



# Bear Prints

Volume 8, Number 18

October 10, 2005

**This is the last week of pick up for the season.**

Thank you so much for being a part of the farm this year. It was a great season for us & we hope it was for you, too. We mean it when we say we want you to feel it's "your" farm; please feel free to stop in anytime during the off season to visit the critters or us, to take a walk around, etc... Have a healthy, happy winter & we hope to see you soon!

## Farm News: Goodbye! We'll Miss You!

We appeared to have received our summer's quota of rain all in a few days. Boy, did it pour! I'm certainly glad we had our big party last weekend & not this one! Mike got the new field at the top of the hill done just in time. He spread 1600 pounds of amendments, all by hand, then seeded it with cover crop just before the rain.

Now that he has a new dump truck, the next step is finding a cheap plow truck to replace last year's. I have heard from a number of people that the Farmer's Almanac predicts a cold, snowy winter. I've also heard that they have a very good track record for predictions.

I can't believe that we haven't had a hard frost yet—not even a light one. We stop planting based on how much time we think we may have left for things to grow before the cold weather hits. Who would have guessed we could have lasted this long? You can bet if we seeded things late then we would have had an earlier freeze! It's time to put the fields to bed anyway. We try not to get too greedy in the fall. We have to think of the big picture & about next year. We hope to have another great season & are already planning.

Although a few hardy souls were willing, we put off our **work day until next Sunday 10/16**. We hope the weather will be nicer & you can **join us anytime from 1 to 4 p.m.**

We'll take down the cherry tomatoes and pull up the tomatillos to clean up the fields. It is usually a lot of fun. Many hands make light work & happy hearts!

## What's New In Your Share This Week

Nothing new this week. I did want to remind you that squash freezes well once cooked. Don't forget you can make a smooth soup or add it to stews, make muffins & pie with it.

I also wanted to take the time & space to thank Anna Barker for her help with the newsletter. As you are probably aware, she does the back page. Many of you would be lost without her recipes. I love her editorial columns from the member perspective.

You'd think she likes us or something from some of her last articles. She has touched upon how we feel towards you, much more than just customers. Over the months we've gotten to know some really great new members and over the years we've grown to feel a special bond towards some of our older members, as we share stories about our families & life in general. Mike is usually busy in the fields, but I bring him up to speed on your news. Sometimes I'm busy as

well & don't get as much time as I'd like to "visit" during pick up. But we want you to know how much we appreciate your support. Every year just as we are getting tired & run down a member starts to volunteer a few hours to help out. Last year Cheryl played twister with me while picking tomatoes on quite a few Fridays. This year Ann has helped pick bushels of beans. We really appreciate the gift of your friendship and time, since we know how precious & limited it is. Everyone's lives are busy; that's why we've never made work on the farm mandatory like many other CSA's. But all those "thank you's" & "wow, another great week" really hit the spot. Thanks again & we wish you the best of winter seasons! We'll send you a letter in the mail about rejoining sometime in late February. Until then, stay warm & dry & as Babci says, enjoy each other.

**Did you come to the big party?**

If you did, please check your cars, because someone accidentally took Ann Barker's bag! It had some black gloves, dishes and silverware, and she'd really like them back! I can just imagine someone calling out as they herded the little ones to the car "Honey, did you grab our bag?" "Yes, dear, I tossed it in the back. Why did you have to bring so much?" It's probably still back there! Please check it out & if you find it, you can bring it to the farm & we'll get it to her. Thanks a bunch!

## 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!

## Thoughts To Fill Those Empty Spaces

Fall, as in “the leaves are falling.” When the branches are bare and there are empty spaces where the leaves once were, I can look out the window and see the cows across the street. The prospect of this larger view reminds me of how things move more slowly over the winter, and there seem to be more “empty spaces” for contemplation. My advice to myself would generally be to think *less*, especially when it comes to endless mental chatter of the “got-to-remember-milk-what’s-the-weather-tomorrow-my-gosh-I’m-getting-fat-got-to-remember-milk” variety. Nevertheless, there are some things on my mind that I feel are worth pursuing over the winter. Since they all branch off (to continue the analogy) from the values at the core of Bear Hill Farm, I will share them with you. Hopefully you’ll have a chance to take a further look at some of these subjects, too — or perhaps something even more valuable? Regardless, I’d love to hear from you over the winter about what’s on *your* mind. Maybe one of these ideas will “compost” while we’re away from the farm and sprout up in next year’s newsletter.

