



Bear Prints

Volume 13, Number 7

July 26, 2010

This is the last week before the second payment of \$270 is due (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 big thank you to everyone who has already sent in their second check!

Paige writes:

Excess zucchini I sliced lengthwise and placed in a glass dish, drizzled with olive oil and balsamic vinegar, salt and pepper and let sit. I grilled these slices and put away to make great sandwiches later in the week. Goat cheese spread on bread with these grilled slices is wonderful. Pesto is great on a wrap with turkey or even the grilled veggies. You can grill the **Tropea onions** the same way as the squash.

Farm News

We got rain! We could certainly use more, but real rain was such a joy. Thanks to everyone who did rain dances, washed their cars, hung out laundry & left their car windows open.

The big weeding push was very successful. Just a little more to go. The electric fence seems to be working on the winter squash & melons, but the deer ate all the beans & they have been working on the cucumbers. Mike will try to put up more electric fence for the cukes and will plant more beans here at the farm. There was a fawn bedded down under the scarecrow in the corn. The doe was eating the grass & weeds we cut in the tomato aisles. Too bad we can't train them to just eat the weeds!

Mike and the gang got almost the whole field by the irrigation pond planted last week. Sometimes we have to wait to transplant or seed because it's so dry. Mike has often had to irrigate first!

He took some time out last week and drove to Southampton, MA to get 5 piglets. They are all girls and the goal is for them to be replacement sows (i.e. mothers). They were very skittish when they arrived, but they come right over now. Go visit them in the barn across the street from the house, where the chickens are.

What's New In Your Share This Week

New this week are **carrots** and **red long of Tropea onions**. The carrots have been growing in front of the farm stand since before you started pick up. They require a lot of care, lots of watering to get them to germinate, & lots of meticulous weeding, so the farmer's market customers never see them from us. You get them all.

These are so sweet it seems a shame to put them in carrot cake—eat them just raw or steamed until just tender, all by themselves or as Paige suggests, sliced, boiled a bit then a touch of butter & a sprinkle of brown sugar.

The onions are very strong raw, but cooked they are the sweetest you'll find. They are really delicious. We do sell these at the market when we have a good growing year for them & customers love them!

They are a summer onion, which means they won't last all winter like a storage onion, but they will still last weeks if you don't eat them up in the following recipe submitted by member

Ann Barker (not to be confused with member Anna Barker).

Curried Chickpeas and Kale from "1,000 Vegetarian Recipes" by Carol Gelles

2 T. ghee or veggie oil

1 ½ C. chopped onions

4 cloves garlic, minced

½ t. cumin seeds

3 C. chopped kale or Swiss chard

1 1/2 T. curry powder

1 t. ground ginger

1 t. ground coriander

1 ½ C. veggie broth

3 C. cooked chickpeas or canned, drained

1 C. chopped tomatoes

Salt to taste

Heat the oil or ghee. Add onions, garlic and cumin; cook until soft. Add kale or chard; cook until soft. Stir in the spices until absorbed. Stir in broth and boil. Add remainder and bring to boil. Reduce heat and simmer uncovered, 25 minutes. You can vary any proportions to your

Bear Hill Farm CSA

Anne & Mike Gagnon

14 Davis Road
Tyngsboro, MA 01879
Phone: 978-692-4224 answering machine
cell = 978-846-4577
Email: bearhillfarm@aol.com
Website: bearhillfarmcsa.com

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

(Please make arrangements & get confirmation one week in advance to switch your pick-up day, or at least before your pick up day so we don't waste veggies.)

CSA Since 1998

COME ANYTIME —
THIS IS YOUR FARM!

The Zen of Growing Veggies

Mike certainly is Zen about growing veggies. He is totally invested in farming (both mentally and financially), don't get me wrong, but he is also almost Zen-like in his acceptance of what happens. No rain? Humid & 90 degrees for what seems like weeks on end? Oh, well, it's all good. He just goes with the flow and figures out how to irrigate those crops or how to alter his planting schedule. It's not that he doesn't care, he just realizes that some things are out of his control. He is much better at it than I!

Which brings me to the "what to expect for veggies question". New members often ask before joining what kind of veggies to expect and how much. As you can imagine, it's hard to know, given the variability of weather, bugs, deer, etc. Current members often ask as well "can we expect broccoli or how long until corn?"

All we can say is we're doing our best. The peas did terrible this spring due to the hot weather (which has happened before) but the spinach did great. If things keep up, it looks like a great year for garlic and maybe potatoes (which is great since conventional taters are heavily sprayed). I won't mention the veggie that starts with "T" though, since I don't want to tempt fate.

The broccoli bolted this spring and he planted a lot of radish seed for naught, but other things are coming along nicely. And we'll have other plantings of all the stuff that didn't do well, so there will be another chance.

Maybe we can all benefit from Mike's example and go with the flow.

Chocolate Zucchini?

Here is a winner Chocolate Zucchini Cake if you want to use up your squash now, from Paige Impink. She's given us some & it's great!

Chocolate Zucchini Cake/Bread/Muffins (adapted from several online recipes)

½ cup unsalted butter, softened
½ cup canola oil
1 ¾ cup sugar (I use 1 cup white sugar,
¾C brown sugar)
2 eggs
1 tsp. vanilla
1/2 cup of sour milk (add 1 tsp. lemon juice to a ½
cup of milk and let stand 5 minutes before using)
2 ½ cups flour
4 Tbl cocoa powder
½ tsp baking powder
1 tsp baking soda
½ tsp cinnamon
½ tsp clove
2 cups finely diced zucchini

1/2 cup chocolate chips

1. Spray a 9 x 13 baking pan or glass baking dish. Preheat oven to 325 degrees. (I use 2 loaf pans and/or muffins)
2. Cream together the butter, oil, and sugar in a large bowl. Add eggs, vanilla, and sour milk and mix well.
3. In a separate bowl, mix dry ingredients (flour, cocoa powder, baking powder, baking soda, cinnamon, clove) well then add to wet mixture. Do not over mix.
4. Gently stir in zucchini. Spoon batter into prepared pan. Sprinkle chocolate chips over top. Bake at 325 degrees for 40-45 minutes, or until a tester toothpick comes out clean. Cool in pan on rack (adjust cooking time as necessary for muffins or smaller loaf pans).