



# Bear Prints

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August 1, 2005

## August 1st is here, and the second \$220 is due!

Can't remember if that's you? Let me know! Have you ever missed a veggie on the list? We try to restock regularly but if something isn't there let us know. It might be in a bin underneath. It is so important for you to cross your names off the list. Otherwise, I end up picking too much at the end of the day when I think we will be short. It is also important to let us know if you won't be coming. You can always come the next morning if you call.

□ □ □ □ □ □ □ □  
 □ If you missed last □  
 □ week, don't worry, □  
 □ we'll have peppers & □  
 □ eggplant again. Just □  
 □ not right away proba- □  
 □ bly. Hopefully the □  
 □ deer will leave those □  
 □ peppers alone to pro- □  
 □ duce more. Eggplant □  
 □ especially will set a □  
 □ flush of fruit, then you □  
 □ have to wait a while □  
 □ before the next batch □  
 □ is ready. All the more □  
 □ reason to save those □  
 □ newsletters. Hope- □  
 □ fully you still have □  
 □ your pesto recipes, □  
 □ but if not, just go to □  
 □ the website. □  
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## Farm News

We finally got some rain! I was thrilled to wake up to a downpour this morning! There wasn't too much, but along with the rain Wednesday night and the little we received yesterday, things are definitely improved here on the farm. I don't know how much we got over at Nashoba, though. We don't have a means of irrigating there and Wednesday's thunderstorms didn't amount to much over there. Thanks for the rain dances—an inch a week, that's all we ask.

The only downside to the thundershowers is the fact that the strong wind took down some of the cherry tomatoes. The plants are heavy and the wind pulled some of the stakes right out. Hopefully we can fix them, but we really needed that rain. Of course, the garlic is ready to pull, so that alone would make it rain. We like to dry it a couple days spread out on the trailer in the shade before we tie it up to hang in the barn. Our niece, Nancy, & her family from Arizona came to visit for the day last Thursday. I took the day off & cleaned the house. The kids had a great time feeding the critters, collecting eggs, etc. We went looking for the beaver but didn't find them (must have been too early in the evening). Mike caught the hugest bullfrog, though! They hadn't been here for years & we had fun showing them all the stuff we had done since the last time they visited. We have a lot more land cleared now and in production and Mike has fixed up the inside of the house quite a bit.

## What's New In Your Share This Week

New this week are **onions**. **Red long of Tropea** is the name. Where do they come up with these things? I am hoping that they were "found" or developed in Tropea. They are certainly red and long. They are very hot raw, not a mild, red, salad onion, but are they ever sweet cooked! They are one of our favorites. They are a summer onion, which means they won't last through the winter, like a storage onion. Eat them up & savor summer! I like them slowly cooked with other veggies, but you could use them in any onion recipe. I would save them for dishes where the onions really stand out, though, not just tossed into spaghetti sauce.

Last week **eggplant & peppers** were new. Mon. & Wed. unexpectedly got eggplant & Fri. got peppers. We didn't

think there would be enough to give out, so we didn't put it in the newsletter. There wasn't enough for Fri yet, so they got peppers instead. Remember, you can stuff those peppers as well as use them raw in salad or just cut up as a snack. And there's always peppers & onions. Eggplant should not be left to languish in the bottom of the fridge. It doesn't like the cold & should be used sooner rather than later. We have never salted our eggplant & I don't see why anyone would go to the trouble. Moosewood has a great recipe for eggplant parmesan. Instead of frying the battered & bread-crumbed slices in oil, you bake them in the oven. The slices come out all crisp & light as opposed to the heavy, oil-laden version. You can eat them just like that.

## Bear Hill Farm CSA

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*PICK UP MONDAY, WEDNESDAY, OR  
FRIDAY  
3 PM UNTIL 7 PM*

*(Please make arrangements at least one week  
in advance to switch your pick-up day.)*

**CSA Since 1998**

COME ANYTIME —  
THIS IS YOUR FARM!

## One panini, two panini, three panini ... lunch!

Are you a member of freecycle? It's a sort of community bulletin board, designed to keep usable but unwanted goods out of landfill and to help people find things they're looking for without buying new. If you have something that's still good but you're tired of it, you post the item. Likewise, if there's something you need but it doesn't have to be brand spanking new, you see if someone has it.

