



Bear Prints

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I think it's not supposed to be quite so hot this week, thank God. This might be a good time to take a walk around the farm and explore. We've been hearing a few bluebirds lately & the resident indigo bunting has been singing away. Bring a pair of binoculars or a camera and enjoy the scenery on your farm.

Farm News

I took a vacation day on Friday to weed, since a few of the crops were getting overwhelmed. Still more to do, but quite a few beds look much better. Timing is everything on the farm (& elsewhere I guess). A small job left just a little too long can become twenty times larger. There just isn't enough hours in the day, though, when everything needs to be done right away.

One job that we did accomplish last week was transplanting the winter squash. It is down by the pond this year. Mike was thinking he'd have to irrigate before he could plant that field but it rained. It was much needed, but we got so much Mike was slipping & sliding on the tractor, so the melons had to wait to get transplanted.

No rain on Sunday for the Farmer's Market was nice, but it sure was hot. Sorry the meat hasn't been more organized so far this season. Mike did get a price list together up the farm stand, so you can weigh your choice on the scale, type in the price per pound and the scale should tell you what you owe. You do need to wait a few seconds when you first turn it on (until it shows zero). If it is in sleep mode, just press the on button to wake it up.

Mike got the pick your own pole beans' trellis up this weekend and some of the wire up to string up the cherry tomatoes. Please don't go visit them until they are tied up so we don't hurt the plants. Michalle is our resident cherry tomato wrangler. The job is tougher when they are this big, but she's up to the task.

What's New In Your Share This Week

New this week is **Swiss chard**, the last of what I consider the major greens (along with all the varieties of kale). From now on they will usually be on the extra table (remember—no guilt greens).

Swiss chard comes in white stalks/green leaves, but also in colored stalks from yellow to bright pink, although those plants aren't as vigorous. You can chop the stalks and put them in to cook before you add the sliced greens, since they take a little longer. We like it cooked until just wilted with a little olive oil & garlic (still have some scapes?) I like Anna's idea on the back page about cooking it all up and adding it to stuff like omelets, pasta dishes & soup later.

Also new this week is **green cabbage**. When it is so hot cooking seems a chore, so try a few coleslaw recipes. You could start with a standard mayo/apple cider vinegar and move onto a rice wine vinegar /mayo-less type, then onto an Asian

theme with sesame oil. The internet is great for finding all sorts of new ideas. Fresh cabbage is really quite sweet, so when it cools off do try it just cut in wedges and boiled or steamed until just tender.

I'm sure we'll have more zucchini & summer squash this week. Try cutting it up differently for a new texture. Mike dices it small & fries in a hot skillet sometimes. I love it sliced the long way and grilled with just a little oil, salt & pepper. Our daughter Michalle is into Montreal seasoning on everything from squash to **green beans**. Speaking of which, beans are new this week for Monday folks; Wed pick up got them last week. I love them raw, but they are also great boiled until just tender with a little butter. You can blanch them in boiling water just until they turn bright green, then put them in an ice bath to chill. Then pickle or add to salads.

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!

And now, the season we've been waiting for...

It's 8:30pm as I write this on Sunday evening, still barely past dusk and 83 degrees. No denying that summer is here! Mid-July, where did you come from?

As much as I love the season and our weekly harvest that comes with it, and as thrilled as I am when it's a great farm season and everything is thriving (there is a "but" coming here, you know it) ... I sometimes approach my overflowing BHF produce bags with a mixture of delight and *panic*. HOW am I going to work my way through these vegetables? Well, let me tell you that it gets easier each year. There are techniques and routines that will make it much easier to incorporate fresh vegetables into your daily life. Let me share some with you.

- When you get home and are packaging your veggies into little produce bags, take the time to write down your share. I use a whiteboard on the pantry door. Cross stuff off as you use it up. This will help you keep track.
- Store your heavier vegetables at the bottom of the fridge and lay the light-weight leafies up top. (They should be used first anyway.) If there's anything from last week, put it front & center where you can't miss it.
- While you're at it, prepare your lettuce for a week of lunchtime salads. Rinse, spin dry, and store with a towel (paper or cloth) to keep it crisp. My husband also chops up & stores salad fixings such as our radishes and some summer squash. He's very frugal and even uses the broccoli stalks in salad.
- Realistically, what are you going to eat this week? Plan some menus, at least in your head. If you're going to be out a lot, then send some of your produce to the freezer or give it away. (Do this right away, not when it gets mushy!)
- Never cook twice! Cook all of a vegetable at once, not just what you plan to use. Leftovers are perfect in pasta, on pizza, in omelets and quiches, etc., etc.
- Replace the starch in your meal with a vegetable. Sauté zucchini instead of potatoes, then also serve a leafy green on the side. Or serve your fish (or steak or chop) on a bed of chopped mizuna instead of rice, then accompany with green beans. Or serve your stir-fry on top of shredded Chinese cabbage.
- Cultivate friends you can count on. Invite them for dinner then ask them to help chop. :) Tell me your ideas! Anna Barker—annabarker@verizon.net

Recipes: Fritters

Three vegetables from last week—kohlrabi, summer squash, and beets—may still be hanging out in your fridge, even if you didn't have any trouble keeping up. I had these most excellent kohlrabi fritters this past week, which reminded me of the number of vegetables that take well to frittering. Hold onto these recipes if you don't have anything at hand right now. You'll get another opportunity. OR google "Swiss chard fritters" to use something new from this week's share.—AB

Kohlrabi Fritters

Adapted from www.earlymorningfarm.com

3 medium kohlrabi (enough to make 3 C shredded)
1 red or yellow onion
1/2 C flour
1 tsp baking powder
1/2 tsp coarse salt
3 eggs, lightly beaten
Olive oil for frying

Grate the kohlrabi (use a food processor), wrap in a clean dish towel, and squeeze out as much water as you can. Finely chop the onion, then combine it and the kohlrabi in a mixing bowl with the other ingredients. Heat a thin layer of oil over med-high heat in a cast iron skillet. Use a 1/4C measurer to form pancakes and fry about 2 min per side, until golden. Serve plain, with ketchup, or with **Lemon Dill Yogurt Sauce** (mix to combine: 1/2 C greek yogurt, 1 small clove minced garlic, 1 TBS lemon juice, 1/4 C chopped fresh dill, salt and pepper to taste).

Squash Fritters

From the [Victory Garden Cookbook](#)

2 eggs
2 C grated squash
1/4 C flour
1 TBS melted butter
Salt and freshly ground pepper
3/4 tsp dried mint
2 TBS finely crumbled feta cheese (or 1 TBS Parmesan)

Beat eggs and combine with remaining ingredients. Spoon 3-4TBS mixture per fritter and fry in hot oil until browned and crisp on both sides. Drain and serve. (Makes 6-8 medium fritters.)

Beet Fritters

From MyRecipes.com

2 C peeled shredded beets (about 2/3 pound)
1/4 C finely chopped onion
1/2 C soft breadcrumbs
1 large egg, beaten
1/4 tsp ground ginger
1/4 tsp salt and 1/8 tsp pepper
Oil—for frying
Sour cream—for topping

Combine ingredients in a small mixing bowl; toss well. Pour oil to a depth of 1/4" into a large heavy skillet; heat over med-high. Spoon beet mixture by 1/4 cupfuls into hot oil; flatten slightly.. Cook 4-5 min each side. Drain on paper towels. Serve topped with sour cream.