil
1 tsp salt
1/2 tsp freshly ground pepper
[To taste: oregano, chives, crushed red pepper, rosemary—any combination or an herb of your choice]

Heat the oven to 450°F. Place the vegetables in a large roasting pan. Toss with the olive oil, salt, and pepper to mix and coat. Spread in a single layer in the pan. Roast for 30 minutes, stirring occasionally, until the vegetables are lightly browned and tender. Leftovers can be used as the base for a frittata the next morning.

Variation for Sautéed Greens

Adapted from [Moosewood Cooks at Home](#) and sent to us by Carole Greenfield, and a good variation to the usual "olive oil, garlic, and onions."

Sauté onions in olive oil. Add cumin and continue to sauté. Add tomato paste and chopped tomatoes and cut-up greens. Delicious, easy, and adds another flavor.

CORRECTION: For last week's [beet recipe](#) the correct amount of **brown sugar** to add is **1 tablespoon**.