



Bear Prints

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DON'T FORGET— the big fall party will be the last Sat in Sept. this year— Sept. 27, 4 p.m. to whenever.

We've had some incredibly good food in the past. Mike's plans on roasting some pork, and hopefully Patrick will be back with his deep fried mushrooms.

Farm News

Yikes, I was so thinking about my job at MA Fish & Game this morning that I almost rushed off to work without writing the newsletter. Even though I do take time to appreciate the day to day stuff (like that beautiful moon last night), at other times I'm a stressed out nut.

Mike is getting a little stressed about all he has to accomplish in the next few weeks as well. He has been doing pretty good until now. Other years he has had nightmares of snow in the summer. This past week they transplanted more lettuce & beets, cultivated and irrigated. We did get some much needed rain the other night, but we're in a deficit, and it sure disappears quickly in the heat we've been having. Kind of feels like fall this morning, though. We'll have to cover the new beans in row cover if the nights stay like this.

Unfortunately the second crop of tomatoes Mike had planted down the pond field have contracted late blight as well. We were holding out hope they might make it, but I guess it wasn't very realistic. Enjoy those cherry tomatoes while you can.

Mike has been spending a lot of time on the excavator lately moving the compost around to make room for this fall's new supply of leaves. He makes big windrows of the half-cooked stuff, which will be ready to spread on the fields in the spring. He'll also start putting in cover crops this week on the beds that are already finished. He uses winter rye, which can be planted late into the season. It adds organic matter when he plows it under next season. The cycle goes on.

What's New In Your Share This Week

New this week are **MacIntosh apples** from Brookdale Farm in Hollis, NH. As I've written before, we've been buying fruit from them to sell at the farmer's markets for over 15 years. They are a huge family-run operation that don't mind dealing with little folks like us. They supply a lot of local farmers. They aren't organic, but their fruit is definitely local. Macs aren't my favorite variety, but these seem particularly crisp & tart the way I like my apples—maybe because they're so fresh?

We'll also have corn again from Brookdale, since we didn't get ours transplanted this year (aside from the batch that didn't do well). That's all we ate for supper last night, lots of corn (well, Babci only had 2). I had already eaten some raw during the farmer's market, too. It is incredible sweet that way if you haven't tried it. Once I cook it I have to add butter & salt, but raw it's great as is.

We'll also have more root crops this

week. It has been a great year for them, as well as the peppers & eggplant. The weather certainly helped. There's nothing you can do to make the sun shine. But I think Mike also really improved his odds with all the compost he added to the fields, as well as irrigating in a timely fashion. Planting the peppers & eggplant in plastic with the landscape fabric in between the rows was key as well.

I hope the deer stay out of the winter squash. A few different kinds, if we can keep them safe.

The potatoes need to be dug now, since the plants have all dried down. Despite our best intentions the weeds took over, so the digging is pretty tough. We dig them all by hand.

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!

How to find more time in your day

Well, Anne and I seem to be in the same boat today—super rushed and pretty stressed out about it. For me, it's back to school and the 2nd year of a 2-year graduate program. (I'm going for a masters degree in Health Communication, with an online program through the University of Illinois. But more about that later—when I have the time, LOL.)

Anyway, sorry to trick you with that headline. "How to find more time in your day," as if I knew the answer to that great secret! I know that being "busy busy busy" is sort of passé these days. We're supposed to stop claiming to be BUSY! as if it's something to brag about. Perhaps like me, you've been advised in more than enough blogs and magazine articles about how to politely turn down requests to bake cookies for the class party; and how to plan ahead to avoid last-minute rushes; make lists; get the family to help out more... We would all certainly have more hours in our lives if we just skipped reading all those articles!

Then there are the time-savers in the kitchen. Some of them I appreciate, like dusting off the old slow cooker or peeling a bunch of carrots all at once for use during the week. Others I would just as soon avoid, like using precooked bacon (yuck!) or paying 5x the price for precut winter squash. I think I'm just always going to spend "too much time in the kitchen," at least according to the mainstream.

So no, I'm not going to pretend. I'm a flunkie when it comes to Zen and the Art of Tranquil Days. I'm resigned to it: I'm going to keep on packing my life with too many things I really love to do (like writing this back page!), and I'll keep driving the kids around when I know I should be making them do the dishes (sigh!); occasionally I'll miss a deadline, and every once in a while I may sneak off to take a little nap. :) It all works out in the end, doesn't it? I hope you enjoy your beautiful chaotic week, as will I.—Anna Barker (annabarker@verizon.net)

Recipes: Apples and Onions, served 5 ways

Here is a nice little relish that can be thrown together quickly, in the odd event you're rushed and need something simple to cheer up your meal. There are a lot of versions of Apple & Onion Relish online (just google it); I've tried here to stick with one that has ingredients you're likely to have on hand. Let me know if you like it, and/or if you tried any others—AB

Apple-and-Onion Relish

Food & Wine, November 2012, serves 4

3 TBS extra-virgin olive oil
1 medium onion, cut into 1/4" dice
2 small Granny Smith [or Macintosh!] apples, peeled and cut into 1/4" dice
2 tsp Dijon mustard
2 tsp chopped dill [or 1/2 tsp dried dill]
1 tsp fresh lemon juice
Salt
Freshly ground pepper

In a large skillet, heat 1 TBS of the olive oil. Add the onion and cook over high heat until starting to brown, about 2 minutes. Stir in the apples and the remaining 2 TBS of olive oil. Spread the apples in an even layer and cook over moderate heat, without stirring, until tender and nicely browned on the bottom, about 3 minutes. Remove the skillet from the heat and stir in the mustard, chopped dill and lemon juice. Scrape the mixture into a bowl and season with salt and pepper.

SERVING SUGGESTIONS:

The original Food & Wine recipe calls for serving this relish with grilled mackerel. I don't know that I've ever had mackerel—perhaps I would love it, but in case you don't, here are some alternative serving suggestions:

- Apples and onions go well with pork. Spoon relish on top of some of Farmer Mike's pork chops (grilled or pan fried); plate up with smashed potatoes and sautéed greens for a very comforting meal. (Followed by apple pie??)
- I think this would make a great apple-and-onion bacon cheeseburger. Make your burgers tiny and serve a huge salad so you don't feel so guilty about the fat. :)
- Bratwurst: toast some sub rolls. Melt cheddar cheese on the top half of the roll; spread the bottom half with relish. Add grilled brats. How easy is that?
- Or—even simpler—include the relish in a regular old grilled cheese sandwich. For a complete meal, serve with your favorite tomato soup.
- "Busy busy busy?" Then just set the relish in the middle of the table, drop down a hunk of cheddar cheese and a bowl of crackers.

P.S. If you still have some fennel you can add it to this recipe...