



Bear Prints

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It looks like the cherry tomatoes have finally given up the ghost. There maybe a few left out there (I know some members picked some this weekend) but this is just about the end for them. What a great run this year! There are still plenty of jalapenos out there, though. Donna Grimes brought some jalapeno poppers to the party, & they didn't disappoint. They were gone in a flash. Try making some yourself. Feel free to bring me samples!

Farm News

Well it was getting colder at night. This past weekend was absolutely lovely. We can't remember sitting by the bonfire in shorts for quite some time. The party was a blast, with some really yummy food. Sorry if you missed it. Patrick, our nephew outdid himself with the new smoker he built. It took all day but the beef brisket, top round and the fresh pork shoulders were fantastic.

Alas, we had market the next day, so we couldn't stay up as late as we wanted to (but still made it past midnight). Check out the pumpkins that were carved. Quite a few folks took theirs home, but some left theirs for us to enjoy for the evening, intending to take them home when they pick up this week. Feel free to take an uncarved one home if you couldn't make it just be forewarned that they aren't perfect, so they probably won't last until Halloween. We got them for free from our pal Midge, & they were fine for our party. Besides the sheep don't care if they aren't perfect. They absolutely love to eat pumpkin.

It's beautiful today but I hear it will get colder as the week goes on. We plan on having at least one more week, since we still have butternut squash and more carrots & onions to hand out, but we're not sure after that. We'll let you know next week, so you know whether or not to come. Although you are always welcome to visit the farm. One of the sheep is pregnant & looks like she is due soon. Some of the sows will have babies in November. I'll see if I can get Mike to keep posting photos to our facebook page so you can see what we're up to. You can see it from the website, even if you don't "do" facebook.

What's New In Your Share This Week

New this week is **acorn squash**. They are dark green and not surprisingly, shaped like an acorn. Like the previous winter squashes, they are great for stuffing. Member Sharon Flanagan & I were talking at the party this weekend about how when we started (I think they've been members 13 years) you had to go to the library to look up recipes. Now it is so much easier with the internet. You can just google on you phone or computer & come up with endless choices as well as the nutritional content, reviews of how the recipes came out & where the veggies originally came from!

Which leads us to our other new veggie this week, **Japanese or haikurei turnips**. They are not the big fall turnips that you may have seen waxed in the store like rutabagas. New folks might not be familiar with them, but members who have been around for a while will remember them from previous years. These are small tender little delights that can be used raw in salad or sautéed or steamed lightly until just tender. Anna has some good suggestions on the back page as to how to look up recipes for them. Don't forget, as with any root veggie, take the tops off when you store them or they will make the bottoms rubbery as they draw out the mois-

ture. Don't throw those greens out, though. These are young, tender & delicious. Try them sautéed briefly in a little butter & garlic.

I think another name for them are spring turnips (maybe to differentiate them from the fall big ones?) We have grown them in the spring, but the bugs like them then. They don't grow well in the heat of the summer, but they do just fine in the fall, when the bugs are gone.

We'll have corn again for the last time this season, thanks again to our buddy Midge at Nashoba. He grows the best corn. He shucks his right away & stores it in a plastic bag in the fridge. We had always stored them in their husks, but it is true, they stay very sweet that way, although you won't be able to grill them in their husks that way. Feel free to leave the husks here at the farm for the cows & sheep. We leave a container at the entrance to the farm stand for stuff for them. Feel free to take some down to feed them yourselves. No wonder they are so friendly.

We might have lettuce again this week, too. If it isn't big enough we may wait until next week. As you've probably noticed, it's been taking its sweet time!

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!

Not nostalgic yet (it really was “only yesterday”)

I'm trying to think of just the right words to sum up this year's bonfire party. It was such a lovely evening, nice and warm with clear skies—and a bazillion stars—but not too warm to hang around the fire after the sun went down. Delicious food! (Thanks, everyone who brought something. And also thanks to Mike & Anne and the folks who stood at the grill. I happily overindulged, and I don't think I was the only one!) It was great to see friends old and new. We all have a common bond of being fans of the farm, and it's a good feeling to be gathered all together in celebration of an incredible farm season. If you didn't make it, I hope we'll see you there next year!

There were a few moments that appealed to my sentimental spirit—like watching a grandpa taking absolute delight in showing his baby granddaughter the carved pumpkins (and what a sight they were!), or seeing my old farm friend (hi Diane!) and picking up like we'd never missed a day talking to each other. But honestly, I think I've been plenty sappy enough lately on the back page of the newsletter, so I think I'm going to stop now and give you some kitchen tips. :)

To wit: When Mike gives you winter squash in your share, know that it is the same thing as giving you MONEY IN THE BANK. Keep them well, in a cool dry spot, because there is nothing like having a spare delicata or butternut on hand to make a meal of. (But the delicata don't keep as long, so eat them first; butternuts can last for months!) If you have trouble cutting your squash, try a serrated bread knife; some people even get out a hacksaw for the larger ones. Well as long as you're roasting one squash, you'd might as well throw in another, then puree the leftovers for squash pancakes or soup. And don't forget to roast the seeds (any winter squash, not just pumpkin)! Recipes next week—It's impossible to be too enthusiastic! - Anna Barker (annabarker@verizon.net)

Recipes: Odds & Ends

Here is what I brought to the party. Anne said she liked it—and I bet I'm not the only one with carrots in the fridge drawer! - so I'm sharing it here. The trick is to use really fresh carrots, which are higher in sugar. - AB

Carrot and Parsley Salad

From Moosewood Restaurant Cooks at Home

3 1/2 C grated carrots
1 bunch parsley, finely chopped (about 2 cups)
1 garlic clove, mined or pressed
3 TBS fresh lemon juice
1/4 C vegetable oil (I used olive oil)
1/2 tsp salt
Plenty of freshly ground black pepper to taste

Combine the carrots, parsley, garlic, lemon juice, oil, salt, and pepper in a serving bowl and toss well. (That's it!)

Can be made ahead and refrigerated, covered, until serving time. Keeps well for 2-3 days.

Variations: Add 1 TBS chopped fresh mint, 1 TBS chopped fresh chives, and/or 1 tsp ground cumin.

And here is a recipe for our Japanese turnips. I've always sautéed them, but they're well known as the salad turnip—in fact, if you're googling recipes, look for either “hakurei turnip,” “white turnip,” or “salad turnip” and you'll get more hits. (Otherwise you don't know what will turnip. Hahahaha~)

White Turnip and Apple Salad with Walnuts

Adapted from vegalicious.org

1 lb (one bunch) Japanese turnips, washed & peeled
2 medium apples
1 small bunch spring onions (or 1 TBS minced red onion)
1/2 C toasted walnut pieces
A few lettuce leaves as a bed for the salad (optional)
Dressing (see below)

Thinly slice the turnips. Quarter, core, and thinly slice the apples. Arrange the lettuce leaves, if using, on individual salad plates; arrange turnip slices and apple on top. Sprinkle with sliced spring onions (or minced red onion) and toasted walnut pieces. Drizzle with dressing and serve immediately.

Dressing: Combine 3 TBS lemon juice, 2 tsp mild grainy mustard, 1-2 TBS ginger syrup or agave with ginger powder, 6 TBS fine olive oil.

If this dressing seems a little fussy to you, know that it is perfectly acceptable to just drizzle the lemon juice and olive oil over your composed salad. ...I also saw a similar salad that included celery, sort of a Turnip Waldorf, I guess.—AB