



# Bear Prints

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It has been a great growing season for us so far, even though it has been pretty dry.

Everything can't be perfect, however, & this season has not been kind to our basil & corn crops. The basil seems to have contracted a fungus, & the corn we planted in the front field has only produced small ears that don't look great, probably too dry.

Mike will be buying some corn from our friends at Brookdale Farm next week for you guys, but he wanted me to forewarn you that it won't be organic.

## Farm News

Well, Kenny's last week working for us this summer was last week & Meghan, our volunteer will be heading back to Austria to teach this week. Hopefully Kenny will be back on some weekends. We still have Hallie for a short time more (I think). She used to come here & pick up with her Mom when she was just a little tyke. Now she is in college! My how the time flies. I can't believe it's already week 10.

Yet another busy week on the farm. The great onion harvest continues. I think Mike posted a photo of the yellow ones drying on the trailer. A fantastic onion year for us. Keeping them weeded and watered is key, but no easy task. That landscape fabric in between the beds really helped this season.

Mike worked on getting 2 trucks fixed last week. The big green one is critical for picking up the food for the critters. They are both fixed now (well at least they're both on the road again).

We got a steer back, so more steaks are available. We also got some more bacon back. There should be plenty of sausage for Mike's recipe in the freezer as well. Both the pork & beef have become quite popular at the Tyngsboro Farmer's Market. Nice to see some members there.

## What's New In Your Share This Week

We have a few things new this week. First up is **escarole**. It looks like a rather sturdy lettuce, but it is much stronger flavored. It is a chicory related to endive and is somewhat bitter on it's own. We love it in the recipe on the back page, though & hope you will, too. Also new this week is **mini broccoli** called **gailon**. It is sweeter than regular broccoli. This is our first time growing it.

Similar to broccolini but a little bigger, at least these first shoots. I think it would be great in stir-fry or in a broccoli/pasta dish.

We'll also be giving out 1 large **Ailsa Craig onion**. They are a very sweet Spanish-type onion.

Most of the onions we grow are strong raw, but sweet cooked. These start out sweet, great for salad or sandwiches.

We will also be giving out some of Mike's favorite variety of **potato, Purple Viking**. I'm not sure where the Viking comes from, but the skin is a beautiful purple splashed with a vibrant pink. They are best boiled in chunks or mashed (we leave the skins on) or fried. Mike prefers other varieties for baking. I think they would make a striking potato salad.

## Bear Hill Farm CSA

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*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!

## Memory Lane

Mike told me the escarole is ready this week & he asked me to put his famous sausage, beans & greens recipe on the back page. Which led me on a trip down memory lane. There was a time when we seemed to get in the paper on a regular basis. They are tough to find, but if you google bear hill farm on boston.com (Boston Globe) you'll find a few articles on us. Mike was interviewed as part of a series on your best dish by non-chefs. They came to the house & took a bunch of photos of him cooking, did a big article & put in the recipe. There's a photo of him from 11/29/06, handsome as ever with his lovely mustache. The caption says lima beans, but he used white kidney beans.

There's another article on our eggs at the Marblehead Farmer's Market, featuring my dirty fingernails. A third article was on the CSA & eating local. That one also has a little video associated with it that featured members Denise Ferbas & John Dalton picking up their veggies, & again, my dirty nails holding a chick. How things have changes over the years—Mike built that big irrigation pond, the grandkids are all grown up (well, mostly), we now have COWS & we go to the Tyngsboro Farmer's Market instead of Marblehead. The walk-in cooler & new washroom is finally getting built. But even though I work full-time off the farm now, my fingernails are still dirty.

*I gave Anna a week off, since Mike knew what he wanted for a recipe.  
Hopefully she'll be back here next week, like usual! AG*

## Recipes: Sausage, Beans & Greens (Escarole!)

Mike has been cooking this for years. It was originally from one of those little booklets by the check-out counter. Quick & easy & a great way to eat escarole.

### Sausage, Beans & Greens

8 oz. hot or mild Italian sausage, sliced into 1/2 inch pieces  
1/2 cup sliced onion  
2 cans (9 oz.) cannellini or white kidney beans, rinsed & drained  
3/4 cup reduced-sodium chicken broth  
1/4 cup dry white wine or more broth  
2T fresh thyme or 1 tsp. dried thyme, crushed  
1 head coarsely chopped escarole  
1/4 cup finely shredded Parmesan cheese

In a large skillet cook the sausage over medium heat about 5 minutes until sausage is brown & onion tender.

Tip: It's much easier to slice the sausage after you have partially cooked them whole.

Drain off the fat & stir in the beans, broth, wine & thyme.

Bring to a boil, reduce heat, cover & simmer for 5 minutes.

Stir in the chopped escarole & cook until wilted. If desired, sprinkle with cheese.

Makes 4 servings, 300 cal.

Mike uses hot pepper flakes in everything, & this recipe is no exception. However, if you use our hot sausage you may want to go lightly on the extra hot pepper until you taste it.

You could vary the above by using more broth or other greens, like chard or kale, but we definitely prefer the escarole for this one. We usually make a double batch, so feel free to use more beans & onions as well (we don't usually measure anymore).