



# Bear Prints

Don't forget to save the date. The first Saturday in October is the big end of the season party. This year it is **October 2nd**.

All the more reason to pray for rain, since we can't have the big bonfire if it is this dry.

*Wahoo—it's raining!*

## It's Time For More Bags

Our bag supply is getting low again, so it's time to bring your bag of bags to the farm. It's great to use the recyclable bags to get groceries (& your farm veggies) but I like to store my greens, etc. in re-used plastic bags in the fridge. Potatoes do best in a paper bag, not in the fridge, though. And don't store tomatoes in the fridge, since it affects their flavor, though if they're cut you have no choice.

## Farm News

And again, she wrote, still no rain. The state has declared the eastern portion of MA & much of Worcester county in a drought. We could have told you as much. If it wasn't for that, the summer would have been grand—lots of sun to make the veggies grow, unlike last year.

But wait, we got some rain on Sunday! And more to come Sunday night and maybe into Monday?! Sorry, everyone who is on vacation, but we're thrilled to be picking in the rain. Thanks to everyone who did rain dances and/or prayed.

I can't believe the kids will be back in school in a week & 1/2. The summer flew by for us. As I said, Cara left on Friday to go back to college. Casey is leaving us this week. We'll miss her, too. She comes on Mon. Wed. & Fri to help us pick your veggies. A good hard worker, despite the heat and humidity. Luckily Halley & Patrick aren't going anywhere before the end of the season.

I wrote last week that a coyote walked off with the white rooster. Well, we lost another and we are down to one rooster left and the guinea fowl. Obviously there is a high price to pay for freedom when you're poultry.

Our grandson, Justin came to the farmer's market with Halley & I on Saturday. This was his first time and he was a great help. I can't believe he's 10 already and ready to step up since his sisters don't clamor to go anymore. How time flies.

## What's New In Your Share This Week

We had three things new last week, so I don't feel bad not having anything new this week.

One thing about the drought—did you notice the ticks were down? There were a lot this spring, but they really tapered off. Hasn't affected the flies much, though, unfortunately.

The piggies and goats have been enjoying the leftover veggies tremendously. They are spoiled rotten from all the attention, though. I accidentally let one of the piglets out on Sunday, and the only way I got him back in was to let Sadie in the pen. The piglet followed her right back in! Justin had the some misfortune and we did the same thing. Don't want to make this a habit, though.

The chickens eat leftovers, too. They especially like the tomatoes and peaches. They get bread and leftover veggies from Star Market as well.

Extra tomatoes? Blanche them. Bring a pot of water to a boil. Place the tomatoes in for a few moments until the skin splits. Remove the tomato with a slotted spoon and immediately dunk in a bowl of cold water, remove the skin, core and chop (if desired) and place in a freezer bag. Again, pre-measuring by cupfuls helps with future recipe planning. One, two and three-cup quantities work well for Paige.

If you want to freeze some of those jalapeños for later use, just seed them and chop them and throw in a zippered freezer bag. Paige pre-measures and writes on the bag with a permanent marker so she knows what she has for recipes. While the peppers may get soggy when defrosted, they will still be flavorful and have a kick.

## 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!

## Are you eating better? Or at least better than me?

I wrote a few weeks back that I had to start trying more of these recipes and start eating better. Working at a desk most of the week is much different from working on the farm most of the week and I packed on the poundage, in addition to getting flabby. Now that I'm not working in the fields all day, there really is no excuse for me to be too lazy to cook.

The price for going public is the periodic check-in. The good news is that I've lost 8 pounds and learned to hula-hoop (thanks to member Cheryl Turgeon). The bad news is that I've only lost 8 pounds and I've only tried a few kale recipes (in addition to Paige's chocolate chip zucchini cake). Yes, I probably get 5 servings of fruits and veggies a day, but they probably shouldn't all be peaches! Guess I'll be forced to branch out into apples soon anyway when the peach season comes to a close.

I'm not giving up, though. The string beans are coming. I can eat those raw. We planted more at the home farm, since the deer enjoyed all the ones at Westford. They are all freshly weeded, so hopefully with this rain we'll have some to give out in a couple weeks. A raw diet is appealing to me in the summer. Mike does most (OK almost all) of the cooking and he's just too tuckered out this time of year.

I'll check in again in a few weeks. Not that any of you will be on pins and needles. Just as a form of public accountability to help keep me on track!

## More Recipes from Paige's Endless Supply

Comfort food may hit the spot this rainy week ahead. Great for the farm and maybe give us a chance to take a break from the sun and focus back on the indoors. Here is a classic squash casserole recipe from Better Homes and Gardens circa 1974. Zucchini and summer squash work interchangeably along with any farm onion you may still have, and carrots, too! Festive and creamy, it's a good dish alongside BHF pork chops or on its own. This is a family favorite that has never disappointed.

### Summer Squash Casserole

2 lbs (6 cups) summer squash or zucchini sliced thin  
¼ cup chopped onion  
1 can cream of chicken or cream of mushroom soup  
1 cup dairy sour cream  
1 cup shredded carrot  
1 8-ounce package herb-seasoned stuffing mix  
½ cup butter or margarine, melted

In saucepan, cook sliced squash and chopped onion in boiling salted water for 5 minutes, drain. Combine soup and sour cream. Stir in shredded carrot. Fold in drained squash and onion. Combine stuffing mix and butter. Spread half of stuffing mix in bottom of 12x7 baking dish. Spoon vegetable mixture atop. Sprinkle remaining stuffing over vegetables. Bake at 350 for 25 min or until heated. Makes 6 servings.

(for future reference)

### Corn and Tomato Tart

This recipe appeared in Yankee Magazine last year from Verrill Farm in Concord. I have tweaked it a bit and it is quite yummy.

3 T olive oil  
1/2 cup onion – chopped  
1 garlic clove - chopped  
5 ears corn - uncooked - kernels off  
1/4 cup smoked cheddar cheese - shredded  
¼ cup chopped cooked bacon or chopped seeded jalapeno (optional)

1 cup chopped, seeded tomatoes, drained of excess water  
3 scallions - chopped  
2 eggs

1/2 cup milk & 1/2 cup cream

1 pre-made, roll out pie crust

Sauté onions & garlic in olive oil until translucent. Add corn & cook 5 - 10 minutes.

Add salt & pepper to taste. Turn off heat. Place pie crust in tart pan or other shallow pie plate. Put 1/2 corn mixture in pie shell. Layer shredded cheese on top. Add remaining corn mixture. Put tomatoes & scallions on top. Whisk eggs, milk & cream with a pinch of salt and pour over tart. Bake at 375°F for 30 min or until set.