



Bear Prints

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Sunday was Babci's 86th birthday! Babci is Polish for grandma and she's my Mom. She opens bread for the critters down the barnyard all the time. Please feel free to say Hi if you see her when you are visiting the piggies.

More cauliflower and broccoli this week. I prefer cauliflower raw with dips & hummus or added to salad, but there's only so much I can eat that way. Try it in curry or steamed then sprinkled with some cheese. The key is to not overcook it until it gets mushy.

Gotta go—one of the sows is out!

Farm News

Doing the newsletter, I usually start with last week's to make sure I don't repeat myself. Reading that we gave out bok choy, it seemed like that was weeks ago to me. I actually had to check. My how time flies when you're busy. It's been crazy at work the last month, but I'm hoping to be able to take some time of in the next couple weeks to get back into weeding, my favorite job on the farm. Mike, Michalle, Kenny & Meghan have been doing a fantastic job so far this year, but I miss time in the fields. I did manage to do the carrots again at the top of the field. Take a walk up & see them; 8 beds of beauty!

Last week I mentioned how Mike re-uses beds as soon as the first crop is done. Well, those radishes in front of the farm stand are gone and the aisles are freshly weeded. Hopefully the parsley will go in this week.

We managed to get some hay in the barn last week before the rain on Wed. It was a mad rush as the thunder started, but luckily we had Kenny & Michalle & we had only cut a portion of the field. The rain was great for us this week, nice & steady, no hail. It was so dry Mike was going to have to irrigate just to plant the next field. Down by the pond is next. He's already put down many truckloads of compost. Next it's rock picking, then he puts down lime & a little organic fertilizer, then plastic for the beds. Finally, in go the tomatoes for the fall. It's not a simple, quick procedure!

What's New In Your Share This Week

New this week is **basil**. The first week we give out only a few clippings as we start to harvest. Later there will be bunches to make pesto with. If you like it like I do, add fresh leaves to salad & sandwiches. If you find it a little strong, add to spaghetti sauce or sausage dishes(or give to a pal or neighbor who likes it & score some points).

In front of the farm stand, to the left of the cherry tomatoes are the pick your own **okra**. It looks like some are ready, so go ahead & help yourself. If you see some that are too big, feel free to take those off as well. They have pretty yellow hibiscus-like flowers. Try some gumbo or fried okra or add to stir-fry or curry.

There are also some **cherry tomatoes** out there, so we're letting you pick those as well. There aren't too many

yet, so please just pick a few to snack on so everyone can enjoy. In another week or two there's no limit & you can pick bagfuls.

There should be **cucumbers** this week as well, if not Mon. then Wed. We also have **onions** this week. Mike tried onion sets this year, in addition to our usual onions that we start in the greenhouse from seed. They aren't huge, but it's time to harvest them so we can plant other stuff in that bed. Once the tops fall over they don't grow much more. They won't store too long, so use them up. Cut off the tops & store the roots on the counter until you use them. Chop them up & use in stir-fry, cook them down slowly in a little butter to add to sausage, eggs or a zucchini/summer squash medley.