



# Bear Prints

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A last reminder that member Johanna Wray has created a quiz with photos of the farm on our website, [bearhillfarmcsa.com](http://bearhillfarmcsa.com). The answers will be published today, I hope, certainly this week.

Bags are getting low again. We'd appreciate it if you could remember to throw a bag of them in the trunk for pickup day.

Before you know it, it'll be getting dark earlier & earlier. If you come late, don't forget a flashlight!



## Farm News

The weather is improving, at least for working. Fall is in the air now and it's cool at night. Tougher to get up when it's chilly! It certainly isn't as light as it used to be. The vegetables know it, too. The different plantings often catch up to each other in the early summer, but the same vegetables take longer to grow in the shorter days of late summer.

A few members have been asking me if we will be selling pork again this year. It was a huge success last year and it was our intention, but the answer is, unfortunately, no. We couldn't find any piglets this spring. Then we ended up with our niece's pigs. Three of them are sold to individuals who are buying the whole pig. But they really look like good pigs, so we decided to save the 4 girls as sows. We'll buy a boar this fall & we'll be having our own piglets again this coming spring. Many of you don't know it, but I married a pig farmer 13 years ago. We used to have hundreds at a time and sold them wholesale or as piglets to other people who raised them up. But the price went out of pigs, people raised less in their backyards and big producers could sell cheaper. At the end we were selling grown pigs for less than the piglets! Selling direct certainly helps. Now we won't have to worry about finding piglets in the spring, just about helping to deliver them.

Lastly, do what you can for the hurricane victims, donate, pray, etc. We are so lucky.

## What's New In Your Share This Week

New this week are **leeks**. Members of the onion family, they don't make bulbs. Typically just the white part & pale green part is used. Many members have told me that they eat the green part, too. I think it would be fine for flavoring stock, but I think they get tough, so be careful. The root has a "basal plate" which keeps all the layers together, so don't trim too high or the whole thing falls apart. After you've trimmed the top & bottom, you need to thoroughly rinse the **leeks** in plenty of water to get all the dirt out from between the layers. Cut them most of the way down & fan out the leaves. I like to rinse under running water then swish.

Now you can chop it up & use as a mild onion! I've never seen a recipe for raw **leek**—they are typically sautéed first. It is often used in soup with potatoes, or quiches & tarts, plain as a side dish or with salmon; recipes where it's delicate nature won't be overwhelmed. **Tofu & Vegetable Ragout with Cornmeal Dumplings** from *The Hay Day Cookbook* by Maggie Stearns & Sallie Williams

1 cup water or broth, 2 T Dijon mustard

1 1/2 tsp dried dillweed, 2-4 cloves garlic, minced

1/2 lb. firm tofu, pressed between 2 plates for 30 minutes, with a weight, then patted dry & cut into 1/2 inch cubes

1 1/2 cup sliced mushrooms, 1/2 cup sliced leeks, 1/2 cup carrots sliced thin on diagonal, 1/2 tsp. salt & pepper, 1 T cold water, 1 tsp. Cornstarch

Dumpling Mix: 1/4 cup yellow cornmeal, 1/4 cup whole wheat pastry flour, 1 tsp baking powder, 1/8 tsp salt, 1/4 cup water, 2 tsp olive oil

Put fist 4 ingredients in a Dutch oven & mix well. Then add tofu & vegetables & bring to a boil. Reduce heat to med. & cover. Simmer 10 minutes, stirring a couple times. Season with salt & pepper. While ragout is cooking mix dry ingredients for dumplings. Add in water & oil at same time & mix only until moistened. After ragout cooks for 10 minutes drop in 4 mounds on top. Cover & cook 10 min. Spoon dumplings into 2 bowls. Mix water & cornstarch & thicken the rest for a minute, then put on top.

This is it—a drum roll please... The **Big End of the Season Thank You Party** is scheduled for **Saturday, October 1st**. Old members are quite aware, but for new folks I'll explain. Every year since we've had the CSA we have a big thank you party for you. We don't wait until the very end of the season, because the weather is so cold then. It's gotten bigger every year. Now it's potluck but we have stuff on the grills, too. It's the afternoon into the evening, bring whomever. There's a ton of great food and we have more jack-o-lanterns every year. And of course, there's the bonfire. It's not to be missed!

