



Bear Prints

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We didn't get day-old chicks in the mail this fall to raise over the winter because the chicken coop was full of piglets at the time.

We were supposed to get some grown laying hens this spring, but it just didn't work out, so unfortunately we don't have any eggs for sale.

Well guess what?

We just picked some up today!

They are young, so aren't laying yet, but hopefully soon.

In the meantime, we still have a handful of girls from last year and a rooster that we kept from last year. They are completely free to clean up the barn yard and eat the bugs. Unfortunately they have to be extra careful to not get eaten. Freedom comes with a steep price!

Farm News

Our 17th CSA season. The time has flown by. This year we've made all kinds of progress. One of the new "permanent" herb beds has been built, so they'll definitely be back this year although they haven't been planted yet. Most of the pick your own crops have already been transplanted. The cherry tomatoes already need to be tied up. Thanks to our returning members for sticking with us after last season's trying year. We appreciate your loyalty.

For new members, don't be concerned if you see piglets running around loose. We know they can fit through the fences, so we let them roam. Just let us know if they are up by the veggies or if you see a big sow on the loose!

We should also let you know that most of our sheep are katahdins. They are a hair breed, which means they shed their hair so you don't have to shear them. They look more like goats than sheep, and they look rather naked right now. We have quite a few lambs, too, from this spring that are getting big.

My Mom aka Babci is still busy opening bread. Stop by & say Hi!

What's New In Your Share This Week

Everything is new this week. First up is **Red Russian kale**. It has pretty purple stems, that tend to be a little tough, like most kale stems. All the different varieties of kale can be used interchangeably in recipes, but the curly one takes a little longer to cook. I like it chopped up raw & marinated with rice wine vinegar, sesame oil & dried cranberries. Just before serving add nuts & a sliced avocado.

A recipe can be found on the website in vol 15 no. 1.

The website has a bunch of old newsletters that are searchable. It also has a link to our facebook page, bearhill-farm1917 (the year Mike's grandfather started the farm). Mike has been super busy lately, so he hasn't posted anything (he can barely stay awake to take a shower), but hopefully that will

change, since everyone loves updates & photos of the farm.

Also new this week is **broccoli**. Our daughter, Michalle works full-time on the farm and she won't eat broccoli from the store anymore. Steam or boil until just tender so it doesn't turn mushy. Better yet, cook it for a couple minutes in boiling water with the lid off, then put in ice water when bright green and tender/crisp. Then you can eat it cold in pasta salad with a nice vinaigrette, or add to a hot pasta with cheese & chicken. Of course it is great just eaten as is with butter, too.

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!**

Happy New Year!

Greetings, and happy new year at the farm! For those of you who don't already know me, I'm a long-time hard-core Bear Hill Farm member; I'm so enthusiastic that Mike & Anne let me have the back page of the newsletter to share recipes and write about all things farm-related. Let me know what you'd like to see on this page, or if you'd ever like a chance to fill in this box with your own experiences. (I'm in grad school this year, so can always use a week off.)

One of my first assignments each year is to introduce kale. It's a work-horse farm vegetable—loves the cool weather and grows like crazy—so it's always one of our first to be harvested. I have come to love kale over the years; for me, the secret is to chop it *very fine*, to let the knife do some of the masticating for you, so you don't end up chewing and chewing *and chewing*. :)

I knew that kale has gained in popularity over the years, but I didn't know this: there is actually a campaign to declare the first Wednesday of October as National Kale Day. Seriously! But it makes sense. Kale is such a superfood that it's the perfect ambassador for "reclaiming our health and our food supply." (That's from the campaign website, nationalkaleday.org. Check it out for more information, a chance to sign a petition to the president, and a link to their Facebook page.) After all, there is already a National Donut Day. (Who sponsored THAT?)

I signed the petition, of course. It says, in part, "National Kale Day is a celebration that aims to increase awareness, access, and education about the positive health benefits of eating a more nutrient-dense, plant-based diet. We hope to empower America to grow, eat, and share kale while supporting local farmers..." And I thought I was just enjoying a nice meal... I didn't know that by eating kale, I'm part of a movement to get our country's health back on track. Yours in kale heroism, —Anna Barker (annabarker@verizon.net)

Recipes: Kale, the hero's superfood

The folks at www.nationalkaleday.org invite us to "be a kale hero" and they have several pages of recipes to help with the cause, including a page about "easy ways to get kids to eat kale." I will spare you the recipe for the Chocolate Kale Fudge Pop (I bet it's good but I can't get past the idea!) - instead, here is one I found appealing, from Chef Jennifer Iserloh, author of 50 Shades of Kale. —AB

Caramelized Onions & Apples with Kale

1 TBS olive oil
1 red onion, thinly sliced
1 apple, skin on, cored, cubed
6 cups thinly sliced kale, any variety
1/2 tsp salt
1 TBS honey

Place the olive oil in a large skillet over medium heat. Add the onion, apple, and salt. Cook 1 minute, stirring often. Add the honey and lower the heat to low, cook 3-4 minutes, stirring often until the onions and apples are golden. Add the kale and lower the heat to low. Cover and cook 2 more minutes, stirring occasionally until the kale is soft. Serve immediately. (Serves 4)

Or would you rather have a snack than a side? Here is one from Whole Foods. I love easy healthy choices to take to work!

Lemon-Ricotta Kale Dip

In a large saucepan, combine **1 bunch sliced green kale leaves, 1 small sliced onion, 4 cloves garlic, and 1/4 C water**. Set over medium heat, cover and cook, stirring occasionally, until all vegetables are very tender, about 12 min (add more water a TBS at a time if the pan dries out). Transfer vegetables and any liquid in the pan to a food processor* and let cool a few minutes. Add **3/4 C part skim ricotta cheese, 1 1/2 TBS nutritional yeast, juice and zest of 1 lemon, 1/4 tsp salt and 1/8 tsp cayenne pepper** (or to taste). Process until smooth. Transfer to a bowl and serve with veggie dippers or whole grain crackers. (Makes 2 cups.)

**Or Ninja blender, which also makes a wicked kale smoothie with frozen blueberries!*