



Bear Prints

Volume 13, Number 4

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PHONE

I am not a type setter, so bear with me. I couldn't put our cell number on the back page even though I did it last week.

We didn't unplug the answering machine in time, so we fried yet another one during the last lightning storm. So if you need to reach us please leave a message on my cell at 978-846-4577. Again, you can always come late.

Try looking through some of the old newsletters on our website at bearhillfarmcsa.com.

Some winter I'll do that index, but for now you might start looking at the same week in a different year.

I thought Paige might be busy this weekend, so I started looking for some old kale recipes. I found a few that looked great: vol. 12 #4, vol. 11 #16.

Paige was the guest writer in vol.11 #4. She was just starting as a member then, but now she's a pro!

Farm News

This season's potato crop is doing great so far. Mike has been good about cultivating to keep ahead of the weeds and hilled them this week. I took a day off and helped in the effort to hand weed prior to hilling. Mike got a potato digger, but it only works if there aren't many weeds, so it is great incentive.

The cucumbers are starting to vine as well as the sweet potatoes. The sweet potatoes that survived seem to be doing well, but we don't know how many we'll get. Even a few would be a treat. We've only tried growing them a couple years and never here on the home farm. I hear they like it hot, so they should be thrilled! If we could just get a little rain. An inch a week, that's all we ask.

Mike says we may have some early, small corn in a couple weeks. He is the king of multiple plantings. It takes a lot of planning (as well as labor) to produce veggies consistently every week, or every few weeks. We'll be planting the last of the corn plantings in the next week or so and then we'll already be moving on to the fall crop plantings.

Everyone seems happy to have the pork and cheese back and the few cherries we had left over from market went quickly, too. Mike's son Matt found the part we needed for the cheese and egg cooler online. Mike put it in and voila, we're back in business. The thermostat was missing, so we had to use the old fridge at first.

What's New In Your Share This Week

Lots new last week. The Chinese cabbage didn't make it through the week (sorry Friday members) but we have more coming, so we will make sure Friday gets it first next time around. We do our best to write about odd veggies before we give them out, and we try to give the same stuff all week, but nature doesn't always cooperate. Speaking of which, now is the time to do some rain dancing—but not too much of course!

This week it is **arugula** and **red Russian kale**. We grow a few kinds of kale. Most members aren't used to cooking with any of it prior to joining. It is a staple every year, though, so keep trying new recipes. According to Anna Barker, "*The key to enjoying your leafy greens is to build up a big collection of recipes you like, so you won't get stuck in a rut.*" It is best cooked, I think, as the leaves are a little thicker. The exception is the yummy

cold salad from vol.12 #8 that uses vinegar to "cook" the kale. Just toss all the ingredients (I don't soak the currants separately) & add the nuts just before serving.

Kale is super good for you, with all kinds of vitamins. Strip the leaves off the tough stems by pulling away from you while holding the end of the stem. Wash & then steam or use in the recipes on the second page. Kale chips were a huge hit in some families last year. I wish I had thought to make an index of recipes when I was writing these newsletters! Oh, well, most week's it was a struggle just getting it written and copied by 3 on Monday!

Arugula is loved by Italians as a salad green with a little olive oil and lemon juice. It isn't our favorite, so we lightly saute it. People who like it seem to love it though, so give it a whirl!

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!

Happy Birthday, Momma (aka Babci)

Most members that have been around a while know my Mom, or at least of her, since I write about her sometimes and she always comes to the end of the year party. She used to come to the farm at least one a week (sometimes twice) all the way from Peabody to help out. She grew up on a farm & unlike most kids who farm for a living, she remembers it fondly. An incredible worker, she would look forward to cleaning out the barn! As the years have gone by, her chores on the farm have changed, from shoveling to weeding & picking to cleaning eggs and the house. One thing remains the same, she is always a big help and the place looks much better after she's visited!

Momma hasn't been making the drive as much this year, but we'll take her whenever we can get her. She is visiting today, Monday, so maybe you'll see her if you are lucky. She turns 82 tomorrow, so we're having a little birthday celebration.

For new members, Babci is Grandma in Polish. It's appropriate that other people call her that as well, since she acts like everyone's Grandma. She never misses a farmer's market on Saturday morning in Marblehead, where she restocks for us and generally keeps the stand neat. All our customers know and love her and she often gets requests. "Will you pray for my daughter, she's trying to get pregnant, my husband's having an operation", etc.. They aren't necessarily religious, but they know she is and how could Anyone say no to her??! So wish her well, she so richly deserves it!

PS. I don't think she'll mind if I tell you she's turning 82.

Not the usual greens...

I was looking for this recipe in the old newsletters & gave up. In the morning Paige sent it to me. This is the one I was talking about on the first page.

Kale Chips

From Elena Beebe in South Windsor, CT as found on Allrecipes.com- outstanding!

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt. Bake until the edges brown but are not burnt, 10 to 15 minutes

Arugula is also called "Rocket" in other parts of the world. It has a nutty flavor and gives a nice kick to salads and sandwiches. After making this pizza, my friend Shelley exclaimed "where has arugula been all my life?!"

We loved the combo of pizza and salad in one dish.

Grilled Chicken, Carmelized Onion and Arugula Pizza

- 2 grilled chicken breasts, sliced
- Your favorite barbecue sauce
- ½ red or Vidalia onion, sliced
- 2 TBSP butter
- Pizza Dough for one pie (or pre made)

- 4-6 oz Feta Cheese
- 2 cups/handfuls Arugula

In a small skillet, carmelize onions in butter, slowly over low heat, 10-15 minutes. While onions carmelize, toss chicken with some barbeque sauce in a small bowl.

Prepare pizza dough or pre-made crust and spread barbeque sauce. Sprinkle with feta and carmelized onions. Add sliced chicken. Cook in a 450 degree oven on a pizza pan for 12-15 min. Put 2 cups arugula on pizza, add feta and return to oven for 1 minute or so until arugula is wilted.