



# Bear Prints

Volume 7, Number 17

October 4, 2004

*This week and next week and it's the end of the season. **Last pick up** for this year is the **week of October 11th**. Thanks again for a terrific year, the best ever! Hopefully we'll have great weather next season, too. Mike is already planning how to thwart the deer and what to plant where. The garlic will be planted this fall, as will a bunch of cover crops. The hay we used to sit on for the party will cover the garlic for the winter.*

Mike has scheduled a **work day** for **next Sunday, October 10th from 1 in the afternoon until 4**. The fall is the best time for these events because you don't have to worry about pulling out the wrong thing, there aren't many bugs and it's not really hot! We plan to clean up the tomatoes across the street by the greenhouse. Last year we had a blast pulling stuff out and then taking a tour of the "back 40".

## Farm News

The party's over. Soon to be in more ways than one, since we'll probably have a frost this week. The party was great, as usual, with a ton of people. Members tend to come and go as their schedules dictate, so it's hard to get an estimate of how many people attend. Maybe we'll start a sign-in book next year! Anyway, the food was great, and we managed to get a lot of pumpkins carved and the bonfire started before the rain set in. Most people headed home when it started to rain in earnest around 8:30, but a few hearty souls retired to the greenhouse with us while it really came down. After it passed it was a pleasant evening, sitting around the bonfire, eating smores and snacking.

Thanks to everyone who came and brought such incredible food! Mike would like the chicken dish recipe and I'd love the apple cake one. There were so many highlights, I can't list them all for fear of leaving someone out (and since I don't get to see it all as I'm mingling). The deep fried mushrooms were a hit, though, and the butternut soup and all the various salsas, as well as anything & everything from Mike's grill.

Lots of new members came to check it out, as well as some people who have been members for a while but have never been able to make it before. It was great to see everyone and we missed the ones that couldn't make it. A notable exception was Anna Barker and her crew. A few members were looking to meet the writer behind "member perspective column" in the newsletter. Next year, Anna will most likely be back, and hopefully we'll have no more rain for another 6 years!

## What's New In Your Share This Week

Nothing new this week, as things are winding down. We tried an experiment with a few soybeans, but after driving over to Nashoba last night, just before dark, it was clear the experiment was not a success. The weeds took over, as everything else ripened and demanded time picking and we left them a little too long. Not only were they ripe, but some had exploded, sending their seeds forth to multiply. Nothing ventured, nothing gained. We'll try again and give them the attention they need.

More winter squash this week, as well as other storage items like, potatoes and garlic. This should carry you over another few weeks, and if you froze all your basil into pesto then you should be fine until spring! Just a reminder on storage, since some people miss a week or might have forgotten the

newsletter. Don't store your potatoes and onions together since the onions will rot. Best to keep them both in a cool place but separate from each other. Apples don't like to be stored with veggies. They do very well in the bottom of the fridge though, if you have room.

Once winter squash is cut, it doesn't last long and it will tend to not keep if it has bruises. So check them over carefully and use any potential "slackers" first. It works well to cook it all and then use the leftovers or freeze them, rather than keeping the cut, raw squash in the fridge to slime out. The others should last most of the winter! Garlic doesn't like to be kept in the fridge, since it's too moist. It likes to be cool and dark, too.

## Bear Hill Farm CSA

Anne & Mike Gagnon

14 Davis Road  
Tyngsboro, MA 01879  
Phone: 978-692-4224  
Email: [bearhillfarm@aol.com](mailto:bearhillfarm@aol.com)

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.)

Check Out Our New  
Website!  
[www.bearhillfarmcsa.com](http://www.bearhillfarmcsa.com)

COME ANYTIME —  
THIS IS YOUR FARM!

## “Oh!” Is For October

I just took a glance at the weather forecast for this coming week. Eek! Below 40 degrees on Tuesday night, and not a single day above 65 all week. How does it happen that it's suddenly October? Especially for me — I feel like I spend all of September making frozen pesto and applesauce, and doing other things to “prepare for the winter.” Yet suddenly here we are. Oh!

