



Bear Prints

Volume 13, Number 10

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

August 16, 2010

Only a couple people left to pay the second half—thank you so much to everyone who stepped up! Just one less thing for me to have to keep track of, and obviously we can use it.

Mike saw a coyote walking off with the white rooster this morning.

On Sunday Mike took Halley and Cara to Sturbridge Village with Matt & me. We had fun walking around seeing how farmers used to do things. I teased the turkeys into gobbling by whistling. The girls played old games & took a stagecoach ride. Matt & Halley gave Mike pointers on using his new digital camera. Hopefully we'll be able to update the website (probably over the winter) with newer photos.

Farm News

Still no rain here at the farm, although I've heard it's showered elsewhere. We pulled the plastic off the tomatoes in Westford last week, since it is so dry underneath it and Mike laid drip tape on top of the ground next to the brassicas to water them (broccoli, cauliflower and Brussel sprouts). The gang weeded the corn down there and Mike continued to truck load after load of water from the irrigation pond. I don't think it will last more than another week or two, so keep those rain dances coming.

They harvested all the yellow onions last week and will be putting them away in the barn for storage this week. I was hoping maybe that would make it rain. They have planted lettuce, beets and more summer squash & zucchini in the field by the pond and they weeded that, too, last week.

The pig pen finally got finished, so they should be up by the goats now instead of in the barn.

Sad news, this is Cara's last week on the farm before heading back to college in Michigan. It was a busy weekend for us. I went to market Sat. a.m. & helped Patrick & Cara set up, then rushed back home to go to the Augustfest at the Shirley Rod & Gun Club with Mike & friends. Then we hurried home to change and met Mike's son, Matt and Halley who works for us. We all went to a wedding in NH. The wedding was in a field with a view at a former farm & the newly married couple took a ride on a tractor. It was much cleaner than any of Mike's! We didn't get home until very late.

What's New In Your Share This Week

New this week are **new potatoes**. "New" just means freshly dug, so their skins are nice and tender, although I'm sure new in the store also means little ones. We planted a lot of potatoes this year, but the drought has really impacted the yield and size. They still taste delicious though!

They are fantastic roasted in a hot oven (450 degrees) with a little olive oil, minced garlic, salt & pepper and maybe a little rosemary (at least that's what Paige suggests). We often roast them with other veggies (like carrots) or in the same pan with chicken.

Also new this week are round **red onions**. They aren't the red long of Tropea we've given out before, but they aren't mild salad onions either. These are also great roasted, since the onions that are

strong raw turn into sweet beauties when cooked. These are a storage variety, so they should last a while just on the counter. Onions, like potatoes, don't have to go in the fridge. I've heard you shouldn't store them together, though.

Also new this week may be **Asian melons named jewel**. Repeat members may remember them. They are striped ovals and remind me of delicata winter squash. They are not overly sweet, with a nice crisp texture. We'll start handing them out when they are ripe, so if not this week then probably next. Just scoop out the seeds and enjoy the flesh, like a cantaloupe. I think they are easier to eat sliced, rather than scooping out the flesh with a spoon because they are so crisp.

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!

PYO = Pick Your Own

Check out the **cherry tomatoes** behind the greenhouse—you should be able to find a few by now.

I noticed that there is quite a bit of **okra** out there in the pick your own patch in front of the farm stand. Help yourself and try the following recipe from Paige. I think you are supposed to use it before it gets really huge and woody. Any southern cooks out there that can advise us?! If so, just pick the best size and leave one on the sign-in table for people to use as an example. The **husk cherries** are ripening, too. Look for ones on the bottom that have turned yellow. Peel off the husk and pop in your mouth! They are delicious.

The **tomatillos** are taking their own sweet time ripening. It will be another couple weeks for them I think.

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.

Recipes

Tomatoes! Yay! Enjoy them fresh with salt, with a bit of balsamic vinegar and basil, or try grilling them brushed with olive oil. Mike likes toasted tomato sandwiches with mayo. Paige submitted the following:

A wonderful recipe, crowd pleaser every time, is Spicy Tomato Jam. Not spicy and not jam, this recipe is a great appetizer or side to grilled meats. We like it served with goat cheese.

Spicy Tomato Jam

This recipe is from a cookbook called Everyday Greens.
Makes about 2 cups

1 pound ripe cherry tomatoes (about 3 cups) but any type of tomato will do
6 T sugar
6 T light brown sugar, packed
2T grated fresh ginger
1/2 lemon, sliced in thin half-moons
1/2 tsp. ground cinnamon
1/2 tsp. cumin seeds, toasted (in dry pan on stovetop) and ground
1/2 tsp. ground cloves
2 T cider vinegar
salt and cayenne

Combine the tomatoes, sugars, ginger, lemon, spices, and 1 1/2 T of the vinegar in a heavy-bottomed saucepan. Add a pinch each of salt and cayenne and cook over medium-high heat, stirring often, until the tomatoes cook down to a jam and the sugars are caramelized and bubbly, about 30 minutes. Time will vary based on water content of tomatoes. Set aside to cool. If it is too sweet, add the remaining 1/2 T vinegar.

Serve with warm pita or toasted baguette rounds.

And, in case you still have some left from last week...

Watermelon Smoothie

3 cups watermelon chunks, seeds removed

- 1/2 cup vanilla yogurt (option)
- 1 tsp lemon or lime juice
- sugar to taste if needed

Put everything into your blender and blend until smooth. If the watermelon is good and ripe you should not need any extra sugar. It should also provide enough moisture to turn this into a deliciously creamy smoothie. If the mixture seems a bit dry, add a splash of milk or fruit juice to thin it out. You can also leave out the yogurt if you prefer and just increase the watermelon chunks to 4 cups. Enjoy! (Try a sprig of mint as well.)