



Bear Prints

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Happy Fourth of July!

Guess summer is here, although it's been feeling like August to us. When you have to leave your air conditioning, think of the guys (and gals) sweating in the field all day.

No holidays on the farm, so don't forget pickup as usual! The veggies don't take time off and neither do we!

Care of your Veggies

When it is 90 out, it probably is a good idea to bring a cooler with an ice block for your pick up. If some of your greens look wilted, a good trick is to give them a bath in ice water, just until they perk up.

Then spin dry and put in a plastic bag with a paper towel to absorb the extra water.

Also, remember to always take the leaves off root veggies (or bulbous stemmed ones like kohlrabi) to keep them from getting limp.

Farm News

Another busy week. Lots planted down in Westford and the weeds and veggies and competing for who can grow faster. You will be happy to hear that the PYO cherry tomatoes have been transplanted. Now let's keep our fingers crossed that we avoid the blight of last year. Late blight is working it's way north (VA, NJ, etc..) and has been found in CT already. We've been diligent about digging up any volunteer potato plants that came up from leftover potatoes from last year. Mike says to get rid of any that come up in your compost or gardens as well (volunteers from last year) to "help save New England's tomato crops"! The spinach did great this season, but alas, not the peas. They are both tricky crops for us, since they are weather dependent. They like the cool, wet weather of spring, not 90 degrees in May! We start them both in the greenhouse, then transplant outside. The peas have to be staked and tied up (at least most varieties). It is very frustrating when, after all that work they bolt and don't produce anything worth picking! We don't know why the spinach did so well, we're just happy it did!

Mike bought an air conditioner for us last night, so he & his workers can cool off at lunch. The one we had is now on the porch to keep the veggies cool after we pick them. Mike's sister Janet is visiting from AZ for a month or so, so say "hi".

What's New In Your Share This Week

New this week is **Chinese cabbage**, **kohlrabi** and **Swiss chard**. Three new items! The **Chinese cabbage** looks a bit overwhelming, but it cooks down, so don't be afraid. You can roughly chop it and use it in any stir-fry. Here is where I recommend making a big batch and eating leftovers for lunch. The following is adapted from a Napa cabbage recipe in Deborah Madison's Local Flavors. I have a few cookbooks to help me with the newsletter and there are some websites that are great, too, but that's for another week.

Chinese Cabbage Salad with Herbs & Peanuts

4 cups thinly sliced Chinese cabbage
1 large carrot
1/4 cup chives, finely sliced
small amount of herbs to taste, (optional)

Dressing:

1/2 jalapeno, finely diced
1 tsp. sugar
1/4 cup rice vinegar
1/4 cup peanut oil
1/2 cup peanuts

Peel the carrot skin, then keep peeling it in long strips. Mix with the cabbage. Wisk dressing together adding 1/4 tsp salt if peanuts aren't salted. You can add the dressing ahead and it will still be OK, but add the peanuts just before serving so they stay crunchy.

The **kohlrabi** may be a little daunting, too, due to it's strange shape. Just remember to peel it first and you'll be OK. It has a tough skin, just like the stalks of broccoli. I think it has a similar texture and sweet flavor as well. I sometimes eat it raw, like carrots, but more often we boil until tender and then mash with a little butter and salt and pepper. It's really good! If you don't like the texture of mashed veggies, just peel, chunk and cook until barely tender. **Swiss chard** is a tender green, best cooked. It is a great sub for spinach in the summer when spinach doesn't grow. Chop the stems first, since they take a little longer to cook, then add the greens. Keep all greens in a plastic bag in the fridge to keep from wilting.

Bear Hill Farm CSA

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*PICK UP MONDAY, WEDNESDAY, OR
FRIDAY
3 PM UNTIL 7 PM (but you can come late)*

(Please make arrangements at least one week in advance to switch your pick-up day.)

CSA Since 1998

COME ANYTIME —
THIS IS YOUR FARM!

Eating Healthy

Well, the good news is that I have started watching what I eat in an attempt to stay off obesity induced by too much desk work, not enough hard farm labor and lack of willpower. The bad news is that I still haven't used some of the recipes that I recommended last week!

Ah well, farmers are nothing if not optimists, so I still have a few hours to make that bok choy soup from last week's front page before I crash for the night. (Didn't happen—subs instead, but there is always today!)

I received the following email from a new member last week. She graciously allowed me to print it here. Just wanted to share that you probably aren't the only ones saying "Now what?" but that if you just dig in you may find a new favorite! Thanks again to recipe contributors, particularly Paige & Crystal. It's been crazy busy at work and on the farm so the help is fantastic! And it's great to get someone else's perspective.

Hello,

Our family has not eaten bok choy before and so when it appeared as part of our crop share, we put it in our bag and said to each other, "OK, now what?" My son, Edward, spotted the Creamy Choi Soup recipe in the newsletter and said, "I'd like to try THAT!"

So, off to the grocery store for a couple of the ingredients; I had the rest on hand. I served the soup with a loaf of warm Italian bread - amazing! We liked it so well that we have decided to serve it as our first course at Thanksgiving.

We are learning a lot about new veggies and hope that you will continue to put the recipes in the letter. People like us need, use, and appreciate them!! :-)

Sincerely,
Ellen Jewart

Recipes

Garlic Scape Hummus

From The Garlic Farm, West Granby, CT, contributed by Lauren Cunningham

Scapes are great and keep for a very long time. Give this a try and use on your favorite wrap or dip with veggies.

2 cans of chick peas (garbanzos) drained

1 cup sesame seeds or tahini

2 tablespoons olive oil

1/2 cup lemon juice

1/2 cup fresh chopped garlic scapes

Place the ingredients in a blender on high until a thick paste forms. Salt to taste. Optional: add your favorite curry, to taste.

White Hakurei Turnip Gratin

Adapted from gfzing.com and Gourmet Magazine.

Crystal made this during the week and raved about it, so if you haven't yet found a use for those turnips, here you go!

1 TBSP butter

1 bunch Hakurei turnips, washed, trimmed and sliced in 1/4 inch slices (save greens for another recipe). You need not peel turnips.

1 tsp dry thyme

3/4 tsp salt

1/4 tsp freshly ground pepper

1/8 tsp cayenne pepper

1/2 cup heavy cream

1/2 cup chicken stock

1/2 cup grated parmesan cheese

Melt butter in a non-stick 12 inch skillet (make sure you have a top to fit the pan.)

Layer the turnip slices in the pan. Sprinkle the turnips with seasonings.

Cook for 3 minutes over medium heat, then pour heavy cream and chicken stock over the top. Cover and cook the turnips over medium heat for 20 minutes. The turnips will be completely cooked through, but there will be considerable liquid left in the pan. Remove the cover and cook to reduce the liquid. When most of the liquid has reduced (about 5-10 minutes), and the sauce is thickened, sprinkle the cheese over evenly over the top. Watch closely as the cheese melts and make sure that the liquid does not entirely cook away.

AG adds might be good for peeled kohlrabi as well!

Leftover Greens

Another vote for sautéed greens! I sautéed spinach, stems and a chopped garlic scape in olive oil until softened, 5-10 minutes. I add three beaten eggs and worked them into the spinach a bit, then added just a touch of salt and pepper. I cut it in half in the pan, flipped each side, then served it with some feta on top. A slice of bread on the side and I had a light evening meal for two. Salsa or chopped tomatoes would have complemented this dish. *AG adds this would be great with Swiss chard, too, particularly the green parts.*