



# Bear Prints

## Farm News

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**. Hopefully the pumpkins will last another month and we'll have plenty to carve!

If you come late now you may want to remember to bring a flash-light to see what you are doing.

Good luck to all the kids going back to school!

We had a good run on melons this season, didn't we? Surprising given the lack of rain. But I guess not, considering they really love the heat. We had plenty of that and more to come this week I guess. Sweet potatoes like the heat as well. We have some planted at the top of the hill. The deer have found them, despite our camouflage of weeds around the edges. If they don't do well this year, we may give up on them.

Last week they transplanted more cucumbers in front of the farm stand. The deer and crows did in the last batch at Nashoba. We are trying to trellis them here so they don't take up as much space. They also weeded the field down the street by the pond. The beets, lettuce, zucchini and summer squash down there look great. The beans half-way up the hill are blooming, so we should finally get some in a couple weeks.

That rain last week was fantastic. We will still need much more, particularly after this heat wave, but it started out nice & slow before the downpours came. Kind of reminded them of last year, picking in the rain. The irrigation pond is still down an incredibly amount.

We'll order more cheese this week and hopefully pick it up on Saturday for next week. Midge at Nashoba gave us a bunch of beautiful pumpkins to carve for the party. The deer were starting to eat them, so the goats, sheep and pigs will get some, too. We'll store them in the old goat barn until October 2nd!

## What's New In Your Share This Week

New this week are **Purple Viking Potatoes**. I don't think we've ever grown these before. They have beautiful purple-swirled skin and white flesh. We haven't even tried eating them ourselves yet. Paige says they are reputed to make great mashed potatoes.

We grow a number of varieties of potatoes, as we do with many crops. We do this for a few reasons. First Mike likes to try new stuff all the time so he doesn't get bored. Also, some varieties just grow better for us than others, so it's good to experiment to see if a variety is more heat-tolerant, more resistant to disease, more productive or tastier. Let us know what you think of these potatoes.

Don't forget the pick your herbs and veggies in front of the farm stand. The herbs are a little weedy, but you can still find them out there in the first 2 beds. They are great mixed into salad.

With all the pick your own crops, you will

often find the most ripe at the far end of the rows, where people are less likely to venture.

After the first 2 beds of herbs is a bed of parsley. Then comes the jalepeno peppers. They can get pretty large, so look them over. Then the husk cherries. They're delicious little treats. Their paper husks turn tan when they are ready. Just pop them in your mouth. Then come the tomatillos. There are a ton that aren't ripe yet, but look at the bottom since they ripen there first. Check for ones that are full or even splitting their husks. It's OK if they have already fallen off the plant. Last comes the okra. It's sometimes hard to twist the okra pods off the plants, so you may need some scissors. I think the smaller less woody pods are better, but I'll be the first to admit I'm no expert on the subject. The cherry tomatoes are across the street, behind the greenhouse.

## 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!

Apparently Purple Viking potatoes are the very best mashed potatoes you can get! How wonderful to have these spuds as the weather changes (What you say? It's 90 degrees this week!) If you don't want to mash them with butter, milk and salt, try them in a **Hawaiian Potato Salad**. The color is gorgeous and the extra veggies help make this a robust dish. You can sub in regular potatoes if you don't have enough purples.

### Ingredients:

4 large potatoes, left whole & unpeeled  
1 cup shell macaroni, uncooked  
2 chopped carrots  
2 chopped celery stalks ( or green peppers)  
3 chopped sweet pickles  
1 cup frozen peas, uncooked  
2 chopped green onions  
salt and pepper to taste  
2 chopped boiled eggs

### Dressing:

1/4 cup low-fat yogurt  
3 TBSP light mayonaise  
2 TBSP pickle juice  
1/2 cup Italian salad dressing

Prepare the ingredients as discussed above -- leave the potatoes whole but chop the carrots, celery, pickles, green onions and boiled eggs. Boil the potatoes until they are tender but not too

All the recipes this week are from Paige again.

### Colcannon ( mashed potatoes with kale)

Okay guys. Here is a dish that uses a couple ingredients from the farm this week. Traditional Colcannon is made with kale though many will swear it uses cabbage. This is a Halloween dish but why wait? Yum.

4 medium potatoes, peeled and quartered  
2 tablespoons butter  
1/2 to 1 cup warmed milk or light cream  
1 cup chopped and cooked kale  
1 tablespoon olive oil  
1 tablespoon butter  
Salt and pepper

Cook the potatoes in enough salted water to cover until tender, but not mushy. While your potatoes are cooking, rinse, drain and chop the kale. Saute on medium heat in one tablespoon oil along with one tablespoon butter, a generous sprinkle of kosher salt and a few grinds of black pepper. Cook, stirring often, for a several minutes, and when softened remove from the heat. Season to taste with salt and pepper.

Drain the cooked potatoes and return to low heat for a minute – shaking the pan often. With a potato masher, mash the potatoes until no lumps remain. Mash in the butter and slowly add the milk or cream, stirring and mashing all the while. Season to taste with salt and pepper. Fold potato and kale together and serve.

soft. Once they have cooled, cube them in bite-size pieces. Cook the macaroni as instructed on the package. I often cook a little bit extra with another meal in order to avoid doing this as an extra step. Add all of the ingredients except the dressing to a large bowl. Combine the dressing ingredients together in a small bowl and then add them to the rest of the ingredients. Pasta soaks up dressing, so adjust accordingly. For the best results, let rest, refrigerated, for one day.

### Pureed Kale

There is so much nutrition packed into kale we just can't let it go. Try this great pureed kale recipe as a dip or spoon it alongside fish. It is similar to creamed spinach.

1 bunch fresh washed kale  
1/2 onion  
1 pinch cayenne pepper  
1/2 tsp curry powder  
1-2 cups vegetable stock & salt and pepper

Heat a pot to medium, then spray with olive oil or other organic cooking spray. Add onion and saute 2-3 minutes, then add the kale. Turn over and mix with a pair of tongs, then season with salt, pepper and a pinch of cayenne. Pour vegetable stock over kale and simmer 5-10 minutes. Puree in blender until smooth, then serve.