



Bear Prints

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Now that the CSA season is just about over & there's only 1 week left to the farmers market, you must be thinking Mike will be taking a well-earned rest. No way! It's just a different set of jobs, with just as much urgency to get them all done before the bad weather sets in. There's firewood to be harvested, more compost to spread, pig pens to build, a walk-in to finish, still hay to be brought in, garlic to plant for next season, the list goes on. Then there's back to work at DPW for the winter!

Farm News

The last pick up of the season—good bye until next year! We hope you'll be back & that you enjoyed the season with us. So much better than last year in every way as far as we're concerned. We'll probably expand a little again next year, so if you have friends or relatives that might want to get in on the action, feel free to send them our way.

We'll have eggs and meat this winter (we plan to keep our hens this year) so feel free to come this fall & help yourself at the farm stand. Once the snow flies we'll probably move everything down the house. If you have any questions about what we have, feel free to call Mike (978-846-3427) or email bearhillfarm-csa@gmail.com. Everyone is welcome to come buy meat & eggs, not just members.

We had a litter of pigs—they are in the barn along with a few others sows that are due to deliver shortly. Feel free to come visit anytime, not just during the pick up season. We always have critters and you could take the time to explore the farm more on one of these delightful fall days. There is the pond down the street, other fields and some trails that go off into the woods.

Thanks so much again for being part of Bear Hill Farm. We know we couldn't do it without you. There's no doubt that farming is hard work, but there's also no doubt that we love it.

We hope you all have a healthy & happy off season & look forward to seeing you again.

What's New In Your Share This Week

What a great winter squash, carrot & pepper year! There should be more this last week, too. It's nice to have the facebook page this year to look back at what we gave out.

No new veggies this week, but more of the good stuff. I think we have enough yellow storage onions to give out 7 lbs. They will be in plastic bags, but you'll want to transfer them to paper or string bags when you get home. Keep them in a cool dry place where they won't freeze, but not next to your potatoes. Like all the storage veggies, check them once a week for any that have soft spots or that look like they are starting to grow & use those up first. You should be able to eat off your share well into the winter, maybe all the way to spring!

Some CSA's sell separate winter shares with this stuff, but if it grows well we have no problem giving it out to you as part of your regular share. We're just happy we got that squash harvested before the deer did too much damage.

Although we've had a couple really hard frosts the last few nights, the lettuce is still OK. It always amazes me that it can freeze solid, then thaw out & be fine. That isn't the case once it's been harvested, as you may have learned from a too cold refrigerator.

Help yourself to the jalapenos—there are still quite a few out there. You can freeze those for use all winter as well. Because they are thick-fleshed they don't dry well, but they are great frozen. Mince them up first & they don't take much room.

Those super large carrots have been stored in the temporary walk-in cooler. If we left them in the ground the bugs would have eaten them. They are still wonderfully sweet still, even though they are large & have been stored. Keep them in the bottom of the fridge. The leeks can be cooked then frozen to make room for the carrots. Remember, they are just a mild onion, so add them to all kinds of recipes & not just potato leek soup.

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
Website: 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!

Odds & Ends

It was a lovely summer, wasn't it? Hard to believe that by the end of this week we'll have walked up the path to the farm-stand 18 times—and each time loading our bags with fresh vegetables (and the occasional apple) for our families and friends. That's a lot of veggies! Thank you, Mike & Anne, for making this possible; and hooray to us members for knowing a good thing when we see it, and for supporting our farmers this way. I have spent most of the weekend in the kitchen, what with so much food to put up this time of year (applesauce!), and then the #1 son came home from college for a visit, hungry and wanting his favorite foods. He asked for vegetables, I'm pleased to say—and I was able to deliver! As I stood chopping & stirring, I let my mind wander. To Christopher Columbus, this holiday weekend, and what might have happened to America if it had never been “discovered.” But also to more food-related thoughts:

- You must pick up the latest issue of Edible Boston for the roast chicken recipe, which is made in a preheated cast iron skillet. Crispy salty skin and flavorful tender meat. We've had it twice now. (Just remember to use a meat thermometer and make sure it reaches 165 degrees before declaring it done.)
- Of course it matters where your meat comes from. Pork and beef come from Bear Hill, naturally.
- Bell peppers can be frozen. Just cut them in half and lay them in a single layer on a cookie sheet until frozen, then put them in a freezer bag. They get soft but can still be used in casseroles and soups.
- These days I should throw in a squash whenEVER I turn the oven on!

What, out of space already? To be continued next year! Stay well, and be patient: Spring will come again soon.—Anna Barker
(annabarker@verizon.net)

Recipes: Butternut Squash Soup

I really think butternut squash was invented for soup. And I must not be the only one, because there are a lot of recipes around. Here is one that Susan Strauss sent to Anne. She said it's delicious and very easy. That works for me!—AB

Butternut Squash Soup

1 tsp extra virgin olive oil
1/2 cup onion, chopped
1/2 tsp black pepper
1 tsp Braggs liquid aminos
4 cups butternut squash, peeled and cut into 1/2 inch cubes
1 tsp curry powder
1/2 tsp garam masala
5 cups vegetable broth

Heat oil in a large soup pot. Add onion, pepper, and liquid aminos. Sauté over high heat 3 to 4 minutes. Add squash, curry powder, and garam masala. Stirring frequently, allow the squash to brown. Add vegetable stock to just cover the squash. Bring to a boil and reduce heat to medium. Simmer until the squash becomes soft. Blend with immersion blender or food processor.

The best way to peel and cube a butternut squash is to first cut the squash in half—crosswise, so that the bulb at one end is separate from the long oval end. Now you can deal with them separately. The long oval end is easy, like a giant potato. For

the other end, peel it first; then I find it's easier to scrape out the seeds if you cut it in quarters first.

Black Bean and Butternut Squash Soup Adapted from cleaneatingchelsey.com

Heat 1 TBS olive oil in a large Dutch oven (soup pot) over medium heat. Dice 1/2 medium yellow onion, 2 cloves garlic, and 1 carrot, then toss in the pot, stirring frequently so they don't burn. Cook until tender.

Add 3 cans black beans (drained) and one small (or 1/2 large) cubed butternut squash, as well as 5 cups vegetable broth and 1 4-oz can diced green chilies. Add spices: 1 TBS garlic powder, 1 TBS ground cumin, 2 tsp chili powder, 1 tsp nutmeg, and salt & pepper to taste. Bring to a rapid boil, then reduce heat and simmer for 30 minutes.

Transfer 3 cups of soup to a blender and puree until smooth. Add back to the pot, stir, and serve.

I saw a similar recipe that also included avocado and cilantro as soup garnishes. At that point you might as well crush some taco shells and sprinkle those on top, too...