



Bear Prints

Volume 8, Number 11

August 22, 2005

There are a ton of birds around lately. In particular there have been a bunch of hummingbirds chasing each other around. A couple weeks ago Teddy wanted to see a goldfinch. Now he sees them every week! I've also seen indigo buntings a couple times—they are a fabulous blue all over. Cedar waxwings with their high pitched whistles are all over, too, and the wrens make a racket. Check it out!

Farm News

The summer is flying by as usual. I can't believe the season is half over and kids will be starting school in a week or two. Mike is trying to get the last plantings of the season in. As you know the garlic is all harvested and hung in the barn. The onions are half done or more and need to be spread out to dry.

It sure was hot yesterday, but I hear that it's supposed to be cooler this week. Even the vegetables don't like the insanely hot weather we've had this summer. We have over 2400 feet of eggplant in over at Nashoba and we're hardly harvesting any eggplant! Same with peppers. The plants are all lush but little in the way of fruit. Eggplant in particular are known to drop their blossoms if it's 90 degrees. Maybe it was the combination of heat and dry weather? Either way, it's a bit frustrating. It could always be worse, though. The deer at least have let us have some peppers this year!

You probably haven't checked out the website lately unless it was to get a copy of the newsletters. Did you know they are all posted there? I try to put them up as soon as they are done on Monday. It would save us a bunch on copying. The website is bearhillfarmcsa.com. Old members Beth & Seth Seeger have created it for us and are maintaining it, even though they have moved. Well, check it out because member Johanna Wray has created a quiz with photos of the farm! The photos are up now & we'll post the answers of where they are on Sept. 5th, so tell your share partners.

What's New In Your Share This Week

New this week is **red cabbage**. It is growing towards the top of the hill in the main field where you pick up. I didn't realize that cabbage is just as high in vitamin C as orange juice. You've already had green cabbage and you can use the red in all the same dishes, although I've never seen red stuffed cabbage. The best way to preserve all those vitamins is to eat it raw in coleslaw, of course. A food processor makes short work of shredding. But cabbage is great steamed as well. You can use an oil & vinegar dressing for coleslaw, too, so don't get bored with the old mayo thing. From the Irregardless Cook by J. Arthur Gordon comes Pineapple Coleslaw

1/2 head of cabbage, shredded
1 small can of crushed pineapple
2 medium carrots, grated

1/2 cup lemon juice, 1 T honey
1/4 cup each olive oil & vinegar
1/2 tsp each celery seed & curry powder

Put it all together & let it sit in the fridge for 1 hour before serving.

Also new this week are **potatoes**. They are growing in the weed jungle up the hill before you get to the cabbage. This week it will probably be **Red Norland** and/or **Yukon Gold**. When they are dug fresh out of the ground the skins aren't very tough. Leave them on since that's where a lot of the nutrition is. Sometimes you can even rub the skins off, so be gentle. Roasted potatoes are one of my favorites, but any way is fine with me—from mashed to potato salad. You can use the leftovers, too, for hash browns.

Red Cabbage, Dutch Style from The Fresh Fruit & Vegetable Book

1/2 cup chopped onion
2 T butter
3 cups shredded cabbage
1 cup diced apples
3 whole cloves
1 & 1/4 tsp salt
1/8 tsp pepper
1 tsp wine vinegar
1/2 cup stock
Saute the onions in butter until transparent.
Add the rest, cover & cook 10 minutes.

Raw shredded cabbage can also be used as a topping for tacos or in sandwiches.

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!

“My Summer Vacation” - Epilogue

I'm back from Ohio and the trip already seems like ancient history. We had a great time! I found out that my mom uses the kind of bacon you can store *in the pantry* — but other than that, it was a wonderful trip. ;)

Usually when I go away for any length of time over the summer, I arrange to have a friend pick up my weekly share, sort of “spreading the wealth.” This year, though, my husband John stayed home and decided he didn't want to do without his leafy greens for two weeks. He's not used to spending much time in the kitchen, after being married to *me* for so long. So he cooked a veggie dish or two and left me to handle the rest. Wow!, just let your share pile up for two weeks, and you'll see what an abundant harvest we have as CSA members.

