



Bear Prints

Volume 12, Number 11

August 24, 2009

The smoked meat is in! We just got 2 pigs worth of meat back from Blood's. Check out the freezer for bacon and ham steaks. We also have plenty of chops, spare ribs, sausage, and fresh shoulders for pulled pork sandwiches. The packages are priced as marked. The meat is all first come first served.

Mike said I am not allowed to complain about the heat (at least not in the newsletter) since we spent so much time complaining about the cold earlier in the season. And he's right, since we don't want it to be too cold and stop everything from growing. But this humidity is something else, isn't it?! Hang in there it's bound to break sometime. In the meantime, think of those poor guys out picking in the heat while I'm in an air conditioned office.

Farm News

We have decided we must do something different with two bad tomato years under our belts. The weather the past two springs has been cold and wet, not conducive to good tomato growing. Mike plans to put up a 27' by 135' greenhouse behind our other greenhouse across the street this fall. That way it will be ready to plant tomatoes in the ground next spring. There they will be at least a little protected from the weather. To that end we got three nice loads of goat manure delivered this weekend.

Hard to believe it had gotten dry after all the rain we had earlier. Mike & Matt spent 2 hot days hooking up the irrigation last week, which in turn caused it to rain. That's OK, though, because we needed it and we'd much rather have real rain than irrigation (within reason—an inch a week is all we ask). We saw a beautiful big rainbow in Nashua last night. It was a double rainbow, too. Speaking of spectacular sights, I visited with my Mom and brothers on Saturday after market. We went up to Plum Island at dusk and saw hundreds of thousands of tree swallows (and a few barn swallows and purple martens). They are migrating and I have never seen so many birds at once. As far as the eyes could see, like bees or schools of fish. Quite remarkable. I can't imagine how many bugs they eat!

What's New In Your Share This Week

No new veggies this week, but we'll have **bok choy** again which we haven't had in quite some time. We hope you enjoyed the **corn** last week. We should have more of that this week as well. I eat most of my corn raw. Mike likes to cut it off the cob and sauté it with butter and jalapeno pepper until it is almost caramelized. Casey brought him a pepper from her home garden and we made good use of it. We have a couple more plantings of corn coming, so we'll have to see how they do. We also have more broccoli coming as well; maybe at the end of this week, but hopefully by next week for sure.

I guess we do have something new this week—the **cherry tomatoes!**

Halley re-clipped 2 of the rows, but we still have one more to go. Please be careful with the plants and don't be greedy this week. With a bad regular tomato crop this year we have to be all the more careful and share these babies. We weren't sure we were even going to have any of them. Please don't pick the last bed until we get them clipped up and don't pick bags full until they really come into their own in a couple weeks.

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!

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)