



Bear Prints

Volume 8, Number 2

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Every year we usually have a couple shares that we **donate to the Pawtucket House in Lowell**. They are one of the few family shelters in the area. We have donated as much as 4 shares in the past. So far we have 1 full share & a little towards another. 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. **It would be nice to have 2 shares...**

Also new this week is **basil**. The plants are still small, but we like to pinch them to get them to branch out more & really get growing. There isn't much, certainly not enough for pesto, but how about caprese salad? A little fresh mozzarella, a fake tomato (or skip the tomato until the real ones come in) and some olive oil, **basil**, salt & pepper and you're set!

Farm News

We are finding that starting pick up on a Friday has proven quite confusing. We had done that so the Friday guys wouldn't miss the spinach, which we expected to bolt before our eyes with the hot humid weather we had been having. Who would have known it was going to go back down to the cold, rainy 40's?!

Remember, eggs are NOT part of your share this week, but they are for sale in the fridge as extra for \$3.00 dozen. We can use your clean egg cartons (cardboard or otherwise) if you bring them back.

Well, we made some tremendous progress this past week. The number of transplants left in front of the greenhouse is dwindling fast. We used a water wheel transplanter over at Nashoba and got all the winter squash in. The corn is planted and the first batch is cultivated. The beans are up. This week there will be a big push to get caught up on the farm with weeding. We've spent a lot of time at Nashoba transplanting lately, so this week we are focusing on weeding at home. Everything from hoeing aisles to hand weeding carrots.

You can usually get the newsletters on the website @ bearhillfarmcsa.com.

One other note, one of the rabbits got out on 2 pick up days last week. Please don't open their cages. Thanks!

What's New In Your Share This Week

We'll have green garlic again, that's not new. You can eat the whole thing, but start with the greens because they turn yellow if kept too long in the fridge. I bet it would be good pulverized in the food processor with butter and used for garlic bread.

New on Friday is **lettuce** and **Swiss chard** and **mizuna**. Lettuce is pretty self explanatory. Make a salad of course, but don't forget to add it to sandwiches, too. Depending on the variety, you can even forgo the bread and use the lettuce as a wrapping for some hummus, or chopped veggies and feta.

Mizuna is a frilly Asian green that is nice added to salad and eaten raw. It is not particularly strong flavored, but is spicier than plain lettuce. You can also steam it very briefly or add it to stir fry, but try it raw first.

Although some people eat **Swiss chard** raw

in salad (particularly when it's really small), I've always preferred it cooked. The stems are not tough but do take a little longer to cook than the leaves. We like to slice them up and throw them in first, then put the greens on top. It cooks down a lot, like most greens. Chard is a relative of beets. We have are growing a row of the yellow stemmed variety this year as well as the "normal" white stemmed kind. It's right in front of the farm stand. It is good steamed, or my favorite, sautéed with some olive oil & garlic. Throw it over pasta and you have a meal! That's pretty much our answer to most greens. You can get adventurous and cook it up and add it to lasagna, soup, or use it as a bed or topping for meat or fish. Mike likes the mizuna lightly stir fried with garlic & soy sauce over salmon.

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!

Getting the Most From Time in the Kitchen

So summer has finally kicked in and we're all trotting happily home with our bags of greens. *Now what?* Unless you are a year-round Food TV addict, chances are you'll be spending a lot more time in the kitchen starting this week. It's too bad the satisfaction of laying out a full spread of summer veggies can be outweighed by a sense of having spent too much time in the kitchen. But you have a *right* to enjoy yourself while cooking. Here are a few summer kitchen survival tips.

- Wear your ripped jeans, or whatever else makes you feel like a rebel. Madison Avenue has spent a lot of time and money convincing us we're too busy to spend time in the kitchen. They want us to buy their over-processed, nutrient-devoid, soul-sucking convenience products. Lift your sauté pan over your head and shout back, "To cook is to live!" Just don't hurt yourself.
- Review your cooking tools. Cheap knives will cut your fingers. You don't have to pay through the nose for gourmet specialized cookware, but grocery store knives just don't cut it. (Haha.) You also need a sturdy pot with a lid, a steaming basket, and a non-stick frying/sauté pan.
- Plan well. If you are staring blankly in the fridge for tonight's dinner, I swear you'll be back picking up that rotisserie chicken and cole slaw side from the supermarket, while your greens languish. More on this in a future issue.
- Keep your pantry stocked. Be prepared for the day your boss calls you a moron in front of the whole team and you come home with the will to do nothing. Fall back on mac & cheese topped with freshly sautéed greens.
- On the other hand, cooking can be good therapy. What else really matters, at the end of the day, when the scent of green garlic cooking in olive oil hits you? The trick is to focus on the task at hand. *Notice* the beauty of the natural, life-affirming process you are taking part in. Make the Dali Lama proud.
- Put on some good music. Enough said. Everything is better with music.
- Don't isolate yourself. Find things other people can do to help (even if they screw it up). If you live alone, invite a friend over. I used to trade Tuesday cooking with 3 other families; so I only cooked every 4th Tuesday. Smart. Yes, life is good, and cooking CSA veggies — not just eating them — is part of the good life. Make the most of it. — Anna Barker (annabarker@charter.net)

Recipes: Swiss Chard and Mizuna

According to several recipes I dug up, mizuna makes a nice base for an Asian-style salad. Arrange washed, dried, and torn mizuna leaves (add a little of the tiniest Swiss chard, if you wish) onto individual salad plates. Add your favorite Asian ingredients: water chestnuts, chow mein noodles, toasted slivered almonds, orange segments (fresh or canned mandarin) — a recipe in Sylvia Thompson's The Kitchen Garden Cookbook calls for kiwi and ginger. Then drizzle with one of the following salad dressings, or some store-bought Annie's. ;) — AB

Asian Salad Dressing #1

2 TBS mild olive oil
1 TBS fresh orange juice
1 TBS rice vinegar
Salt and pepper to taste

Asian Salad Dressing #2

2 TBS rice vinegar
2 tsp finely minced fresh ginger
1 tsp soy sauce
3 TBS canola/salad oil
1 TBS toasted sesame oil
Freshly ground black pepper

On the other hand, I personally prefer my mizuna cooked. If you're like me, you might want to marinate some tofu (use one of the salad dressing recipes as a marinade) and cook it along with the greens. Sounds intimidating? Here is an official recipe: it will work equally well for mizuna, Swiss chard, or a combination. ...Not the tofu type? Marinate and grill a pork chop to serve over the stir-fried greens.

Marinated Tofu with Swiss Chard or Mizuna

Swiss chard or mizuna, washed, stems removed, torn
1/2 pound of firm tofu
Salad dressing or other ready-made marinade
Minced garlic chives (or our own green garlic)
Pinch of red pepper
Sesame seeds

Drain tofu and cut into cubes. Add some garlic chives and/or green garlic and the red pepper to flavor the marinade. Set cubes in marinade; marinate for at least 2 hours at room temp, turning occasionally. Pour off marinade into a hot skillet and simmer 1-2 minutes. Add greens and cover pan. Stir occasionally and continue simmering until the greens wilt. Then add the tofu and sesame seeds and heat through. Serve over rice.

