



Bear Prints

Volume 18, Number 17

October 5, 2015

It was Michalle's birthday on Sunday. Apple crisp instead of cake this year.

Happy Birthday, Grandma! Wishing you a healthy and happy year with very little drama, lots of veggies and few escaped pigs (and no escaped cattle).

~~~~~  
We have run out of bags, so please bring some with you for your veggies the next two weeks.

Last week of pick up will be the week of October 12th.  
~~~~~

Farm News

I have to say I'm glad we moved the party to the last Saturday in Sept. The weather really seems to have taken a turn towards fall. Plan ahead for next year and keep that last Saturday open. Thanks again to everyone who brought all that great chow.

We are seriously considering lighting the woodstove to take the chill off the house. Momma (Babci) is so skinny she doesn't have fat to keep her warm. Some folks have already had a frost. Only two more weeks of pick up (this week and next) and the last farmer's market will be October 18th.

The last of the steers has left the farm. Hopefully we'll get some younger ones soon to raise up for next season. We should have some beef and certainly pork for sale over the winter months. Write down Mike's cell phone or add it to your contacts so you can call first if you want to buy meat from the farm.

Mike is piling up the finished compost to make room for more leaves to turn into yet more compost. He'll be spreading that black gold on the fields shortly. We will be ordering those new chickens soon, too. These girls were lovely, but they really let us down this fall by all going into moult at the same time. That's why we haven't had any eggs. I can't believe I broke down and bought some this weekend.

What's New In Your Share This Week

New this week is **acorn squash**, the last of the winter squash this year that is typically used for stuffing.

Next week will be butternut, the larger winter squash that is often peeled and cubed, but I'm getting ahead of myself. With ridged squashes like the ones you've been getting it is easier to cook them first, then scoop the flesh out rather than peeling them before cooking. If you are planning to stuff them with a sausage or burger mixture you'll probably want to cut a little off each end to make sure they'll sit flat.

You can cook winter squash in the microwave, but we think it tastes better baked in the oven. You could probably "bake" it in a closed gas grill as well.

I was wondering about the crock pot and came across a couple recipes in seconds. One said to cut the squash in half,

scoop out the seeds and place cut side up in the slow cooker. Add a tablespoon each of butter & brown sugar to each half and cook on high for 3 hours. They suggested slicing into the flesh a little so the butter and sugar soak in. Another recipe called for adding 1/2 cup of water or broth to the bottom of the crock pot first, being careful not to get the water into the squash halves. Once cooked scoop out the flesh and mash with butter, spices or sugar. Either way, sounds pretty simple. Another cooked on low for 4-6 hours, but quartered the acorn squash and added 1/2 cup cider and 1 & 1/2 cups diced apples along with 1/4 cup dried cranberries, juice of 1/4 lemon, 1/2 tsp cinnamon, 2 T each butter, sugar & maple syrup. Add chopped nuts when done.

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
BUT FEEL FREE TO COME LATE
(Please make arrangements at least one
week in advance to switch your pick-up
day.)*

CSA Since 1998

COME ANYTIME —
THIS IS **YOUR** FARM!

Winter Reading

I don't want to get too goofy about the change of seasons, and all of that hot-chocolate-sitting-around-the-woodstove stuff. And while it's true that a cold winter Sunday is an ideal time to cozy up with a good book (or screen), I've never met a season that didn't find me reading, sometime or somewhere. Still, this seems as good a time as any to share with you some of my favorite food-related sources. Find a warm spot and settle in.

- Foodtank (www.foodtank.com), "the food think-tank." Sign up for their weekly newsletter on all things related to developing a sustainable (in every sense of the word) food system. They often share links to other sites, so you can really go down a rabbit hole.
- The Change Food library (www.changefood.org), with all of those incredible videos from TedX Manhattan ("changing the way we eat").
- Civil Eats (www.civileats.com). You have to pay \$25 for an annual subscription, but it's worth it for the excellent coverage.
- Simply Recipes (www.simplyrecipes.com), because who wants to just read about food? Sooner or later it's time to heat up the kitchen!
- Boston Public Market (dot.org) and other local winter farmers markets, such as Lowell's (www.millcitygrows.org) - sign up for their bulletins. The Lowell indoor market is awesome, with music and a café! And I'm very anxious to go check out the new market in Boston, but meanwhile their website provides good reading.
- *Your local library*: Cookbooks and books about cooking are shelved in the 640s. Take yourself to the library and check out some inspiration. (Remember to copy the best recipes for next year's newsletter.) I take out 6 books at a time, lately always including one on slow cooking and a food memoir. I'm loving Spoon Fed: How 8 Cooks Saved My Life by Kim Severson. I'd love to know your recommendations, too. — Don't just read, write! :) - Anna Barker (annabarker@verizon.net)

Recipes: Acorn Squash

It's handy to have an extra acorn squash or two hanging around. Roasted with a little brown sugar or maple syrup, they make an excellent side dish; or take advantage of that hollow center and stuff them for a main course. But those recipes are getting predictable, so today I tried to find something a little unusual to share with you.—AB

Roasted Acorn Squash with Chile Vinaigrette

From Gourmet via Epicurious.com

2 acorn squash
1/2 tsp black pepper
1 tsp salt
6 TBS olive oil
1 garlic clove
1 1/2 TBS lime juice, or to taste
1-2 tsp finely chopped fresh red hot chile
2 TBS chopped fresh cilantro

Put oven racks in upper and lower thirds of oven and pre-heat oven to 450F. Halve squash lengthwise, then cut off and discard stem ends. Scoop out seeds and cut squash lengthwise into 3/4-inch-wide wedges. Toss squash with black pepper, 3/4 teaspoon salt, and 2 tablespoons oil in a bowl, then arrange, cut sides down, in 2 large shallow baking pans. Roast squash, switching position of pans halfway through roasting, until squash is tender and un-

dersides of wedges are golden brown, 25 to 35 minutes. While squash roasts, mince garlic and mash to a paste with remaining 1/4 teaspoon salt. Transfer paste to a small bowl and whisk in lime juice, chile (to taste), cilantro, and remaining 1/4 cup oil until combined. Transfer squash, browned sides up, to a platter and drizzle with vinaigrette.

*Serves 4 generously—Another option, for 2 people or 4 with lighter appetites, is to roast the wedges all at once but save half of them for another day. (Use 1/2 of the vinaigrette ingredients accordingly.) Toss the remaining wedges with goat cheese, dried cranberries and pistachios (or other nut) - a classic combination—and add a little **maple vinaigrette**. Serve over a bed of greens, or not.*

Maple Vinaigrette: Combine 1/4 C maple syrup, 2 TBS balsamic vinegar (or cider vinegar), 1 tsp Dijon mustard, 1/4 tsp salt, 1/4 tsp pepper and 1/4 C canola oil in a jar with a lid. Shake well to combine.

And I wonder what it would be like to roast pears alongside the squash? Hmmm... one runs out of space...