## 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!

## Now More Than Ever: Frugal AND Organic

Hurricane Katrina. All week I've been thankful for my warm bed, water on tap, and healthy family surrounding me. Clearly, these days we need to send more love and healing into the atmosphere and less greenhouse gases! We New Englanders are lucky to live far away from the direct ravages of the hurricane, but I don't believe we will emerge unscathed: with major transportation routes shut down, chicken plants destroyed, and fishing areas polluted...it's just a matter of time before other consumable goods skyrocket in price the way gas has this week.

Going "local and organic" protects the environment, decreasing our contribution to the global warming that eventually leads to these weird weather patterns. A disaster of this scale also makes clear how unwise it is to be overly dependent on goods shipped from far-reaching locations. But if the economy goes in the tank, how will we support an organic lifestyle? I have found that saving money often goes hand-in-hand with saving the earth: going green means using less, and using less means saving more. It can be done! Here are some things I have learned:

- Eat lower on the food chain. Instead of saying you can't afford organic chicken because you eat it twice a week, cut down to once every other week and increase your variety of meatless options: beans, eggs, tofu are cheaper!
- Make as much as you can from scratch. There are some great companies making organic alternatives to Stouffers TV dinners, but they will always be more expensive than what you can make at home. Chances are they came from far away, too. You can make your own TV dinner by cooking double and freezing a meal for later. If this idea appeals to you, google the term "once a month cooking" for more tips.
- Buy in bulk, but not always. Flour is cheaper at Costco, but not cereal. Jot down the price-per-unit of items you buy frequently, compare prices, and watch for coupons and sale items. Shop the perimeter of the supermarket (not the middle aisles) and you'll generally be buying cheaper whole foods.
- Buy in season, not just when you go to the farm. Come November, don't flip through your cooking magazine and decide you want March's artichokes.
- Ban paper products and cleaning chemicals. Use cloth towels, dishrags, and napkins. Clean with baking soda and vinegar. This alone will save a bundle.

Following these guidelines should make it easier to stick to a more natural diet, better for you and the planet. And maybe you'll still have enough money left over to contribute to disaster relief. — Anna Barker ([annabarker@charter.net](mailto:annabarker@charter.net))

## Recipes: Delicata Squash

*Anne called me this morning to tell me the news that raccoons have attacked all of the corn, so there will be no more for us this year. Luckily, though, she also said that the delicata squash is in. Delicata has the sweetest, most tender flesh you'll ever taste in a winter squash — as good a cure as any for corn withdrawal. (But if you come across a decent recipe for raccoon meat, please pass it along. Haha.) — AB*

### Delicata Squash with Rosemary, Sage, and Cider Glaze

1 medium delicata squash, peeled, halved lengthwise, seeded  
2 TBS unsalted butter  
2 TBS fresh sage, coarsely chopped  
2 tsp fresh rosemary, coarsely chopped  
3/4 C apple cider  
1/2 C water  
1 tsp sherry vinegar  
1/2 tsp salt  
Freshly ground black pepper to taste

Cut each piece of delicata squash lengthwise in half again, then crosswise into 1/2" slices. Melt the butter in a large skillet over

low heat; add the sage and rosemary and cook, stirring, until the butter just begins to turn golden brown, 3-5 min. (Do not brown the herbs or they will get bitter.) Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20-30 min. Season with pepper and additional salt to taste.

### Delicata Creamy Squash Soup

2 delicata squash, halved lengthwise and seeded  
1 TBS butter  
1/2 onion, chopped  
2 C vegetable broth  
3/4 C heavy cream  
Salt and black pepper to taste.

Place squash, cut sides down, in a baking dish with 1/8" water, cover with foil and bake 35-40 min. In a saucepan, melt butter. Add onion and cook until softened. Scrape the squash out of the skin and add to onions. Add stock and cream. Cook about 25 min, then puree in a blender or food processor. Add salt and pepper to taste and serve.