



# Bear Prints

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We didn't get a frost yet, but our friends did in Groton. It is only a matter of time, now, so help yourself to the basil this week. Basil hates the cold, & I was surprised Sun. when it was OK even though the temp. was 40. It's pick your own this week, come any-time. We'll put a sign up but it is half-way up the hill, past the big rock.

The cherry tomatoes are just about done, so we'll be taking them down this week. You've seen Mike spreading all that wonderful rich black compost on the fields, getting ready for next season. Usually we wait a couple more weeks and have a work day to take off the strings and plastic clips, but since the tomatoes went down early this season, we figured we should get that cover crop seeded. We won't schedule a work day this season. There's always next year!

## Farm News

Beautiful weather, even if it is a bit chilly in the a.m. This is my favorite time of year. Not too hot, less bugs, no snow to deal with yet, and the leaves are starting to turn. I'm really looking forward to the end of the season party this year, since I've missed visiting with you all during the season. **The party is on Sat., October 3rd, a week from this coming Saturday.**

It starts at 4 p.m. and goes well into the night, so come anytime. We will have it rain or shine. Hopefully it won't rain so we can have our big bonfire. Hopefully it will rain the week before, so we can have our big bonfire. It is supposed to be a full moon the next night, so I hope it's not too cloudy. We've often had sprinkles, but it's only really poured once. That year we were in the greenhouse and the guys cooked under tents. We had a lot of fun and still even had the bonfire, since it cleared up. We usually grow a bunch of pumpkins for carving, but this year they didn't make it. In the past we've bought them for the party, but we haven't been able to find any. We will keep trying. It's fun to see them lit up all through the fields and on the stone walls. Bring lots of warm clothes and a flashlight, since it gets pretty dark at the farm. The kids have a blast running around. It is no stress potluck as I said, so bring anything you want. A copy of your recipe would be fantastic, since people are always asking me the following week for them. Don't forget your musical instruments!

## What's New In Your Share This Week

New this week are **sweet dumpling and/or delicata squash**. Not sure if we'll have enough of both for everyone. These two winter squash varieties are similar in color. They are striped beige, orange and green, actually quite lovely as decorations. The **sweet dumpling** are the round ones and the **delicata** are the oblong shaped squashes. All the winter squashes are similar in taste and can be used interchangeably, but these are best just baked or microwaved, rather than peeled, due to their ridges and smaller size. They're perfect for stuffing. Growing up we always had a huge garden and the only kind of winter squash we ever grew was butternut. It is still one of my favorites, sweet and moist,

but I have come to appreciate all the other varieties as well. People are funny about their winter squash. They will expound about how buttercup can't be beat (or delicata), while talking trash about someone else's favorite kabocha. Relax, they're all good! You can cut them in half, scoop out the seeds and stringy stuff and either bake or microwave until tender. Then you can either eat in chunks or mash with butter or stuff with a savory blend of sausage and rice or sprinkle with curry or cumin. By the way, Mike boiled and mashed the kohlrabi the other day with a little milk, butter and salt and pepper. They were incredibly yummy!

## Bear Hill Farm CSA

Anne & Mike Gagnon

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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!

## In short, "see you at the party!"

How is life treating you these days? I wonder if, like me, you're worn out by all the talk & worry about jobs & money. I don't think I know anyone who is better off financially now than they were before everything came tumbling down last year. Certainly we're still hearing plenty about it in the news, every day. Sticking in that same groove is beginning to cause—shall we say—a skip in the record. (With apologies to those who grew up post-vinyl.)

I remember reading an article last Fall with predictions about how people would react to this new economic environment. The author said that people will withdraw from the stress: stay in their houses with the covers drawn up around their ears, watch old Leave it to Beaver reruns, have a few extra glasses of scotch. This would be only human, but exactly the wrong reaction since in these times we need each other even more.

At around the same time, an email also crossed my desk, a list that some climate change activists had made: what will life be like after "peak oil," when the American Dream as we now know it is no longer an option to pursue? I applaud them for not just writing a list of The Bad ("hospitals will close down") but also a list that envisioned an Ideal Post-Oil World: we will meet our neighbors, we will learn new skills from each other, we will notice the stars, we will play our own music, we will dance, we will have potluck parties. The idea of the list was that some things would not only be necessary because of the unavailability of oil, but we would be *free* to do them — freed by the time we no longer spend driving to work, to Target, to dance class and SAT prep, etc.

Two questions arise: (1) how do we choose to act; and (2) what are we waiting for? What I am getting at is the Bear Hill Farm end-of-year party, which is just around the corner, **Saturday, October 3**. It is such an opportunity. Do come as an antidote to withdrawal—see old friends, get to know the people you've seen at pick-up, introduce yourself. And do take a little time from the endless errands to enjoy yourself *right now*. You don't have to be making a statement, of course; it's certainly permissible to come and sit in front of the bonfire without a thought to either the economy or ideal worlds. Or you may have other plans. But how much better the party will be with you there! - Anna Barker (annabarker@charter.net)

## Recipes: Stuffed Squash

*I won't let you sit at home and pout, but a little bit of comfort food is allowed. Even without the continuing gloom & doom, the shorter days and cooler weather usually mean it's time for a dish hot from the oven. Stuffed squash is just the ticket.-AB*

### Stuffed Sweet Dumpling Squash

By Meryl at [www.inspiredbites.blogspot.com](http://www.inspiredbites.blogspot.com) (adapted)

3 sweet dumpling squash, seasoned with salt and pepper

1/4 C toasted pecans

2 TBS olive oil

1/3 C *each* red and green pepper, diced

1 small stalk celery, diced

1/3 C sweet white onion, diced

2 cloves garlic, minced

1/2 tsp *each* salt and ground pepper

1/4 C currants

1 C chopped baby spinach (or other green)

2 C *cooked* brown rice

Browned meat (she didn't say how much—1/2 lb.?)

Preheat oven to 400 degrees. Cut the squash lengthwise (through the indentation where the vine connects). Spoon out the seeds and season with salt and pepper. Place cut-side down on a baking sheet and cook for 30-40 minutes (until you are able press on the skin and feel the inner flesh is softened).

While the squash cooks, heat up the oil in a large pan and sauté the vegetables along with the salt and pepper. About halfway through the cooking time, add the currants, garlic, and spinach. When the vegetable mixture is soft and slightly browned, transfer the mixture to a medium mixing bowl. Add the toasted pecans, rice, and browned meat. Place the mixture in the squash halves. (Over-stuffing is just fine!) Bake uncovered at 350 degrees for 25-30 minutes.

### Notes:

- Does reading food blogs count as withdrawing or reaching out? It *is* amazing and reassuring to know there are so many foodies out there! Get to know Meryl (the source of this recipe) by seeing her squash photos and detailed directions at <http://inspiredbites.blogspot.com/2008/10/stuffed-sweet-dumpling-squash.html>. Nice of her to reach out and share with us!
- Stuffed anything is good for leftovers day. You can arrange to have leftover brown rice and browned meat to save the steps of preparing them just for the squash. If your stock of squash builds up, you can even bake them all at once.
- If you've been waiting all year to try your own *variations*, here's your chance: squash likes all foods. Try adding cheese or tomatoes, or substituting quinoa for the rice; use lamb, sausage, or beef; walnuts instead of pecans...