



Bear Prints

Volume 13, Number 8

August 2, 2010

The second payment of \$270 is due (August 1st).

A big thank you to everyone who has already sent in their second check!

If you have a star next week, that means you still owe your second half. Please send us an email or call me at 978-846-4577 if you won't have it in, otherwise we won't pick your share the week of 8/16.

We have a guest writer in the Forum Box on the second page this week.

Ann Barker has been a member for a long time, not to be confused with Anna Barker who used to help with the newsletter. I had to edit her "column" down to fit in the block on the second page, so her original was more eloquent.

She picks up on Mondays and I'm sure she'd be happy to share info with you. Feel free to leave her a note if you have any questions or would like to know more about the topics she touched upon.

Farm News

It was yet another busy week, hot, dry week. It's been tough working out in the fields. Mike and Mikey worked feverishly on the big dump truck so that Mike could use it to keep irrigating in Westford. They finally got it running again. The pond is dangerously low from all the overhead watering here and all the tankfuls of water brought to Westford. It's time to seriously work on your rain dances, guys. Send the kids out in the yard and have them dance for rain.

The goats should be out in the field mowing down weeds tomorrow. Patrick came in on Saturday to work on building their pen. It's tough to put up wire fence when there are rocks everywhere you go to put in a fence post! The pig pen is half built. Hopefully they'll see their first dirt this week. Then you'll see some happy piggies!

The girls worked hard weeding all the cherry tomatoes behind the greenhouse. A couple rows are strung up, hopefully they will finish tomorrow. Their tomatoes look good, although they dropped a lot of their blossoms when it is over 90. There are lots of new flowers now, though. You can wander through them if they are tied up and eat any that are ready. Just a few so others can share. Soon enough there will be a lot, hopefully!

What's New In Your Share This Week

New this week is **garlic**. Last week the farm help pulled up all the garlic in front of the shop. We save our own bulbs for seed for next year, so the biggest bulbs are saved for stock. Mike put down lots of compost last fall, so they grew big despite the drought and it was easy pulling compared to other years.

Garlic is planted in the fall, just like other bulbs like tulips & daffodils. We harvest it all, sort by size and tie it up in bundles of 10. Then we hang them in the goat barn to dry. You don't have to wait to use it, though, and most people think the flavor is best when fresh. You can always use a little sautéed with your greens, or, of course, in your pesto. But you can also try roasting it for a mellow,

soft spread. Or there is yummy cheesy buttery garlic bread. Or rub a clove on dry bread for croutons in soup or salad. Also new this week is okra and hot peppers. You should start exploring the pick our section in front of the farmstand. The hot peppers may be starting to ripen. Just be careful!

The okra on the end is starting to produce as well, but the tomatillos are still a bit away from being ready to harvest. You have to wait until the green papery coverings split with a full green tomatillo inside. We also have some husk cherries out there. They are little berries in papery husks, similar to the tomatillos, but sweet. Eat as is.

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!

Choices & Sources for Info

We are blessed to have Bear Hill Farm in our backyard. In the 11 years I have been a member, I have reaped loads of info from those two on all matters of nature. As an RN, I know of illness and traditional approaches to treatment. As an LMT, I studied about wellness and prevention. Recently, I became a technician practicing harmless screening for breast cancer called Thermography after I learned of the dangers of radiation. Every day we have decisions to make in all aspects of our life that could have positive or negative effects on our bodies. If you are reading this newsletter, you already made a conscious choice to eat well as part of your healthy lifestyle. I want to give you a few good resources for other healthy lifestyle choices.

"Westin A. Price Foundation" ---much can be learned at this website which is a non-profit organization for "wise traditions in Food, Farming and the Healing Arts".

National Public Radio---recently I heard Garret Keizer, "The Unwanted Sound of Everything We Want", talk of the numbers 1 in 8 children having hearing problems from the overuse of new technology. William Powers writes in his book "Hamlet's Blackberry: A Practical Philosophy for Building a Good Life in the Digital Age" that we must disconnect to connect with others. Info overload is not healthy. People must talk to each other plus have quiet time.

Mercoa.com—Joseph Mercola, DO from Illinois has an alternative medicine website that addresses the 'root causes' of disease. "Women's Bodies, Women's Wisdom" by Christiane Northrup, MD. She also has an informative website and newsletter with profound advice on staying healthy. There are many afflictions we will die with but not from. Both these practitioners believe the body can heal itself if given the right atmosphere starting with what we eat.

Huge Zucchini and Kale

Did you take any of the huge zucchini as extra last week? Or maybe you have some in your garden or from your neighbors or co-workers.

Crystal makes a terrific stuffed zucchini using ground turkey. Why not try some BHF ground pork or sausage? This recipe can be adapted for on or more zucchini- you have to judge based on your needs.

Stuffed Zucchini

Slice zucchini lengthwise, slicing off stem. Use a spoon to remove the zucchini and create a "boat", being careful not to carve too deeply. Set scooped zucchini aside and place boats in glass baking dish.

1 small onion
1 lb ground turkey or meat of your choice
½ c seasoned breadcrumbs
1 tsp parsley
1 tsp oregano
1/tsp basil
salt and pepper
1 cup tomato or spaghetti sauce
1/2cup grated cheese (romano, parmesan etc.)

Saute onion, spices and chopped reserved zucchini. (Dare I suggest to add some garlic?) Drain excess liquid. Blend with turkey (uncooked) and place in boats. Drizzle with sauce and sprinkle with cheese. Bake at 350 for 40 minutes until golden.

Kale and Avocado Salad

A customer at the farmer's market traded this recipe with me. I thought it was pretty good, so I'm sharing with you.

1/2 sweet potato
1 med. carrot
3 to 4 kale leaves, thinly sliced (I used Red Russian)
1 ripe avocado
juice of one lime

Slice the kale as thin as you can. Grate the sweet potato & carrot and mix in a covered bowl. Dice the avocado small & add to the bowl. Squeeze the lime into the bowl and mix with the rest of the ingredients. I'm not sure if she diced or mashed but I really liked it my way. Since Mike doesn't care for avocados (or raw kale) I had it for lunch.