



Bear Prints

Volume 13, Number 9

(978) 846-4577 if you need to reach us & you can come late!

August 9, 2010

The second payment of \$270 was due (August 1st). Only a few left—thanks!

If you have a star next week, that means you still owe your second half, although some of you have already said its coming. 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.

Just one page this week. It's been so dry it's hard to not whine, but I won't.

Apples for sale this week from Brookdale Farm in Hollis, NH. We bring them to the market (along with other fruit they grow) and we try to buy extra so you can get some, too. Right now they are Jersey Macs & Gravensteins. Also, all the **cherry tomatoes** are tied up except the last row, so help yourself across from the goats, behind the greenhouse. There are a few ripe right at the bottom. Don't forget the other PYO in front of the farm stand, **hot peppers & okra.**

Farm News

Another dry week. Mike says it is officially the worst drought he's ever seen. He grew up here and until last week he never saw the brook down the street dry. I admit to having shower envy. It hasn't rained hardly at all at the farm, but driving around I've noticed wet pavement a couple times. I know it isn't much, but we'll take anything at this point. I haven't washed the car (I never do) but I have been leaving the windows open to tempt fate.

Mike's sister, Janet returned to Arizona. We'll really miss having her around. She was also a big help cleaning & boxing the eggs. This week our granddaughter Allie is visiting, so maybe she'll help out. Some of the repeat members probably won't recognize her all grown up.

Mike & Matt finally cut up the white truck that's been sitting across from the shop for the last two years. They had to cut off the back, flip it over and cut off some parts for the green truck. Hopefully the rest of it will go away shortly. There has been more of the same picking and weeding this week, with a little planting thrown in. Mike also made a contraption to help lay out the drip tape. The goats seem to really be enjoying their new pen. The piglets are getting friendlier every day. Still haven't finished their pen yet, so they remain in the barn.

What's New In Your Share This Week

New this week are **green peppers**. They are on the small side this year due to the drought. I am surprised the deer haven't eaten them all, since they are so juicy. Some of you may get a few purple peppers. They taste just like the green ones, since they aren't yet mature. Red, orange and sometimes yellow peppers are fully mature and thus sweeter than their green counterparts. It takes a long while for them to turn color (with the exception of the purple ones that start out that way), & a lot can happen in that time so we usually pick them green. A bird in the hand, so to speak, especially this year!

While green peppers are terrific stuffed, here is a wonderful quick recipe for green peppers from Rachael Ray (via Paige) that doesn't require heating up the oven! Small peppers are tender and sweet and will be gobbled up. You can grill them as well but the salad is a nice change!

- 2 green bell peppers, seeded and cut into 1 1/2-inch dice
- 3 vine-ripe tomatoes, seeded and diced
- 1 small onion, chopped

- 1 large clove garlic, finely chopped
- 1/2 cup flat-leaf parsley leaves, coarsely chopped
- 1/2 lemon, juiced (1 tablespoon)
- 1 tablespoon red wine vinegar
- 3 tablespoons extra-virgin olive oil
- Coarse salt and black pepper
- 1 teaspoon ground cumin (1/2 a palm full)

Combine peppers, tomatoes, onions, garlic, parsley in a bowl with your fingertips. Squeeze the juice of the lemon with the lemon half sitting upright. This will help prevent the seeds from falling into the bowl. The lemon juice will spill down over the sides of the lemon and the seeds will remain with the fruit. Squeeze the juice evenly over the salad. If the lemon is under-ripe, microwave it for 10 seconds before you cut into it. Next, sprinkle a tablespoon of vinegar over the salad -- just eyeball it. Drizzle the extra-virgin olive oil over the salad, add the salt, pepper and cumin. Toss again. Taste to adjust seasoning and serve. (*Don't forget mycashare.wordpress.com for more recipes.*)

Bear Hill Farm CSA

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*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!**

Indian Okra

Try this quick dish for its flavor introduction. Makes just a bit but enough to get you hooked! Serve with plain yogurt to mellow the spices if you like.

- 1 1/2 tablespoons butter
 - 1/2 medium onion, chopped
 - 1/2 pound sliced fresh okra
 - 1/4 teaspoon ground cumin
 - 1/4 teaspoon ground ginger
 - 1/4 teaspoon ground coriander
 - 1/8 teaspoon ground black pepper & salt to taste
- Melt butter in a large skillet over medium heat. Add the onion, and cook until tender. Stir in the okra, and season with cumin, ginger, coriander, pepper and salt. Cook and stir for a few minutes, then reduce the heat to medium-low, and cover the pan. Cook for 10 minutes, stirring occasionally until okra is tender.