As the chill settles in and the days get shorter, I just automatically start making changes in the kitchen. Time to put away the cookbooks like Eating Outdoors, and turn to the ones with more carbs and fats, like The Yellow Farmhouse Cookbook (Christopher Kimball) or Greene on Greens (Bert Greene). I *know* I don't need the extra calories! I'm just driven to these recipes...Someday they'll find we have a gland that releases “oven cooking” hormones the first of October. (Although a scientific explanation would make this urge no less mysterious, in my mind.)

Work on the farm changes as October rolls around, also. Mike & Anne have to keep a close eye on the weather forecast. When a light frost is predicted, they'll run out and cover the tender vegetables, but a hard frost, or “killing frost,” marks the official end of the growing season. They're still planting seeds, though: cover crops will add nitrogen to the soil and protect it from eroding over the winter. Meanwhile, all the land has to be cleared of existing vegetation before those nasty destructive bugs decide to burrow down for the winter. We can help with this. I hope I'll see you on **Sunday, October 10** for the big cleanup. We work hard, but it's a party atmosphere. (If you enjoyed talking with someone in particular at the party Saturday night, maybe you can invite them to join you on Sunday.)

You'll want to bring some gardening gloves, if you have them, and wear sturdy shoes for going out in the fields. Last year, when we were done, we took a hike around the farm property. I really felt like a part of the farm that day, as Mike talked about growing up here and Anne shared her extensive knowledge of local wild plants. Getting a sense of the land contributed to that general October feeling of satisfaction. The same sense I feel when I see the pyramids of pumpkin and winter squash, earthbound banners of our hard work all summer at last coming to fruition. I hope it's the same for you. — Anna Barker ([annabarker@charter.net](mailto:annabarker@charter.net))

## Recipes: Autumn Carrots

*My kids say the color for October is orange — so in celebration of the orange month I'm sharing some carrot recipes. Maybe you have a few extras in your crisper, anyway. — AB*

### Sausage and Carrot Pie

*This is the kind of recipe I was referring to in this week's essay, from Bert Greene's Greene on Greens. He says to eat it lukewarm, so it's probably a good choice for your lunchbox. I've adapted it to use frozen pie crust to save time. — AB*

- 1 frozen pie crust
- 2 TBS unsalted butter
- 1 tsp minced shallot
- 1/2 pound carrots, peeled, grated
- 1/4 C chicken stock
- 1/4 tsp ground mace
- 1/4 tsp salt
- 1/2 pound mild Italian sausage, sliced
- 1 1/4 C heavy cream
- 1 egg, plus 1 egg yolk

Preheat the oven to 375°F. Melt the butter in a large skillet over med heat. Add the shallot; cook until golden. Stir in the carrots, chicken stock, mace, and salt. Cook until the carrots are tender, about 8 min. Raise the heat slightly and continue to cook, tossing and stirring, until all liquid has evaporated. Transfer carrots to a med bowl and set aside.

In the same skillet, sauté the sausage over med heat until golden brown on both sides. Drain on paper towels. Spoon the carrots evenly over the pie crust. Arrange the sausage slices on top.

Beat the cream with the egg and egg yolk in a med bowl and pour it over the sausages. Place the pie pan on a foil-lined baking sheet and bake until the pie is puffed and golden, about 30 min. Let it stand at least 10 minutes before serving.

### Braised Carrots with Orange and Lime Butter

*From The Yellow Farmhouse Cookbook, Christopher Kimball*  
8-10 medium carrots (about 1 pound), peeled, cut in half lengthwise and then into 2” lengths

- 1 tsp orange zest
- Juice of 1 lime
- 1/4 C white wine
- 1/2 C low-sodium chicken stock or water
- 2 TBS unsalted butter
- 1 tsp sugar
- 1/2 tsp salt
- Freshly ground black pepper to taste

Put all ingredients in a large skillet and bring to a simmer. Cover and simmer until carrot pieces are tender, about 25 min. Remove cover, increase heat to med-high, and stir constantly for a few minutes until carrots are coated with a thin glaze.