



# Bear Prints

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Sandi Manna brought some relatives to visit the farm last week. Her grandfather isn't very spry, so I brought a couple of the baby ducks to visit the farm stand. Tarin & Cassidy & everyone started discussing names for them.

They came up with Triscuit & Wheat Thin because they're "quackers"! Maybe the other two should be Saltine & Crostini (or rye crisp, or ...)

## Farm News

It seems our farm family is growing every week lately. Pigs, then baby ducks, now 2 half-grown chicks from a school project. We didn't have any place to put them, so they are with the ducks in the wire cage in front of the goats down the barnyard. They are very friendly.

It seems I can't go a week without mentioning the weather. CSA members tend to be much more aware than "regular" people & often mention that they think of us out in the fields when the weather is extreme. Last Friday we were cold, drowned rats. I wore my winter hat all day! Today it's supposed to be 90. It's amazing anything grows with these extremes. We really needed that rain, though.

An update on the family shelter shares as I promised. Dave & Nancy Wilder have donated another full share through Dave's company, Mortgage Partners, Inc! So now we have 2 full shares. Barbara Boothby splits her share with the shelter & we have just about enough to make up the difference so it's 3 full shares to the shelter again this season! Way to go guys. Every little bit helped. And thanks to Rachel & Wayne Zajac for delivering what amounts to hundreds of pounds of food. If you are going away & want to donate your share to the shelter, please let us know a week in advance.

Lastly, the fireflies seem to be waning, but the beavers are active most evenings right by the road next to our pond down the street. Check them out.

## What's New In Your Share This Week

New this week are **beets**. Fresh beets from the farm are completely different than the store ones, so try them even if you think you don't like beets. Especially try the greens. They are some of my favorites. Very tasty just sautéed with some olive oil & garlic. Some people add balsamic vinegar at the end, but I like mine plain. I also love pickled beets. You don't have to process them, you know. Just add cooked beets to vinegar, sugar & spices and keep them in the fridge. Voila!

Whenever we give you root crops, it's always best to cut the leaves off just above the root before storing. Otherwise the leaves dehydrate them. Keep them both in the hydrator in the bottom of the fridge. By the way, if you still have kohlrabi down there, don't be intimidated. Peel it & try it! It's easier to peel the beets after you've boiled them, though. Then the skins just slip off. Be careful as their color can stain,

though. And don't be surprised if the color stays with you, so to speak. Remember, beets are also great roasted, but I don't think I'll be doing that today. More likely to grate them raw into salad.

Feel free to send in your favorite recipes by the way, or photos of the farm.

Also new is **basil**, since you only had a taste earlier. This week should be enough for a batch of pesto. Olive oil, garlic (scapes anyone?) & parmesan cheese & you're good to go. My pesto always turns black because I don't add enough oil to keep the basil from oxidizing, but it still tastes good. When storing you can put a layer of oil on top to keep it green. Once you make pesto, keep it in the fridge of course, or freeze it. You can make ice cubes, then you can take out a bit at a time. I like to add soy sauce to mine & use it as a spread in sandwiches.

Variety is the spice of life they say. We grow many different kinds of greens so you (& us) won't get bored. We also grow different lettuces since they all need different weather. Summer crispheads are the way to go now. The earlier Boston/butterhead types slime out in the hot weather. Some are red, some are green, broaden your horizons!

## 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!

## Freezing Will Extend the Life of Your Veggies

It happens to all of us just about every year. Sooner or later, there will be more vegetables coming from your share (even a half-share) than you can manage in a week. It doesn't matter the reason — for me this year, it was two weeks of kids' hockey camp right at 5:00pm (ie, two weeks of pizzeria fare), and then John (that's my hubby) having dental work that put him on a liquid diet...Eeek!

Now occasionally, something will hide forgotten in the refrigerator until it's too late to be salvaged, even in soup or for the pigs. Forgive yourself and throw it in the compost. But we don't want to make this a regular habit! This is not the grocery store, where food that is no longer "fresh" (if it ever was) gets tossed in the dump without a qualm. Such a shame, all that waste.

