



# Bear Prints

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## Farm News

No dogs please, as usual. Be careful of cars going fast on our road and of poison ivy on the walls. Make sure there is an adult with kids visiting the pond down the road. Come anytime to visit & explore. This is your farm.

Park anywhere but in a bar way (dirt road) since we often have to move the tractors to different fields.

Welcome! Feel free to explore the farm and stop at the Westford field on Graniteville Rd. to check our progress. This is the first time in years we won't be farming on 119 in Littleton on Nashoba Ski Area property. The goats and sheep are still in their winter pen/barn across the street down by the compost. We'll be moving them to their summer pasture soon. The chickens are in the main barn across from the house. The blue/green eggs are from the Arucuanas, a different breed. New members shouldn't worry that there are some loose roosters. We always have some loose chickens around. The guinea hens will probably be loud the first few weeks, as they get used to people visiting again.

My mom a/k/a Babci (grandma in Polish), is fine, but probably won't be making the drive as often as before. We'll miss her help boxing eggs.

We'll have wonderful cow cheese again for sale from West River Creamery in VT, but unfortunately we won't have goat cheese from Crystal Brook Farm. Ann is burnt out and is taking a sabbatical to travel and learn how others make cheese. We will appreciate her work all the more when she returns next year. We'll also have our own pork again, soon. I still can't believe we don't have any pigs on the farm right now.

Please remember to cross off your name and add any kids names and make corrections. When switching pick up days, it's easiest for us if you write it down next to your name (i.e. next week Fri). If an emergency comes up, please call our office number on the second page & get confirmation, since we don't always check our email. Thanks!

## What's New In Your Share This Week

New this week is **spinach, garlic scapes, lettuce, Haikurei turnips & eggs**, just like last year. We cool the veggies in cold well water after we pick them, but we don't rinse off all the soil, so wash them well to avoid gritty salad. I rinse the dirtiest leaves under running water, then let the leaves sit in a bowl of cold water. Once the dirt settles on the bottom I fish them out and dry them off in a spinner. Place in a plastic bag in the fridge with a paper towel to absorb the excess so they don't slime. A plastic spinner is a great investment & can even be used to store the greens in the fridge.

The **eggs** are part of your share this week, but they are usually for sale in the fridge as extra for \$3.50 dozen. We can use your **clean** egg cartons if you bring them back. (Don't forget to bring **clean** bags as well to take home your veggies.)

The **spinach** can be eaten raw in salad or steamed, sautéed with some of the garlic scapes, or used in recipes.

The **Haikurei turnips** are nothing like the fall

turnips used in stews. With all the root crops (beets, carrots, etc.), take the tops off before you store them in the fridge. They will keep better that way. Don't toss the tender leaves, though, turnip greens are delicious briefly steamed or sautéed with olive oil. The turnips themselves are mild enough to slice raw into salad. We like them best boiled just until tender, then rolled in a bit of butter.

**Garlic scapes** are the stalks of the garlic plant that would turn into flowers. Only stiff-neck garlic (or hard-neck) produce them. We cut them off so the plant will put more of its energy into making a bigger bulb, but the whole thing is edible & tastes just as strong as a clove of garlic. Just chop up what you need & keep the rest in the bottom of the fridge in a bag. No waste, no peeling; they're great and they last a long time! Add some to an omelet with your eggs. They also make a fantastic (if strong) pesto ground up in the food processor with olive oil and cheese. Or garlic bread....

Anna Barker won't be able to help with the newsletter this season, but I've already had a few members volunteer! Paige and Crystal might help with recipes (Paige has dropped off food for Mike & I in the past, so we can attest she's a great cook!) and I hope to have some guest writers for the back page. One thing I loved about Anna helping out was her "member perspective". It may take me a few weeks to organize, so bear with me and feel free to contribute. You, too, can be published!

## Bear Hill Farm CSA

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**(but we unplug during lightning)**  
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*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!

## PYO—HERBS....

The **pick-your-own herb beds** have been renovated. They are in the first 2 beds on the left, as you look out from the farm stand, next to the grass. There's lemon balm, garlic chives, thyme, & regular chives. We also have sage, lovage, sorrel, winter savory, oregano, & a couple kinds of mint (including chocolate mint). We just picked up some more salad burnett (tastes like cucumber), rosemary and a couple tarragon to add shortly. These are all perennials. I'll put temporary labels not to pick if something is getting wiped out. All the herb flowers are edible, so pick away & put in salad.

We'll finish weeding soon, and get the rest transplanted and labeled. We also put some parsley in this year. It will take a while before it is ready to harvest, though. Basil will come later as part of your shares.

The pick-your-own cherry tomatoes will be across the street this year, something different. We need to move them around, especially with the blight we had last season.

We hope to have PYO okra, tomatillos, and hot peppers this season in addition to the parsley and other herbs as well as the usual cherry tomatoes. It's just a matter of getting them all in the ground!

## Recipes: Your Ideas Here (& Salad Dressings)

As I mentioned on the front page, I'll be looking for help in the recipe dept., since Anna is busy this season. Many of you have been doing this long enough, though, that you have your favorite standbys that you go back to time and again. Others are always trying something new. So if you have ideas send them in — particularly for greens like kale.

We try to give lettuce every week. We vary the different kinds so it won't get boring and different types grow well under different conditions. In the cool spring we can produce the lovely butterheads with their soft tender leaves. In mid-summer they would slime out while growing, so we have to switch to hardier summer crispheads. The June issue of Good Housekeeping has 50 summer salad recipes & seemed worth the purchase price just for that. Homemade dressing is great, but doesn't last as long in the fridge. I'll include some of their recipes for salad dressings here, but don't feel guilty if you just use store-bought dressings. Just eating salad is virtuous enough!

All the recipes below are modified from the June 2010 issue of Good Housekeeping. Because they don't last that long swap some with a friend or make smaller batches.

Soy Ginger Vinaigrette Whisk together 1/3 cup low-sodium soy sauce, 1/4 cup fresh lime juice, 3 Tbsp. rice wine vinegar, 1/2 tsp. chopped fresh lovage, 1 tsp. grated ginger & 1 Tbsp. sugar. Store covered in the fridge for just a couple days.

Lemon Oregano Dressing Whisk together 1/3 cup fresh lemon juice, 1 tsp. Dijon mustard, 1 Tbsp. fresh oregano, 1 tsp. minced garlic scape (more or less to taste), 1/4 tsp. each salt & pepper. Continue whisking while adding 1/3 cup olive oil in a slow stream. (Or use the food processor instead of a whisk)

Light Ranch Whisk 1/2 cup low-fat buttermilk or light sour cream & 1/4 cup light mayo, 1 Tbsp. fresh lemon juice, 1/4 tsp. black pepper. Stir in 1 Tbsp. finely chopped chives & 1 tsp. finely chopped garlic scape. Refrigerate up to 3 days.