



Bear Prints

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It's not too late to donate to the Pawtucket House in Lowell. You can make out checks to us with a note that it's for the shelter, and we can give you the info to make it tax deductible. Any size is welcome and greatly appreciated. We've received \$125 towards a share so far. It would be nice to at least keep it going with one full share. We will also be looking for someone to deliver the share to Lowell on a weekly basis. So maybe you can contribute that way?

□ The **4th of July** is coming up, but there are **no holidays on the farm!** You can have a friend pick up for you if you'll be away this coming week. Please let us know if you won't be showing up though, so we won't pick your share. If you do have someone pick up for you, please make sure they know pick up is between 3 & 7 and to cross off your name so we know they have come .

Farm News

More rain. What can I say? If you can't say something nice.... You'll probably find that you have a different view of the weather now. Old members have heard my pleas for rain dances in previous years. Now I guess I'll have to ask for sun chants. At least it's been relatively warm. Sometimes I look back over other year's newsletters, but this year it's not as much fun to see that we're behind. The pile of plants in the greenhouse & just outside it is disappearing, though, so we are catching up. And it has been so wonderful to have a real roof on the farm stand!

Thanks so much to Kim & Christopher Dahlberg for bringing the signs for the herbs. If anyone would like to get a little involved in the farm, the garlic in front of the farm stand needs weeding. Wear your "play clothes" to pick up your veggies and get a little exercise & fresh air at the same time. No extra charge! We almost sent out an email to have a work day on Sunday, but we had an engagement and the weather didn't look good any way.

Well, it is nice to get back into the swing. It's such a pleasure to see all our old friends and show the place off to new members. Someone mentioned "your people are happy to be back." I never thought of our members as "our people" before, but I like it.

What's New In Your Share This Week

New this week are **garlic scapes**. They are the top part of the plant that would turn into flowers. We cut them off the plants so they will put more energy into making a bigger bulb. They're great because they have all the flavor of a clove without having to peel it. Just cut off as much as you want (there is no waste) & throw the rest in a plastic bag in the fridge. Sometimes the larger ones can be a little tough, down on the ends, so experiment. Use the tips chopped up in a recipe as is and use the tougher parts in pesto or for something that will be ground up in the food processor. More garlic bread perhaps? Or slather it on chicken. It is also great added to home-made salad dressing. You can even try it on sandwiches, mixed with your mayo perhaps. Garlic is supposed to be very good for you. They last a long time, too.

They aren't new this week, but hopefully we'll have more of those great **sugar snap peas**. You just don't see them in the stores very often, probably because they have such a short shelf life. Eat them up in a day or two (or raw on the way home) for best flavor.

We also have more **lettuce**. I like to wash it thoroughly and store it in the salad spinner in the fridge. Mike goes a step further and adds other veggies to the bowl so he has ready to go salad all week.

We will be a bit light for another couple weeks due to all that rain, but things should start to "brighten" shortly. The rain sets us back (at least this amount) because the ground gets too saturated to plant. We plan to get all the winter squash transplanted this week, and the peppers so we're working on it! **Tatsoi** on back page.

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!

"I'll just have a salad."

I have to admit that it was a few years at the farm before I got adjusted to the amount of lettuce that we get. For so long — far *too* long — salad had a bad image in my mind. Either it was a symbol of diet and deprivation ("where's the fat?") or a guilt-ridden afterthought, one more thing to prepare after I'd already fixed the main-course meat dish and sides.

Well, I'm pleased to say that those days have changed, and salad now sits front-and-center on our family's menu. Now I wash & spin the lettuce right when I get home from the farm. I store it in a nice airtight container, but I don't tear up the leaves because I want large ones for sandwiches. (Other ingredients can also be prepared ahead, as they become available, and stored in little baggies.) Those steps are so simple, but they've made such a difference in my dinnertime routine. Another thing that has changed is we now have main dish salads at least once a week. Just about any meal tastes better on top of a bed of greens. What to include in your splendid salad? Here are some ideas:

- Start with some of your traditional meal ideas. Stir-fry? Use a nice peanut ginger sauce or teriyaki, and serve it over lettuce instead of rice. Pasta? How about a cold pasta salad, especially on a hot day?
- Don't forget the fruit. Grapes, strawberries, dried apricots, sweetened dried cranberries, apples... can all put a salad over the top.
- Cheese. Heaven for me is made of cheese. Steak with blue cheese or gorgonzola; apples with cheddar; *goat cheese*! Don't get me started.
- And something crunchy. Serve your stir-fry salad with some chow mein noodles or toasted ramen noodles. Make some homemade croutons with that leftover stale baguette. Or just plain nuts: walnuts, almonds, pistachios, toasted hazelnuts. (Just watch out for those packaged "nut fixings," they have a lot of sugar.
- Finally, toss it all with a fresh dressing. It should keep in the refrigerator until you pick up your next share, depending on what kind it is. Make your own, save money, and control the ingredients. I'll be happy to share recipes with you if you drop me an email. — Anna Barker (annabarker@charter.net)

Recipes: Garlic Scapes

Here is a recipe for the pesto Anne writes about on the front page. I've been making it for a few years, and I can tell you it's a keeper! — AB

Garlic Scape Pesto

1/4 pound scapes (approx. 10-14)
1/2 cup olive oil
1 cup fresh grated parmesan cheese

Chop the scapes into chunks about 2". Blend them in a blender or food processor along with the olive oil. Pour into a bowl and mix in the parmesan cheese. (Yes, it's really that simple!)

Here are some uses for garlic scape pesto: Spread on bread and broil to make garlic bread (serve with your salad!); use as or with a dip for fresh vegetables (like sugar snap peas!); toss on pasta along with other herbs from the farm; toss on steamed potatoes along with some sage from the farm — I just thought of that one, haven't tried it yet; spread on homemade pizza. (You can use a Boboli or refrigerated pizza dough from the grocery store if you don't want to make your own.)

And, finally, you can use garlic scape pesto as a base for a vinaigrette salad dressing. Here's a recipe for that:

Scape Pesto Vinaigrette

1 TBS pesto
3 TBS white wine vinegar
1 TBS snipped fresh parsley
1/2 C olive oil

Combine all ingredients in a jar with a tight fitting lid and shake well. Best served over Bear Hill Farm salad greens along with a glass of Pinot Grigio. :)

What's New Continued!

Late breaking news. We noticed that the **tatsoi** looked like it was thinking about going to seed, so we added it to your share this week. This is why I am frantically writing the newsletter on Monday mornings. We often don't know until the last minute. I ran out of room on the front page, but luckily Anna had some extra space back here.

Also new this week is **tatsoi**. It is an Asian green with beautiful dark green spoon shaped leaves. It tastes similar to spinach. You can eat it raw mixed with lettuce in your salad or cook it lightly. It lends itself to a quick stir fry with a bit of garlic, perhaps some tamari or soy sauce and fresh grated ginger.