



Bear Prints

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Kale is one of the dirty dozen (a list of veggies that are best to buy organic, since they tend to have more pesticide residue), so enjoy ours worry-free. Potatoes are another—our crop this year looks fantastic so far. In fact take a walk & check out all their flowers. Different varieties have different colors, similar in shape to tomato flowers, since they are related.

Braised Bok Choy by Mike

1 head bok choy
1 onion
4 tsp. soy sauce
chopped garlic scapes to taste
Pepper, salt to taste
7 red pepper flakes
1 1/2 cups chicken or veg. stock or water
Cut up onion & soften in oil with a little salt. Break apart & wash bok choy. Cut greens off white stems, chop & add white part to onions & brown. Chop greens & add to pan with garlic, soy sauce & pepper. Add liquid & cover. Cook on low heat 10-15 minutes. Add more or less soy sauce to taste. We use less sodium version.

Farm News

What lovely weather, and we even got a little rain, yahoo.

Last week the zucchini & summer squash started producing, so Wednesday's pick up got it first. You know how that stuff is—zucchini waits for no man! Mike hired a part-time worker, Kenny, last week. He seems to be working out just fine and Michalle is happy to have someone to share the chores with. Meghan continues to be vital to keeping the weeds under control. She volunteers a couple days each week. The greenhouse is starting to thin out as transplants make their way into the ground. The push continues to get more fields ready for planting with lots of rock picking. Check out the corn in the field in front of the house. It is freshly weeded and thinned.

Mike re-uses beds as soon as the first crop is done, so the radishes in front of the farm stand will be replaced with parsley. The lettuce beds will also be replaced shortly. We transplanted a little fennel to try, too. We'll see how it does. Mike says disturbing the roots makes it bolt, but they were careful transplanting it.

The chickens seem to have happily settled into their new barn. I feed them greens every day. They have started laying just a few eggs—won't be long now until we have enough to sell.

What's New In Your Share This Week

New this week are a few things. First up, **dinosaur kale, aka tuscano kale or black kale**, & I probably missed a few!

It is the thickest of the 3 varieties we grow. It doesn't produce as heavily as the other types and the bugs seem to like it a lot, but we grow a little every year just to give you some variety. As I mentioned before, almost all greens recipes can be used interchangeably, particularly kale recipes. Try the kale chips with this one.

Also new this week are **sugar snap peas**. Eat the whole pod, just snap off the stem. I eat them raw, but you could saute until bright green in a bit of butter. Also new is **green cabbage**. It is surprisingly sweet when fresh & incredibly good for you. In addition to coleslaw, try it shredded in salad (it looks like cheese), added to soups or stir-fry or even just boiled in wedges. Mike suggests slicing thinly & cooking with ap-

ples, apple cider vinegar & onions as a side dish.

Bok choy is also new this week.

Chop up both the white and green parts and braise (see Mike's recipe on the side bar). It is also great in stir-fry. Cook up a big batch & take leftovers to work for lunch. Your co-workers will be jealous!

Lastly, we should have **golden beets** this week. Similar in taste to regular beets, they don't bleed as much.

Again, try those beet greens, they are yummy sautéed with garlic scapes & a little olive oil. Just take them off the roots to store. Beets last a long time in the bottom of the fridge, so don't worry if you still have last week's. Cook them all up & eat them cold with goat cheese or oranges or in 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
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One for the bees

Anne and I got a head-start on the newsletter this week, so I'm writing the back page on Sunday morning instead of at the very last minute. On Sundays I get up early, fuss around in the kitchen, and listen to the radio program "Living on Earth" on WBUR. (At www.loe.org.)

This morning's program had an excellent piece about the latest discoveries related to the declining bee population, or "colony collapse disorder," as they've been calling it for a few years now. I hope you will listen to the full piece, because there is no way I can do it justice in this little box, but it comes down to a class of pesticides called neonicotinoids, which the scientist who was interviewed referred to as "another DDT." It is also related to GMOs, indirectly, because genetic modification makes it possible to spray these pesticides all over the plants (without killing them).

There are other pollinators, it's true, but honeybees pollinate about 75% of our crops, and we're totally dependent upon them for foods such as blueberries and almonds. (I've noticed the price of nuts rising dramatically at the grocery store over the past year or two.) So it's very good news that we're finally getting to the bottom of what has been killing them off. Of course, now we have the giant task of removing neonicotinoids from our agricultural system. This won't be easy to do as they are everywhere, including in our home gardens. (Google "Lowe's, Home Depot, neonicotinoids" for articles about calls to remove this pesticide from shelves and greenhouse plants sold at retail.) Well, hindsight is always 20/20, and I guess this is what we get for releasing chemicals into our environment before testing them properly. And I'm not sure we have the right to claim we didn't know any better, this time; it's not the 1950s anymore. Regardless, I hope you'll read up on the subject and join me in a call for action now. For the bees, and for our food supply.—Anna Barker (annabarker@verizon.net)

Recipes: Sautés

There are so many new vegetables this week that I hardly know where to begin with recipes to share. So here are a couple of sautés—so easy that I often don't use a recipe, but it's nice to see some seasoning ideas and amounts every once in a while. As Anne says, use these interchangeably with whatever veggies you have.—AB

Ginger-Sesame Bok Choy

Adapted from *Everyday Food*, serves 4

1 TBS rice vinegar
1 TBS soy sauce
1/4 tsp toasted sesame oil
5 thin slices peeled fresh ginger
1 bunch bok choy, large stems removed and sliced

In a small bowl, whisk together vinegar, soy sauce, and sesame oil. Set aside. In a large skillet with a tight-fitting lid, bring 1 cup water and ginger to a boil. Add the bok choy; reduce to a simmer. Cover and cook until leaves are vibrant green and stems are fork-tender, 3-5 min. Drain well; discard ginger. Transfer to a serving platter; drizzle with the vinegar-soy mixture and serve immediately.

Sauteed Kale with Toasted Cashews

From SimplyRecipes.com, serves 4

1/2 C—3/4 C unsalted, roasted cashews, roughly chopped
Olive oil
1/2 yellow onion, sliced
1/2 tsp red pepper flakes
1 bunch kale, rinsed, tough midrib removed, roughly chopped
1 TBS lemon juice, plus more to taste
Salt

Heat a large, shallow sauté pan on med high. Add the cashews and spread out in an even layer. Toast, stirring occasionally until lightly browned, and you smell the aroma of the toasted cashews. Remove from the pan. Add 2 TBS of olive oil to the pan. Heat on medium. Add the onions and cook until translucent, about 5 min. Increase the heat to high/med high Add 1-2 TBS more olive oil to the pan. Add the red pepper flakes and kale. Use tongs to turn the leaves over so they are all coated with olive oil. Cook 2-3 min, turning the leaves often, until they are just beginning to wilt. Sprinkle on lemon juice and salt, to taste. Remove from heat. Stir in the cashews.