In the week that I've been back, here is what I did to process the supply. Right away, I went through the fridge and made a list of all the vegetables we had. I made a menu for the week using my favorites, especially Summer Squash Casserole (made an extra one for the freezer) and Moroccan Chermoula (with the peppers). Then I identified what could easily be frozen by blanching and bagging: broccoli, green beans, and corn. I grated a large zucchini and froze it in portions for zucchini bread. The head of cabbage went into Colorful Freezer Slaw. (It's news to me that it's possible to freeze cabbage. I'll have to let you know next spring how it turned out.) The cherry tomatoes were “sun dried” and stored in the fridge. Of course, I also made a lot of pesto! And then, finally, 2.5 pounds of carrots were shredded and made into Carrot & Almond Chutney for the pantry. There are still some beets waiting for attention, which I will turn into a puree for the freezer as soon as I get the tart apples that go with them.

I do **not** recommend ever going into this kind of cooking frenzy. By Friday evening I was on the road to a nervous breakdown, the detour to which was only available by taking to bed with a copy of Virginia Woolf's *Orlando* and a juice glass of merlot. It would have been far better to have introduced Bear Hill Farm to a friend and to have attacked the pile of papers on my desk when I got back, instead. But I hope this description gives you an idea of what can be done if you end up with an oversupply (hopefully on a smaller scale than mine!). And let me know if you want any of the recipes. — Anna Barker (annabarker@charter.net)

Recipes: Tomato Season is Here!

I did a little “happy puppy dance” when Anne asked me to do tomato recipes this week, indicating we'll have a nice supply. Probably 3/4 of my tomatoes go into BLTs — or grilled cheese sandwiches with bacon and tomato, when there isn't any lettuce. But since tomatoes are America's #1 favorite homegrown vegetable, there are plenty of recipes. Here are a few to whet your appetite (as if you needed that!). — AB

Gazpacho

1 red onion, cut in chunks
1 green pepper, cored, seeded and cut in chunks
1/2 large cucumber, cut in chunks
1 lb tomatoes, peeled and quartered
4 slices stale white bread
2 cloves garlic
2 TBS red wine vinegar
1 TBS olive oil
Salt and freshly ground black pepper.

Put the onion, pepper and cucumber in a food processor and chop briefly — not enough to make it smooth. Transfer 1/4 of these chopped vegetables and store covered in the fridge (will go in the soup later). To the rest, add the remaining ingredients and process again, briefly. You can add a little cold water or tomato juice (if you have it) to the soup mixture if it's too thick. Transfer to a large bowl, cover, and chill. When it's

time to serve, ladle into small bowls and serve the reserved vegetables separately — along with an extra chopped tomato and some croutons, if desired. Serves 4.

Scalloped Tomatoes

3 large tomatoes
2 cups fresh breadcrumbs
4 TBS fresh herbs (parsley, chives, thyme, marjoram, or basil)
4 TBS butter or olive oil
3 TBS minced onions

Peel and halve the tomatoes, and squeeze out the seeds. Slice each half into 2-3 slices and let drain. Heat 2 TBS of the butter or oil and sauté the onions until wilted; stir in the breadcrumbs and herbs to coat, and lightly cook. Place half the tomato slices in a buttered 8x8” casserole dish. Top with half the breadcrumbs. Repeat the layering and dot with remaining butter or oil. Bake in a preheated 350° oven for 30 minutes.

Broiled Tomatoes with Blue Cheese (à la Jack Bishop)

Mash 2 ounces crumbled blue cheese (about 1/2 cup) with 1 TBS fresh parsley and a dash of pepper. Place 2 medium cored and halved tomatoes on a lightly oiled rimmed baking sheet. Pile the cheese mixture over the tomatoes. Broil in a preheated broiler, about 6” away from the heating element. It should take about 5-6 min to soften and brown them— don't let them burn!