- Making environmentally-friendly purchasing choices. If you get a chance this winter, drive your Prius down to Maynard and check out Dunia on Nason Street, “the earth-friendly store for home, body and soul.” They also have a website — [dunia-ecostore.com](http://dunia-ecostore.com) — but you kind of have to be there.
- Organic clothing. I gave myself a birthday gift of 3 organic t-shirts from [sosfromtexas.com](http://sosfromtexas.com). At \$12.50 each, it’s more than you’d pay at a garage sale, but don’t we need to help create a market for organic products?
- Which brings up living frugally, getting the most from the least, thinking of myself more as a human *being* and less as a human *buying*. I like [frugalliving.about.com](http://frugalliving.about.com) to help steer me straight and make me feel like I’m not alone. And if you haven’t heard about [freecycle.org](http://freecycle.org) yet, rush over there right now!
- Reining in the holiday mania. This is on my Christmas list every year. Each year I get better at taking part in a holiday season that truly has meaning for me. If the phrase “only 75 shopping days ‘til Christmas” strikes panic in your heart, do a google on “Unplug the Christmas Machine” and take control of your holiday.
- Foraging. Right now we are six months away from April 10, a time when green starts popping up, but not of the harvest variety, and the freezer is half past empty. I want to learn what to do with dandelion greens and other edibles in my own back yard. Let me know if you have an information source. See you next year! — Anna Barker ([annabarker@charter.net](mailto:annabarker@charter.net))

## Recipes: Tomato Bread

*The rain put a damper (haha) on my gardening plans Saturday. Fortuitous, as I leafed through my copy of Judith & Evan Jones’s The Book of Bread and found a recipe for tomato bread, which I’ve adapted for you here. I had a bowl of a left-over chopped tomato/red onion/basil mixture I’d used for crostini; it worked well in this bread, filled the house with a wonderful aroma, and we had tomato bread rolls with our Stuffed Winter Squash (see recipe in last week’s newsletter) on Saturday. Today for lunch I’m using the bread with pesto and roasted garlic for an unusual grilled ham & cheese. — AB*

### Tomato Bread

1 TBS active dry yeast  
1/2 C warm water  
1 1/2 C chopped ripe tomatoes (or canned tomatoes w/juice)  
2 TBS sugar  
2 TBS safflower or vegetable oil  
2 tsp coarse salt or 1 tsp table salt  
1 TBS chopped fresh herbs (already in the crostini mix I used)  
4-5 cups unbleached flour, or more  
Melted butter to glaze the rolls

Dissolve the yeast in                      the warm water in the

bowl of a food processor. Add the tomatoes, sugar, oil, salt, and herbs and pulse just until the tomatoes are pureed. Dump in 3 1/2—4 cups of flour and process, adding more flour if necessary, until the dough forms a mass and leaves the side of the bowl clean. Clean out the bowl and knead by hand for a few minutes on a floured work surface, again adding more flour until the dough is smooth and not sticky. (More tomato juice=more flour.)

Put the dough in a greased bowl, cover with plastic wrap and let rise until double in volume (1 1/2 hours). Punch the dough down, turn out onto a floured work surface, and tear off 10 pieces the size of golf balls. Form them into small rolls and place on a greased baking sheet. Cut the remaining dough into 3 equal pieces, roll into fat rolls, and braid. Place in a greased 8” loaf pan. Cover rolls and loaf lightly with a kitchen towel and let rise until double in volume (30-40 min). Brush the rolls with melted butter. Bake bread and rolls in a 400° oven for 15 min. Remove the rolls; continue baking the loaf at 350° for another 25 minutes. Serve rolls warm; cool the bread on a rack.

Thanks for the recipes! I didn’t do a great job of publishing recipes members sent in this year. We’ll do a special recipe issue next spring, so keep sending us your favorites!