Proper planning and food storage will help to some extent. But when I'm feeling the sweet pain of too much beautiful produce, I get out my freezing equipment. You will be amazed at how little time it takes. Here's what to do. If you know you're going to have a busy week, try to make freezing day as close to pick-up day as possible — that night or the next morning. Sort out your vegetables: something to enjoy immediately at its peak (eg, sugar snap peas), root vegetables and other long-term keepers (scapes!), and lettuce (sorry folks, it can't be frozen!). Just about all the rest can go in the freezer, if you want. Now heat up a saucepan of water to boiling, wash and prep your veggies as you would for eating them, and give them a quick "blanch" in the boiling water. That means you should cook them for just 1-3 minutes so they keep their color and texture. (A good cookbook will tell you what freezes well and ideal times for each veggie.) When the vegetables are done, drop them in a sink of ice water to stop the cooking. Drain thoroughly, put them in labeled freezer bags, and you're good to go. Now sit down for a minute and feel virtuous.

I *always* freeze up a few bags of green beans so I can get them out at Thanksgiving and remember Mike & Anne. I also like to freeze up any greens in 10-oz portions, since so many recipes call for that amount. You shouldn't expect the farm to supply enough veggies to last the whole year, of course; but a few bags of frozen veggies, put up in this season of abundance, are like Bear Hill Farm souvenirs the following winter. — Anna Barker ([annabarker@charter.net](mailto:annabarker@charter.net))

## Recipes: Eat Your Beets

*So beets are new this week! I admit I was one of the people who needed convincing that beets fresh from the farm can actually taste good. As one who has been converted, let me tell you that you have no right to say "I don't like beets" until you've tried some from the farm. (Nobody preaches like the converted! LOL) Here are some recipes to get you started. The first was given to Anne from Sarah Lincoln-Harrison. — AB*

### Stir-Fried Beets

Fry up some onions in olive oil. Peel beets and cut into small pieces and add to onions. Cover pan and cook at high enough heat for beets to caramelize a bit. Then add the chopped beet greens and cook a few minutes longer until done. At the end I added a couple of spoonfuls of balsamic vinaigrette with curry and mustard, for a distinctive flavor.

### Special Note on Cooking With Teflon

I'm a big supporter of both stir-frying at high heat and using Teflon coated pans. But new research indicates you should never mix the two! Overheating a Teflon pan can cause the release of PFOA (*perfluorooctanoic acid*). This can get in your blood and cause a laundry list of harmful physical effects. Email me if you want more information sources. ([annabarker@charter.net](mailto:annabarker@charter.net))

### Sesame Beets

From Moosewood Restaurant's Low-Fat Favorites

1 pound beets  
2 TBS fresh lemon juice  
1-2 tsp cider vinegar  
1 TBS toasted sesame seeds  
2 TBS minced onions or scallions [scapes?]  
1 tsp sugar  
Salt and ground black pepper to taste

Trim the leaf stems of the beets to about an inch, scrub the beets, and place them in a pot with water to cover. Bring to a boil, then lower the heat, cover, and simmer for about 30 to 40 minutes, until tender and easily pierced with a sharp knife. Drain and rinse with cold water until cool enough to handle. Remove and discard the skins, which should slip off easily, and slice the beets into a bowl. Toss with the lemon juice, vinegar, sesame seeds, onions, and sugar. Add salt and pepper to taste. Chill thoroughly for about 30 minutes and serve. (Serves 4.)

Horseradish Cream (from The New England Cookbook, by Brooke Dojny): Stir together 3/4 C lowfat sour cream, 1/4 C prepared horseradish, and 2 tsp grainy mustard. Cover and refrigerate up to 8 hours. Return to room temp and sprinkle with parsley before serving over hot tender boiled beets.