



Bear Prints

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Farm News

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. Please don't take more than 1 head of lettuce. We've been running short. And if you don't think you'll get to use something, put it in the extra bin to make someone else's day!

More heat and more drought, although we did get a shower, luckily. We don't ever remember this much heat and drought together in all our years of farming. The irrigation pond is as low as we've seen it, since Mike has been watering the Westford field with it (via a pump & some tanks) as well as the home farm. I don't know how he has kept up working in this heat quite frankly. His spirits even seem OK. It still beats the rain & cold of last year!

We got a lot weeded this week including all the potatoes in Westford. The weeds were especially thick next to the tomatoes, since they had been watered. The deer found the winter squash and melons down there. Mike & his son, Matt & Patrick all worked Saturday getting the electric fence up to protect them. The deer ate the beans down there, but we'll plant more at the home farm. The deer pressure will probably be bad due to the attractiveness of all those juicy veggies in this drought. Mike also got some more planting done.

We'll need to harvest the garlic soon, in front of the shop. We also need to weed the cherry tomatoes and get them tied up. Last week we started giving out corn on Wed. The first planting didn't make it. We were surprised the second one did OK in the drought. The ears were small but sweet. Monday should get theirs this week. Hopefully the cukes will get enough water to continue to produce.

What's New In Your Share This Week

New this week are **collards** and **basil**. I never know until the last minute what we'll be giving out & as seen from last week, it sometimes varies. That makes writing the newsletter all the more difficult, since I like to let new members know about new veggies. Read the white board and look for notes on last minute stuff in the farm stand & feel free to email us or ask another member when picking up.

Basil hates the cold, so keep it in a glass of water on the counter, like a vase of flowers. Don't put it in the fridge or it will likely turn black. We'll give out bunches for pesto most weeks, but the first picking may not be as much. Use the leaves in sandwiches or cut up into salad.

Collards are yet another green to cook with. I'm not into creamy sauces, but Mike said to look in Farmer John's Cookbook for collard

recipes & here's one I found. Sounds like something former newsletter helper Anna Barker would like?

Steamed Collards with Lemon Balm Cream

- 1 bunch of collards, stems removed, leaves sliced into 1/2-inch strips
- 1/4 cup butter
- 2 Tbsp. flour
- 1 cup half & half or heavy cream
- 1Tbsp. chopped fresh lemon balm
- 1 tsp. salt
- 1 tsp. freshly ground black pepper

Steam collards just until tender, about 15-20 minutes. Meanwhile, melt butter in a medium skillet over med.-low heat. Sprinkle in flour and stir to make a paste. Stir in 1/4 cup cream, then gradually add the rest, stirring. Add lemon balm & salt & pepper and cook until thick again. Pour over collards & toss to coat.

Save the date. Our end of the season party is always the first Saturday in October now, so people can plan ahead to attend. It isn't the end of pick ups (usually) but the weather gets iffy any later than that. This year it's **October 2nd**.

We don't always know when veggies will be ready and they don't always cooperate by coming due on a Monday. Don't fret if you've "missed" something—there's more coming & we make sure everyone

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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!

Are you getting behind?

If you are new to CSA (& even if you aren't) sometimes you just don't get to everything in the fridge before it's time to pick up again.

Have you checked out Dianne Kottke's blog at mycsashare.wordpress.com? She has some great ideas from a member perspective. Feel free to email her recipes & tips & maybe they'll make it back here.

Because I wasn't sure what we'd have new this week, Paige, Crystal and Lauren (the Tewksbury contingent) who have been so helpful with recipes suggested recipes to use up some veggies that may still be in the bottom of your fridge. We'll likely get them again as well, so it's good to keep those ideas coming anyway.

Cara's mom, Judy, wrote "you may share one of Cara's and my favorite food websites. It is a collection of food blogs, a "community-driven visual potluck". The visual part refers to the gorgeous photography of the food. CSA members will appreciate the ability to search by ingredient to find all of the recipes for chard or zucchini. It is Tastespotting at <http://www.tastespotting.com/>."

There are lots of places to look on the web for recipe ideas, like recipazaar.com, and eatingwell.com. Diane has more ideas on her blog and you can also search other CSA websites, like angelicorganics.com. You can download PDF's of some of the recipes in his book, Farmer John's Cookbook, The Real Dirt on Vegetables. I've included a recipe on the front page from that one. Personally, I'll admit I don't use recipes very often; Mike does most of the cooking by throwing things together and making magic. But I love reading cookbooks.

I did try the uncooked kale recipe from the other week, with vinegar and dried cranberries. I ate the whole bunch of kale by myself! I brought it with me to a potluck and people seemed to love it. Who knew kale could be so popular?

Leftover Veggies?

Take the edge off of radishes by slicing them very thinly and soaking in seasoned rice vinegar, such as Marukan. They make a nice accompaniment to your salad or a quick snack. Radishes are good for fiber and B6 among other things.

Kohlrabi-Potato Pancakes (or zucchini)

Lauren raved about these Kohlrabi-Potato pancakes from the GreenEarthInstitute. Hey, we are running behind on our veggies, too. Good storage will let you enjoy your bounty for weeks. Don't stress! Use up zucchini this way as well.

2 medium kohlrabi bulbs, washed, peeled
1 large Yukon gold potato, washed, peeled.
1 small onion, chopped
2 eggs slightly beaten
2 tablespoons dried bread crumbs
1 teaspoon salt & ground pepper to taste
1/4 cup olive oil
applesauce or plain yogurt

Shred kohlrabi and potato; squeeze out excess moisture. Combine all ingredients except oil in a large mixing bowl; stir until well blended. Heat oil in a large skillet. Fry kohlrabi-potato mixture in batches until golden, about 4 minutes per side. Drain on paper towels. Serve with a bowl of applesauce and/or plain yogurt as a condiment. Serves 4-5.

Tabouli (or Tabbouleh) Salad

Always a great non-meat dish. Ingredients can vary by taste. I made with quinoa but it is traditionally made with bulghur wheat.

2 cups water
1 cup quinoa (rinsed thoroughly)
1/4 cup olive oil
1/4 cup lemon juice
1/2 teaspoon sea salt
2-3 tomatoes diced
1 cucumber
1-3 cloves garlic minced (depending on how much you love garlic)
2 Tablespoons fresh mint

Heat a saucepan, throw your rinsed quinoa in and lightly toast it, moving it around constantly over medium heat. Once it is toasted, add the water, bring to a boil, cover with a tight fitting lid and reduce heat to low simmering the quinoa covered for about 15 minutes, or until the water is absorbed.

Meanwhile in a large bowl, combine: olive oil, lemon juice, sea salt, and garlic, Add in the tomatoes and cucumber, Mix in the cooled quinoa combining well, refrigerate at least one hour before serving or overnight.