



Bear Prints

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Thanks to everyone for adding the kids names, etc. to the list. It really helps me to remember who is who (I hope!)

Please look over the list and make sure I have everybody spelled right & belonging to the right parents.

If there isn't enough room, feel free to tell me to look on the back

All the recipes this week came from Paige Impink and Crystal Hermann. They also reminded me that you can freeze extra greens if you "get behind". Personally, I like cooking a big batch and freezing leftovers (so I can take them to work for lunch). My Mom prefers freezing them as is for future use in recipes. She cooks them briefly (OK, she's almost 82, she cooks them a lot) then freezes in mason jars with the cooking liquid or sometimes in freezer bags without the fluid.

Farm News

Wow, did Mike and the crew get a lot accomplished this past week! Not only did they clean the farm stand and get everything ready for the first week of pick up, they also managed to transplant the basil, stake all the tomatoes, get most of them tied up, laid 18 beds of plastic, transplanted all those beds with the winter squash pumpkins and melons, did the weekly plantings in the greenhouse, weeded, and put in the pick-your-own tomatillos, hot peppers, and okra! And that's just the stuff I can think of off the top of my head and doesn't even address the regular egg collecting, feeding, greenhouse watering, etc...

One of the PYO items planted this year are husk cherries. They are in the same genus as tomatillos and also have a papery husk. They are small and taste more like a gooseberry. Hope they grow well.

The pork is back in the freezer this week, priced as marked. We try to keep cuts together so you can find what you are looking for. The smoked meat (bacon and ham steaks) won't be back for another couple weeks.

The delicious cow cheese from Jane is back again, also priced as marked. We have many varieties, from marinated feta, to Cambridge (similar to cheddar) and aged cheese for grating similar to pecorino.

The eggs are for sale, too, for \$3.50/doz.

What's New In Your Share This Week

New this week is **bok choy**. Our old members will attest to the fact that we grow a wide variety of greens to cook with. They grow well (for the most part) and they are nutritious and tasty. We don't give out the same one every week so you won't get bored. One exception to the every week thing is the choice of chard, kale or collards. Once they all come in we tend to give that choice every week, depending on how they are all growing.

Back to **bok choy**. Stir-fry is what I think of when I see this veggie, but you can also use the white ribs like celery or carrot sticks for dips as well.

As you probably already know if you cooked the spinach from last week, greens cook down a lot. The bigger, heartier leaves or stronger tasting ones are best cooked until just tender in a flavorful broth (like one made with a ham bone).

When sautéing or braising **bok choy**, cut up and add the stems first, since they will take longer to soften.

Creamy Choi Soup

from Farmer John's Cookbook

1Tbsp peanut oil

1/2 cup chopped scallions (save some for garnish)

3 cloves garlic, minced

2 tsp. coarsely chopped fresh ginger

1 lb. choy (or choy), chopped

1 large potato, peeled & diced

3 cups vegetable stock

3/4 tsp. salt

1/4 tsp. freshly ground black pepper

hot pepper flakes to taste

1 tsp. toasted sesame oil (dark sesame oil)

2Tbsp. sour cream

Heat the peanut oil in a med. pot over med.

heat. Add scallions, ginger & garlic & cook 1

min. Add choy & potato, stock & everything

except sesame oil. Bring to a boil, cover &

simmer for 20 min. until potato is tender. Stir

in oil and puree in food processor or blender.

Garnish with sour cream & scallions.

Bear Hill Farm CSA

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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!

Back on the Farm

Members who have been with us a while know that Mike has farmed full-time now for years. I used to farm with him and work 20 hrs./week off the farm to keep us in health insurance. That changed last spring when I took a full-time job with MA Dept. of Fish & Game. Now I farm part-time. It was a big adjustment & I didn't get to see you guys much, although I did keep up the newsletter. I took some time off and rearranged my schedule last week to meet & greet (but I was under the weather Friday). I hope to be able to visit more often this year, now that I'm more settled in my new job.

I didn't realize how much I missed seeing members until last week.

I miss working in the fields as well, but not so much when it's 90 and humid! I still get to play on weekends, but Sat. I go to market in Marblehead.

Now that I sit at a computer more often than not, I have started getting very soft and flabby. Getting older doesn't help. So I'm trying to eat more of our veggies and less subs this summer. I noticed last week a lot of our members are looking very good! Mike & I usually eat worse over the summer, since we are so tired and work such long hours. I'm determined to use more of the recipes I put in the newsletter this year. Wish us luck!

Stir Fried Bok Choy with Ginger

Adapted From Quick Fix Meals with Robin Miller

CSA member Crystal makes this dish every week. It is so simple, healthy and yummy. You can easily scale it up or down for your taste and quantities, and substitute any greens you have on hand. This serves 2-4.

1 tablespoon olive oil
1 clove garlic, minced
½ tablespoon minced ginger
4 cups chopped fresh bok choy
1 tablespoon reduced-sodium soy sauce
salt and ground black pepper to taste

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add bok choy and soy sauce cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender. Season, to taste, with salt and black pepper.

Sounds great! Thanks for sharing, Crystal.

Catalan Style Spinach

Adapted from Classic Spanish Cooking with Chef Ef

This is a quick any easy spinach dish that really is a treat. So simple but full of flavor. Even those who claim to not like spinach love this recipe. Serves 4.

¼ cup olive oil
2 cloves garlic, mashed
3 tablespoons chopped onion
6 anchovy fillets, chopped (optional)
6-8 cups of spinach, washed, steamed drained and chopped (whatever you have, it shrinks quite a bit)
¼ c pine nuts
¼ c chopped raisins or currants
Salt and pepper to taste

In a large skillet heat the oil and sauté the garlic, onion, anchovy (if using), spinach, pine nuts and raisins for about five minutes. Season with salt and pepper and mix well. Serve warm.

Simple Omelet

Crystal Herrmann

Snip a few spinach stems or other greens and saute well in olive oil. Add two eggs lightly stirred and some chopped chives. Fold in a bit of feta right at the end.