



Bear Prints

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The second payment of \$270 is due by August 1st, so if you've opted for the 2 payment plan, we'd really appreciate it if you could have it in by then. I hate having to harp on it. A few members have already dropped their checks in the money box for cheese, pork & eggs. (Just don't leave that much cash in there.) Thanks so much!

We really apologize if you've come to pick up and something was missing. We had a couple days of miscommunication where things weren't put out & I know some of you missed out on your kale on Friday. Feel free to email me and we'll work it out. We'll be better about making sure everything is out for you in the coming weeks, or at least a note on the board as to where you can find it if we're working in the other field. Sorry!

Farm News

It rained! Not nearly enough, but at least some. It has been so hot and dry, it was getting critical at our rented field in Westford. Farming is pretty stressful, long hours, etc. but last week was really hard, with Mike trying to rig up some irrigation before everything died. He came through as usual, and built a platform with two big tanks to go on the back of the dump truck. He pumps water from our irrigation pond and then drives it to Westford and hooks it up to the drip tape. I could have cried with relief when I heard the tomatoes will live! Mike's friend Mike helped him put it together in the heat on Friday. Another member volunteered his hydro-seed tank. Luckily we won't need it now, but it meant a lot that he offered.

This past week was spent picking and weeding, but it was too dry to plant. Now that we've had a little rain, it's time to add that to the mix again.

Hey, I've got to take the room to say please make sure that you are only taking one full share if you split a share (you aren't both taking a full share) and that you are only taking what is marked as a share. Please don't take 2 lettuce and leave your kale, since other members will get shorted. We hate to pick way extra, since it just goes to waste in this heat, but we also want to make sure everyone gets their full share! Thanks!! By the way, for those interested the smoked meat is in.

What's New In Your Share This Week

New this week are **beets** and **winterbor kale**. Last week you got red Russian kale, this week is the kale that you are probably more familiar with. It is the stuff restaurants sometimes use as a curly garnish. It is much better cooked than raw. All the kales are interchangeable and really, many greens are interchangeable in recipes as well. Just cook a bit longer if substituting kale for chard, for instance.

Beets that are fresh from the garden are completely different, so try them even if you think you don't like them—you may be surprised. Just be careful as they do stain. Cut off the greens to save for sautéing. They are one of our favorite greens. Boil or roast the beets whole or chunk the big ones so they cook faster, then peel after they are cooked. The skins just slip off once they are cooked.

I think roasted beets are the best, but unless you are taking Paige's advice and making zucchini bread, don't bother heating the oven. They are just fine boiled. Once cooked you can eat just as is cold for a sweet treat, or make quick pickled beets by adding sugar, vinegar and cloves. Once cooked you can also add them to salad.

The Victory Garden Cookbook by Marian Morash is one of my favorites. See if it is at your local library. She recommends grating raw beets, then mixing with melted butter. Sprinkle with lemon juice, then cover the pan and cook on low for about 10 minutes. Add water or stock to prevent burning and to use less butter. Cook just until tender, sprinkle with more lemon juice if needed, salt & pepper and some chopped **parsley**. You can pick it now!

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!

Variety is the Spice of Life (or so they say)

Some new members may be thinking more greens?! But that is one of the attractions for many people that join CSA's—the opportunity, nay, the requirement, to add new veggies to your repertoire. Although I wouldn't recommend it for all aspects of your life, variety is great for meeting your nutritional requirements.

Same thing for recipes. Don't get me wrong—it is vital to have your old standbys when you are exhausted and don't want to think about what to make. But it is good to add to that list by trying new recipes once in a while.

Quite a few members have their own little gardens. But it is hard to find the time to plant & maintain a wide variety of crops. That's where we come in! Lots of old members have told me they now love veggies that they never had before joining the farm (like kohlrabi, turnips, beets and even, yes, kale).

One of the things Mike really enjoys about the CSA as opposed to the farmer's market is the wide variety of crops. It also helps to spread the risks, quite frankly. Chances are if you are growing a ton of different crops it will be a banner year for at least some of them!

If you really don't like something after trying it a few different ways, or you know you can't get to something this week, or if you still have that left from last week, feel free to place something in the extra tub we have set up. It disappears like magic, because even though it may not be your favorite thing, it is bound to be someone else's. And you'll be doing a good deed, making someone else's day and not having to feel guilty about letting a veggie slime out.

I almost forgot—Diane Kottke started a CSA blog at mycsashare.wordpress.com. Great ideas & recipes—you might not want to give up those veggies after all! (We have great members!)

Kale (and Squash)

New this week is Winterbor or curly kale. This is a terrific kale for making Portuguese Kale soup. You can rinse, chop and freeze the kale for use later or cook up a batch this week. I've used this recipe several times with terrific results. This soup/stew/one pot meal disappears quickly. I've modified this from a Recipezaar entry (says Paige).

Portuguese Kale Soup

- 1 tablespoon olive oil
- 1 lb linguica sausage (or chorizo if you like it spicy)
- 1 quart chicken broth
- 1 large onion, roughly diced
- 4 large potatoes, cubed
- 1 bunch kale, stemmed washed & chopped
- 1 (15 ounce) can dark red kidney beans
- fresh ground black pepper (& salt if needed)

Remove casing from sausage and cut into smaller than bite sized pieces. Heat oil in a heavy soup pot; saute the sausage & onion just until the fat is rendered, about 3 to 5 minutes. Drain on paper towels. Add other ingredients except kale. Bring to boil and simmer 10 minutes. Add kale and simmer about 8 minutes until tender. Taste for seasoning- depending on how spicy your sausage is, add salt and pepper to taste. Serve hot.

Squash Bread (again from Paige)

Still have some squash hanging around? Make a bread ! Deny the heat. Go ahead and make a loaf! This is a reliable recipe good for using up squash.

- 1 ½ cups flour
- 2 tsp cinnamon
- 1 tsp baking powder
- ½ tsp baking soda
- 1 ½ cups shredded zucchini or summer squash
- 2 eggs, well beaten
- ¾ cups sugar
- ½ cup oil
- 2 tsp vanilla extract

Preheat oven to 350 degrees. Mix flour, cinnamon, baking powder and baking soda. In another bowl combine beaten eggs, sugar, oil and vanilla. Beat three minutes. Add dry ingredients and mix until moistened. Pour into well-greased loaf pan. Bake 40 minutes or until toothpick inserted in center comes out clean.

Tip: wash and shred your squash with a box grater and keep the skin on. It adds vitamins and color. Placed in strainer or sieve over a bowl for a few minutes to squeeze out excess moisture.