



Bear Prints

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We were happy to see the rain, but it would have been nice if the timing was different. We ended up canceling the first Farmer's Market on Sunday. We'll start this coming week instead, from 9-1 at the old Littlefield Library on this side of the Tyngsboro bridge. You probably won't need veggies, but you might stop by for pork or beef or eggs, if you didn't get them at the farm. We sometimes bring fruits and other veggies from Brookdale Farm in Hollis, NH as well.

Farm News

It was so fun seeing everyone again after that long winter! I had some extra comp time from rescuing peregrine falcon fledglings this week, so I came home early to "meet and greet", although I still managed to miss a couple folks.

This Saturday was our 23rd anniversary. Mike's a great guy and we're all lucky to "have" him! In a couple years we'll be married 25 years, which happens to correspond nicely with our 20th year as a CSA and 100 years that the farm will be farmed by Gagnons. New members will soon meet our daughter Michalle, aka Blondie. She works pretty much 7 days a week on the farm. Her daughter, Maggie has been working as well this season. She likes working in the greenhouse & she's great at it. Kenny will be back part-time as well. It's a lot of work for just a few people.

We transplanted some corn last week. We usually plant corn on our rented land, so it seems strange to see it here. Mike was concerned it might be dry this summer, so he wanted to be able to water it. We were happy to see the rain on Sunday.

What's New In Your Share This Week

"New" this week is **red Russian kale**. Really it's more purple than red. We'll continue last year's program of "No Guilt Greens". That is, everyone will get new greens the first time we give them out for the season, but after that they will be on the extra table. Folks who like them can take as much as they'll use and folks that don't care for them can pass with no guilt. It worked out quite nicely last season. As Anna mentions on the back page, kale doesn't have to be cooked—you can make an interesting salad with it raw. The key is to slice finely.

There's lots of lettuce this week (2 batches are ready at once) so feel free to saute this week's kale in butter and oil with some of the garlic scapes. It's also great mixed with sausage, either in Portuguese kale soup or just fried together with eggs or added to a grain, like quinoa.

Also new this week is **bok choy**. A versatile veggie that is great is stir fry. Try cub-

ing some of the zucchini/summer squash and adding that to your stir fry as well. The white part can be used raw with dip, too.

We should also have some **beets** this week. The greens are delicious, so be sure to try them just sautéed in a little butter and oil or even steamed. You'll have to pick through them as you clean them, since a dry spell crisped some of them up. For all the root veggies, cut off the tops before you put them in the fridge so they don't wilt. Fresh beets are sweet, so give them a try even if you think you don't like them. Boil them whole or better yet, spritz with oil and bake in foil packets in the oven or on the grill. The skins will slip off once they're cooked. I like them cold as leftovers from the fridge.

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!

Summer: We Made It!

It seems to me like the years are getting shorter, even though the winters are getting longer. I ended Volume 17 No 18 with the words "Stay well, and be patient: Spring will come again soon." Many inches of snow and a few ice dams later, and suddenly here we are! As if by magic, the hours ticked by slowly, while the months flew.

Over the winter I spent a little time collecting more vegetable recipes to share with you. I've been doing this so many years that I have several tried-and-true recipes, but I always like variety—and I hope that you're looking for new ideas, as well. Tastes change, too. Last year I couldn't get enough of roasted veggies (and it was cool enough, mostly, to get away with it). This year, who knows? I may do more grilling.

Ah, these early weeks are so great when it all lies before you. I know there will be days when I'll be tired and won't feel like stepping into the kitchen, and other times that I will be scatter-brained and leave a bag of greens out on the counter overnight. Well, I must remember to forgive myself and to acknowledge that preparing fresh food consistently can be a challenge... but one that is well worth it, for the health of my family and the environment around me. Please join me in giving us all a big cheer! In addition to recipes, I hope you'll find inspiration and motivation on this back page. A little support and sense of community goes a long way, don't you think, as do tips for how to make the most of our gorgeous veggies and our time spent with them. Here is something I got from www.urbanacresfarmstead.com, on **how to revive wilted greens**:

- * Fill a large bowl with cold water and ice cubes and immerse the greens in water for several minutes.
 - * Remove the greens from the bowl, crisp again. Drain on towels.
 - * Store your veggies separate from fruits; many fruits contain ethylene.
- Anna Barker (annabarker@verizon.net)

Recipes: Kale Salads

Anne says that we're getting Red Russian kale this week. Does this variety of kale work well in a salad? Yes, it can be very good, but you must remember to remove the stems (they're way too tough!) and chop the green leaves very fine. You should also give the greens a good long time to marinate. Keep a little extra of the dressed greens in the fridge, and you can take them to work the next day; or serve as a side salad one day, then add meat or fish (grilled salmon!) for a main course the next. -AB

Kale Salad with Maple Vinaigrette

Adapted from www.aggieskitchen.com

1 bunch kale, stemmed and very thinly sliced
Crumbled blue cheese, chopped walnuts, and dried cranberries
Thinly sliced chopped apple [Until our apple season starts, I get organic Gala or Pink Lady apples from Market Basket]

Prepare maple vinaigrette by combining **2 tsp maple syrup, 1/8 tsp sweet paprika, 1/4 C apple cider vinegar, 1/4 C grapeseed oil (or any light flavored oil), and a good pinch of coarse salt and freshly ground pepper**, in a jar, shaking well until thoroughly combined. (Can be refrigerated for up to 3 days). Place the greens in a bowl, add 2-3 TBS vinaigrette, and toss to combine. Let sit to tenderize the greens. Add the remaining ingredients, and drizzle with more vinaigrette as desired.

Lemon Parmesan Raw Kale Salad

From www.brooklynssupper.net

1 bunch kale leaves (roughly 5 cups, if you're counting)

3 TBS olive oil
2 TBS lemon juice
1/4—1/2 tsp sea salt
2 TBS prepared horseradish
Zest of 1 lemon, with a 2" section reserved
1/3 C shaved Parmesan

Wash, thoroughly dry, and stem the kale; cut into thin ribbons. In a small bowl, whisk the lemon juice into the olive oil. Add 1/4 tsp of sea salt, the prepared horseradish, and the lemon zest (but not the reserved part), and whisk until the dressing is nicely emulsified [comes together].

Pour about half the dressing onto the kale leaves, and massage into the leaves with your finger tips. [You may also want to soo softly at the leaves, but that's up to you.] Wait a minute or two, taste, and adjust the dressing or salt levels as needed. Before serving, slice the reserved zest into thin slivers. Add the zest and Parmesan shavings to the salad and toss.

Try experimenting with other dressings and/or other greens, as the season evolves. (My favorite salad now is made with collard greens.) Let me know how yours turns out! - AB