



# Bear Prints

Volume 12, Number 16

September 28, 2009

Well, it's a good thing we had you pick the basil last week. Sat. morning it was 34 degrees. Not a frost, but basil hates the cold. It is still up there only because Mike has been busy working on the other fields & it rained on Sunday. So have at it if you missed out last week or if you have more containers to freeze pesto!

The rest of the pork will be priced and put in the upright freezer for your purchasing pleasure. Between that, the good crop of butternut you'll get next week and all that pesto, you should be living well this winter!

Feel free to bring your leaves to the compost pile. Just dump them out of their bags onto the pile, not in the road please. If you know any landscapers, let them know we take leaves for free, too. The compost really improves the fields.

## Farm News

This Saturday is the big party! Hope to see you all there, especially since I haven't been able to visit much this season. I miss you guys. It looks like we got the rain to ease Mike's worries about the bonfire, so now we just have to work on good weather for the party. We'll have it rain or shine, it's just that I so look forward to spending the night at the bonfire. It will be in the greenhouse if it does rain. We cleaned the greenhouses out to get ready for next year, so they are all ready. As I've mentioned time and time again, it's no stress potluck, so bring whatever. A recipe would be great, but certainly not required (it doesn't even have to be home-made). Bring lots of warm clothes, though, since it gets mighty cold at night. Mighty dark, too, so a flashlight wouldn't hurt. We'll have a lost and found the week after the party, so don't forget to come next week for pickup. We still have a bunch of butternut squash to hand out, but **next week will be our last pickup**. Seventeen weeks, like last year and the year before. Our good friend and CSA member bad Mike (my Mike is good Mike to differentiate) got the white & green dump truck by the shop running. It will probably replace the green farm truck that Mike drives with the wooden racks on the back, since it is old and tired. He loves it though, so his plan is to put it in the shop and try to fix it this winter. If he gets a fraction of what he plans done he'll be exhausted!

## What's New In Your Share This Week

New this week are **acorn squash**. Mike just cut off the bad spot and cook it up. Freeze the leftovers to use in recipes like muffins, bread or soup. Mike cut the delicata in half last week and stuffed with a mix of rice, sausage and hamburger, with hot peppers and cumin. Cooked squash and pumpkin can pretty Oh my gosh! I'm sure it would be just as much be used interchangeably. My sister-in-law makes an awesome squash pie. (Remember last week's newsletter—they're all good!) Mike says the flavor of acorn squash Have you tried some of your squash yet? actually improves with a little storage, I think it's best baked in the oven, great for when the temperature drops, but the so as I said, eat up your cute little microwave sure is faster. sweet dumplings and delicatas first. The acorn should last longer than the Store all the squash in a cool place & check it once a week. (Don't put it in the delicata and sweet dumpling, so save the the basement and remember it in acorn for later in the season. I can't remember if I included this last week, but April). Hopefully you'll think of your cooked leftover squash freezes very farm all winter long. (Especially if you well. If you find that any of your squash took advantage of all that basil!) develop soft spots throughout the winter,

## 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!

## Bear Hill Farm: Things I Love

I'm guessing that "Where did the time go?" is going to be engraved on my tombstone—I am always just bobbing along on the current, trying to keep my head above water, if you know what I mean. It's worthwhile to reflect, every once in a while, and remember that this really is a *very good* life. As the season comes to a close, this seems like a good week to think about our farm summer. Here is what I like best:

- **Mike and Anne.** Of course, I had to start with them, since they really *are* the farm. It was a tough year, weather-wise, but if they were ever about to give up I sure never saw it. They are great farmers, really good people, and I love being a part of their farm. Matt & Haley, too—it's so nice when we get a chance to all hang out and chat.
- **Basil.** Anne is right. There is no happier winter reminder of the farm than pesto in the freezer. I also like having a vase of basil on the counter for those recipes that call for "2 TBS fresh basil leaves."
- **Chickens and eggs.** I don't know which I like better: the fresh eggs from a source I trust, or just seeing the happy chickens wandering around the farm.
- **Member recipes.** I love it when members send in recipes for the newsletter. The tried & true recipes are the best, and it's great hearing "I hated X until I tried cooking it this way! Now my whole family loves it!"
- **Kale.** A few weeks ago I offered kale salad to a friend who refused it. "Oh, I never have liked kale," she said. I remember feeling that way! But we've had it so much on the farm now that I've grown to love it. Add **beets** to that category, too. (By the way, the kale salad recipe came from a CSA member!)
- **Pork and cheese.** I love reaching into the BHF fridge & freezer, and going home with a complete dinner. Ham steak & eggs with spicy greens! And the whole family has become fans of that marinated feta, which goes with just about everything.

What say you? Does your list overlap with mine? If we all combined our lists, it'd probably be a mile long! - Anna Barker (annabarker@charter.net)

## Recipes: Greens or Squash in the Oven

Here is one from CSA member Lauren Cunningham. She says even the kids will eat their greens this way.—AB

Baked Spinach (Kale, Swiss Chard, or mixed greens)  
From Vegetables on the Side by Sallie Y. Williams

1 TBSP butter, plus additional for buttering  
1 TBSP olive oil  
1/2 small onion, minced  
3 pounds fresh spinach, stemmed, chopped, cooked in the water that clings to the leaves until just wilted, about 2 minutes, drained, and pressed to remove as much liquid as possible  
[Note - I know I've never used close to 3 lbs of greens, and it comes out just fine]  
salt and freshly ground black pepper to taste  
1/4 tsp nutmeg  
1/2 cup heavy cream  
1/4 cup plain dried bread crumbs  
1/4 cup freshly grated Parmesan cheese

Preheat the oven to 325 deg. F. Butter a 1-quart shallow baking or gratin dish. Heat the olive oil in a small skillet over low heat. Add the onion and cook over low heat until translucent, about 10 minutes. Stir in the spinach. Season well with salt, pepper and nutmeg. Stir in the cream. Spoon the mixture into the prepared dish. Dot with 1 TBSP of butter. Mix the bread crumbs and cheese. Sprinkle on top of the spinach. Bake until

hot and bubbling, 15 to 20 minutes. Serve very hot. Makes 6 servings.

Variation: Substitute kale or Swiss chard for all or some of the spinach for a somewhat different flavor.

### Baked Mashed Squash

From The Victory Garden Cookbook by Marion Morash  
(Another favorite! Get this cookbook if you can find it!)

2 1/2—3lb unpeeled winter squash  
5 TBS butter  
Salt and freshly ground pepper  
Brown sugar (optional)  
1/4-1/3 C chopped nuts (optional)

Steam or bake squash until tender. Scoop from peel and mash. You should have about 1 1/2—2 cups squash. Mix in 4 TBS butter and season to taste with salt and pepper. Place squash in a buttered 1-quart baking dish, dot with remaining butter, and cover with a sprinkling of brown sugar and nuts, if you wish. Bake in a preheated 350°F oven for 30 minutes. Serves 4.

Variations: Cover with cheese, sauteed onions, and or fresh bread crumbs before baking. Or sauté 1 large apple in butter, combine with cinnamon & sugar, and spread over squash before baking. Or cover with sour cream, crumbled bacon bits, or fresh herbs such as dill.