Last Spring, someone posted two kitchen items that I would never go out and buy, but I was more than happy to pick up for free. They have turned out to be two of the most useful items in my kitchen. The first is an immersion blender, which I'm sure will be mentioned in an Autumn soup essay. The second is a "George Foreman Lean Mean Fat-Reducing Grilling Machine," and I just have to spread the word. Ever since I got it, I've been making some form of *panini* (little grilled sandwich) once a week for lunch. It's a great way to get creative in the kitchen without too much effort, and the "goofs" aren't as painful — just a sandwich instead of ruining an entire meal.

How do you make a panini? It's simply a hot sandwich, usually a cooked vegetable, some meat (or not), mayo or fancy spread, and cheese. (The Midwest Dairy Association would like you to know that "it's all about the cheese." Maybe, maybe not, but they have some great panini recipes, tips and a combo chart at [www.midwestdairy.com](http://www.midwestdairy.com). If you don't do dairy, I hear the cheese substitutes work well.) A regular frying pan will work just as well as a special machine; weight the sandwich with a smaller cast-iron skillet or a heavy brick wrapped in foil.

Panini are a great way to use up leftover food. I had a great one the other day with pork, breaded zucchini, garlic scape spread, and jarlsberg cheese on an old hamburger bun. Try your red onions with roast beef, blue cheese, and Dijon on rye. (The best bread isn't necessary, but if you have some sourdough, it'll take your sandwich right over the top.) How about chicken breast with sautéed peppers and onions? Vegetarian selections could include roasted eggplant, roasted red peppers, or mushrooms — if not just plain cheese. And don't forget the pesto as a condiment! It's enough to make you swoon.

By the way, let me know what you pick up from freecycle. Maybe a waffle maker — kale waffles, anyone? — Anna Barker ([annabarker@charter.net](mailto:annabarker@charter.net))

## Recipes: What To Do With Sautéed Greens

*Welcome to August! This is our eighth week in 2005 of picking up glorious fresh produce from the farm. Once your first year is over and you've gotten adjusted to the idea of eating a cooked leafy green once a week (as opposed to **never** for a lot of us supermarket shoppers), you realize that there is an incredible variety. Kale, bok choy, swiss chard, collards... you could serve them as a side dish all year and still experience something different. All the same, right around this time you might be looking for some new main dishes, so here are some ideas for what to do after you've sautéed away. Never the same meal twice! — AB*

- Wrap in a burrito with diced tofu and rice. Add a little chili sauce if you're getting tired of soy. Or instead of the traditional burrito wrap, serve your meal in pita bread.
- Bake a pie for dinner. Combine cooked greens with 1 cup ricotta cheese, 2 eggs, 1/2 cup grated parmesan cheese, and a little salt and pepper. Add some cooked crumbled Italian sausage (sweet or hot) if you crave it like I do. Put in a prepared pie crust, and put another on top. Bake at 400°F for 30 minutes. (Let rest for 10 min before serving.)
- Use the rest of that ricotta and parmesan along with the greens in a calzone. For each calzone, simply combine the greens with about 1/2 cup ricotta, 1 TBS parmesan, and maybe some prosciutto or mortadella if you're so inclined.

Place all on 1/2 side of a rolled-out pizza dough, fold it over, poke steam holes with a fork, and bake at 450°F for about 15 minutes. (You can use canned refrigerator dough to save time, if that works for you.)

- Make egg rolls or wontons. Follow the directions on the package of the little wrappers you'll find in the grocery store's produce section. Alternatively, you can fill baked wonton cups: place a wrapper in each lightly greased muffin cup, lightly oil the insides of the wrappers, and bake them at 350°F for about 8 minutes. Serve with a little mustard paste, made by mixing 1 TBS of mustard powder slowly with about 1 1/2 TBS of water. (Serve right away, before the paste thickens.) Or use a bottled sweet and sour sauce.
- Add that last bit of sautéed greens to your favorite red sauce and serve over any kind of pasta. It helps to have some pre-cooked and waiting for you in the fridge. Don't throw out the stuff that won't fit in your calzone.
- Remember all the traditional and wonderful egg dishes, including omelettes and frittatas. See last week's newsletter for recipes for two other favorites, strata and quiche.

