



Bear Prints

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Farm News

Last night I went out to the office to start the newsletter. On my way I heard a strange sound, like a howling owl. I knew it wasn't our typical barred owl, & it wasn't a coyote. I was thinking long-eared owl maybe until Mike came out & informed me it was one the goats! Turns out the little one got her horns stuck again. She got out again herself in no time.

Mike got a few blueberry bushes last week. They were free from a friend. We thought we were going to get a whole bunch (maybe enough for the CSA?), but alas, it ended up being just four. Mike has to get the last two in the ground soon. They came with huge root balls, so it was no small task to get the first two planted. That crummy ledge is always getting in the way, so he couldn't get them all planted together.

A rainy weekend, but at least the terrible humidity broke. For the first time in years I didn't go to the farmer's market on Saturday. The forecast was for rain, so Matt volunteered to go with just Maggie, since we wouldn't have many customers. (I think the stress of my working late last week was starting to show.) I felt a little guilty, but it was a great opportunity to clean the house. I have been neglecting it something fierce, so I spent the day sweeping, washing and doing laundry. It was the first time I got to use the dryer—woohoo! It is so fantastic not to have to go to the laundromat.

We had lots of leftovers from the market, so Mike & I did some canning. It's the first time in a lot of years. We used to can tomatoes all the time, but just got out of the habit the last few years (and then we didn't have any to can the last couple of years!) Mike bought a brand new pressure cooker and he did pints of corn. Then we did 32 pints of peaches in a regular hot water bath. I absolutely LOVE those Brookdale Farm peaches. I have been eating at least "five a day" of just them.

I can't believe tomorrow is September. I bet the kids can't either! Good luck starting school. Something to look forward to though, just one more month until the big end of the season party (October 3rd).

What's New In Your Share This Week

New this week may be **peppers**. It might take a couple weeks to have enough for everyone, hence the "maybe". Peppers, eggplant and tomatoes are all heat-loving veggies that require a lot of sun. The eggplant and peppers aren't susceptible to blight, but the cold, wet weather we had earlier was not to their liking. We were actually quite surprised the eggplant did as well as they have this year. They were planted in black plastic, however, & it evidently made all the difference, since the peppers weren't. Use the **peppers** in salad, or eat them like an apple like Maggie does. They are also great cooked with onions and sausage or tossed in anything from omelets to spaghetti sauce and chili.

It's great we at least got some **cherry tomatoes**. For a while there we weren't sure if they, too, were going to go down to blight. They finished tying them up now, so you can pick all the rows every week while they last. Since we don't have any tomatoes of our own, we've been selling tomatoes that we get from Brookdale Farm in Hollis, NH. That's OK as long as we label them as such. Any way, we bought extra this week and we'll sell them to you at cost so you'll still have the opportunity to get local tomatoes this summer. They are not organic (that's why they didn't go down to blight), but at least they are local.

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!

"My Summer Vacation"

This past weekend I went with my dear sister on our once-ever-five-years trip to New York City. Time passes so quickly! It seems like it was only five *weeks* ago that I was reporting back to you on our last trip to NYC— with a morning spent at the Union Square Greenmarket, NYC's farmers market on steroids (LOL).

The Greenmarket is definitely on my list of Top 10 places to see, ever, but we didn't go this year: too much rain. Also, I knew that I would overbuy there and wouldn't be able to find room in the suitcase for heads of cauliflower, etc. Luckily for us all, though, there are more and more farmers markets in our own area. Even for us CSA members with an abundance of vegetables, there is still plenty of reason to head to your nearest one. I get all my fruit there (and it seems to have been a **very** good year for apples!). You can also get baguettes & bagels, honey—even handspun yarn and homemade aprons. And the money you spend stays in the local economy, boosting us all.

But back to my original topic, New York. Most of the time, lacking weather fine enough for outdoor activities, we wore our feet out touring the museums and then rested at a variety of "fine dining establishments." I'm pleased to report that the organic-local trend has really hit the restaurant scene there. We lunched at a place that named the farms where its ingredients came from. (I have never had a fresher Cobb salad!) Even the butter pats were labeled Horizons organic. The café at the MOMA served a fine, fine chicken on vermicelli noodles with peanut sauce and cilantro "microgreens" that were so tiny and fresh they must have been grown on the premises. (You heard it here first: microgreens—greens harvested at just 1-2"— are the next big restaurant trend, and they are GOOD!) Throughout the city there was an August Tomato Festival advertised at a number of restaurants. I even saw a bowl of heirloom tomatoes on top of the cash register at an outdoor eatery. (Alas, we did not sample anything from the festival. You can't eat *everywhere*.) I don't want to mislead anyone into thinking I'm green to the core. On the train home, I ordered a hot dog, chips & ginger ale, even though an Annie's vegetable burger was on the menu. Oh well. I felt I needed a sort of "farewell meal" before getting too involved in Mark Bittman's Food Matters: A Guide to Conscious Eating, which I also picked up in NY.—Anna Barker (annabarker@charter.net)

Recipes: Eating As If Food Mattered

I hope I'm not waxing too enthusiastic about this new Mark Bittman book, Food Matters. Coming as it did right after demigod Michael Pollan's In Defense of Food, it has really struck a chord with me. (I'm having a hard time squaring it with the meat-heavy South Beach Diet, but that's another story.) At any rate, Food Matters comes with 75 recipes and this seems like a good time to share one or two with you.—AB

Vegetable Pancakes

From Food Matters by Mark Bittman

About 1 1/2 pounds grated vegetables, peeled first if necessary, (3 cups packed), and squeezed dry*

1/2 small onion, grated; or 4 scallions

1 egg or 2 egg whites, lightly beaten

1/4 C white or whole wheat flour, more or less

Salt and freshly ground black pepper

Olive or vegetable oil or butter for greasing the pan

Heat the oven to 275°F. Grate the vegetable(s) by hand or with the grating disk of a food processor. Mix together with the onion, egg, and 1/4C of the flour. Sprinkle with salt and pepper. Add a little more flour if it isn't holding together.

Put a little butter or oil in a large skillet or griddle over medium-high heat. When the butter is melted or the oil is hot, drop in spoonfuls of the batter, using a fork to spread the vegetables into an even layer, then press down a bit. Work in batches to prevent overcrowding. Transfer finished pancakes to the oven

until all are finished. Cook, turning once, until nicely browned on both sides, about 5 min. Serve hot or at room temp.

*Suggested vegetables: root vegetables, zucchini, yellow squash, winter squash, corn, chopped scallions; spinach or chard (cook, squeeze dry, chop). Add 1 TBS fresh herbs.

Whole Grain Bread Salad

Adapted from Food Matters by Mark Bittman

8 ounces whole grain bread (4 thick slices, stale is fine)

8 ounces—1 share—kale or collards

1/4 C olive oil

2 TBS balsamic vinegar

1 1/2 pound cherry tomatoes [approx. 36-40], halved

1/2 red onion, thinly sliced

1/2 C fresh chopped basil leaves

Salt and pepper

Toast bread 10-20 min in a 400°F oven; let cool. Wilt the greens in a pot of boiling salted water (1 min) then cool in ice water. Squeeze dry and roughly chop. Combine greens, oil, vinegar, tomatoes and onion with some salt & pepper in a large salad bowl. Soak toasted bread in a bowl of tap water for about 3 min; squeeze dry then crumble on salad. Toss again then rest for 15-20 minutes. Right before serving, taste and adjust seasoning and toss with the basil.