



# Bear Prints

Volume 18, Number 12

August 31, 2015

## Farm News

**So some of you  
don't read the  
newsletter?!  
WHAT?!**

Seriously,  
at least skim it  
and mark your  
calendars for  
**Sat. 9/26**, the  
date of the farm  
party!

PS. There's a ton of  
husk cherries out  
there for those that  
do read. :)

More heat this week and dry even though it is now September. Our irrigation pump died and Mike tried to get a new one last week, but they are on back order. It seems we're not the only ones that need to irrigate. Being dry stresses the plants and makes them susceptible to disease and bugs. Hopefully the pump will come in on Monday and we can start drawing down the pond.

Last week he and Michalle fixed the excavator. You may have noticed it sitting just beyond the farm stand, with one track off. It's an old beast and I'm sure it won't be the last time it slips a track. They're getting pretty good at putting them back on.

The grass clippings keep coming in and before you know it the leaves will be feeding the compost pile as well. Now that Ed the excavator is back in working order Mike can turn the piles again. He is planning on cleaning out the cow's pen and putting it in a new field at the top of the hill, maybe this week if he has time.

It needs to be spread in the fall if we want to plant potatoes there next spring. There's always planning for next season. He has been working steadily on the farm stand addition as well. The new loading dock already has a wall & a door. It is a ton of work but will be so great once it's done, hopefully for next season.

We've heard there is blight in Westford. Pick those cherry tomatoes while you can—if it spreads they'll go down in a matter of days.

## What's New In Your Share This Week

New this week are fingerling **potatoes**. They really do seem like a different vegetable than regular potatoes. They certainly look different.

This variety is Russian banana, since they are yellow inside. Personally, I like that, since it looks like they already have butter.

Don't peel them, just roast or boil as is, maybe cut the larger ones into a couple pieces so they are evenly sized.

Fingerlings are a waxy potato (I prefer the term moist), not like a dry russet potato. Many folks think they are among the best tasting varieties of potato & we have to agree.

Author Deborah Madison writes that she prefers steaming them. Small

ones only take about 20 minutes. I assume this would preserve more nutrients as well as flavor compared to boiling. She also has a recipe for boiling them in heavily salted water (a cup of sea salt to 1 lb. of potatoes!) then slathering them in butter.

It's supposed to really hot again this week, so you may prefer to roast them on the grill in foil packets.

We've never had potato salad with fingerlings, since we've never had leftovers, but I'm sure they'd be great for that, too. You could try a cold vinaigrette type, rather than a mayo based one.

Good luck staying cool this week. We don't want any cold weather to jeopardize our basil, but we are so done with this heat & humidity. Enough already!

## What's For Dinner?

### Bear Hill Farm CSA

Anne & Mike Gagnon

14 Davis Road  
Tyngsboro, MA 01879  
Phone: 978-649-7308 answering machine  
Mike's cell: 978-846-3427  
Email: [bearhillfarmcsa@gmail.com](mailto:bearhillfarmcsa@gmail.com)  
Website: [bearhillfarm.com](http://bearhillfarm.com)

*PICK UP MONDAY OR WEDNESDAY  
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!

Oh boy, am I exhausted. We drove down to NYC on Friday night to take Sophie to her college orientation. Her dorm is on the 7<sup>th</sup> floor, and the line to use the elevator was so long that we opted to take the steps for a couple of loads of her stuff. I am out of shape! That combined with the emotional energy required to keep smiling, as well as the long drive back home ... Well, my brain feels about as dry as this parched August soil.

Still, come Sunday evening it was time to make dinner. I rallied and made a tomato tart with those last 2 ears of corn and some tomatillos. My husband made scrambled eggs to go with it, and we were done. Nights like this call for a solid repertoire of quick go-together-without-thinking dishes. After all, I just can't justify ordering pizza delivered when we have so many delicious fresh veggies in the fridge. Here are my favorites:

Quiche or tart (a quiche with no eggs)

Omelettes or frittata (a quiche with no crust)

Macaroni & cheese or frozen tortellini

Quesadillas

Homemade pizza

Strata (google this if you don't know what it is)

Any of these options can be made with leftover or freshly sautéed vegetables, alone or in combination. Add a little sausage or diced chicken if you want. I will sometimes get an idea for what I want to serve, then google it with my choice of ingredients included in the search line – e.g., “quesadillas leeks peppers.” I may not follow any one recipe, but it gives me an idea of cooking times and seasoning options. – Anna Barker

[annabarker@verizon.net](mailto:annabarker@verizon.net)

## Recipes: Zucchini

*There are some great recipes out there in web-land that use a “spiralizer” to cut zucchini into noodles (or “zoodles”), replacing pasta with a vegetable. I'd like to try that, sometime, but I'm not ready to invest in yet another piece of kitchen equipment. Meanwhile, here is an old-fashioned pasta dish with zucchini topping. - AB*

### Zesty Zucchini Spaghetti

*From Health.com*

3/4 pound uncooked spaghetti  
1 (7-ounce) can chipotle chiles in adobo sauce  
2 teaspoons olive oil  
2 garlic cloves, minced  
4 cups shredded zucchini (about 1 1/4 pounds)  
3/4 teaspoon salt  
1/4 teaspoon black pepper  
2 tablespoons Parmesan cheese, shaved  
Cook pasta according to package directions, omitting salt and fat. Remove 1 chile (smaller for less spice, larger for more) and 1 tablespoon sauce from can (reserve remaining sauce for another use). Remove seeds from chile (for extra heat, leave seeds in); mince chile. Heat oil in a large nonstick skillet over medium-high heat. Add chile, sauce, and garlic; sauté 1 minute. Add zucchini; cook, stirring constantly, 4 minutes. Toss pasta with zucchini mixture. Sprinkle with salt, pepper, and cheese.

### Creamy Zucchini and Ricotta Spread

*From MarthaStewart.com*

1 teaspoon extra-virgin olive oil  
1 medium zucchini, grated on the large holes of a box grater  
1 garlic clove, minced  
1/2 teaspoon fresh thyme leaves  
Coarse salt and ground pepper  
1/2 cup ricotta  
1 tablespoon lemon zest  
2 teaspoon lemon juice  
In a medium nonstick skillet, heat olive oil over medium-high. Add zucchini, garlic, and thyme; season with salt and pepper. Cook, stirring occasionally, until zucchini is tender and golden brown in spots, about 5 minutes. Transfer to a medium bowl and let cool to room temperature (or refrigerate, up to overnight; bring to room temperature before continuing). Add ricotta, lemon zest, and lemon juice, and stir to combine. Season with salt and pepper.

*AG writes—This sounds really good to me! Can't wait to try it.*