



Bear Prints

A number of folks still haven't sent in their second payment of \$280. We'd really appreciate it if you could bring it when you pick up this week. Thanks!

Farm News

I keep thinking of that song the lobster sings in the Little Mermaid that goes “hot, hot, hot”. Really we haven’t had that much hot weather—but last week was bad with the high humidity. I took some time off last week to make arrangements for someone to come in and stay with Babci a couple days a week and to get some much needed weeding done, so I was in the field more than usual. We were lucky to find someone great quickly. Marisol will be coming to the farm on Mondays and Wednesdays, so you may see her walking with Babci or visiting the farm stand. Please make her feel welcome.

There were a ton of honey bees on the tassels of the corn, so there must still be some around somewhere, even though they aren’t living in our hives. Keep an eye out for the hummingbirds. They love the orange flower touch-me-nots (aka jewelweed) that grows wild around the farm. And I heard my first katydids of the season yesterday.

Michalle is making progress wrangling the cherry tomatoes into submission. It is a jungle out there. The plants will be destroyed if we let folks pick before she’s done. She’s going as quickly as she can.

You may have read that Anna Barker who writes the back page is finishing up her Master’s. She has been fantastic finding recipes for us for years. She sent in a repeat this week from August a few years back. It mentions pesto and for those of you who are wondering, the basil is coming, we just got it transplanted late.

What’s New In Your Share This Week

New this week will probably be **eggplant**. We say probably because it is sometimes hard to get a lot to ripen all at once. Don’t worry, though, as we’ve said before we keep track of these things and if you don’t get it this time you will the next time we have enough to hand out.

There will be a combination of the long and skinny Asian and the traditional Italian. All of it is interchangeable in recipes and tastes the same. I don’t think eggplant had a strong flavor on its own; it tends to act like a sponge and takes on the flavor of what you cook it with, like tomato sauce & cheese with parmesan or soy sauce in stir fry. If you have some folks that don’t love it, maybe it’s a texture thing. Try slicing it thin, battering with egg and panko bread crumbs, then baking on a wire rack over a cookie

sheet to crisp it up. I love it grilled on the barbecue with zucchini. Eggplant doesn’t store well, so plan to eat it within a few days of pick up. Some cooks salt it to drain off excess moisture. That also keeps it from soaking up a ton of oil if you plan on frying it (remember I mentioned the word sponge?) They say salting it draws out the bitter flavor, but I don’t remember ever eating a bitter eggplant. I just read that fresh eggplant isn’t bitter, so that’s probably why! We never bother salting ours, but I also don’t tend to fry slices in olive oil, either, preferring the baking method described.

We’ll have broccoli again. Boil or steam it until just tender & bright green. Then cool quickly in cold water and use in cold pasta salad with a home made Italian type dressing.

Last year Mike started giving you a little fruit from Brookdale Farm in Hollis, NH. It’s conventionally grown, but local.

This week it’s the first of the apple crop, Jersey Macs & green Gravenstein. Tart & crisp, but they don’t last long or make great pie, so eat up!

Bear Hill Farm CSA

Anne & Mike Gagnon

14 Davis Road
Tyngsboro, MA 01879
Phone: 978-649-7308 answering machine
Mike's cell: 978-846-3427
Email: bearhillfarmcsa@gmail.com
Website: bearhillfarmcsa.com

*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!

Why I Love Fridays (Answer: Homemade Pizza!)

I have mentioned before my fear of becoming enslaved to a weekly meal routine (unlike my Ohio “how about a sandwich” brother, whom I do love dearly in spite of his quirks). But there is a difference between routine and *ritual*. I'm not sure exactly what that difference is—something about it being intentional, used to mark an occasion, elevating common events to the level of celebration. And that's what I love about my Friday night pizza ritual: it marks the end of the workweek and, in a life where work seems to continue around the clock (weekend or not), it's a moment to pause and enjoy. The fact that pizza is so easy to put together and I can sip a glass of red wine while doing it just makes the ritual all that much better.

From a CSA point of view, the best thing about homemade pizza is that you can put almost any vegetables on it. I've even seen pizzas with steamed potatoes and smoked salmon, although I tend to stick with the traditional myself. For our family of 5, I usually make 2 large pizzas. The first is for the kids, with pepperoni and tamer vegetables like zucchini or peppers. The second, for mom and dad, is heavier on leftover mixed sautéed greens (or raw, sometimes, but only if very finely chopped). Basil and garlic scapes, of course, are a fine addition to anyone's pizza. And you can't go wrong with some of Mike's bacon or Italian sausage.

Basil pesto makes an excellent base to replace the standard red sauce. But you can also make your own simple (and cheap) pizza sauce by combining 1 can of tomato paste with 1 can of very hot water; then add a tablespoon of olive oil along with seasonings such as garlic powder, dried basil, and oregano. Combine well and let it sit for at least 15 minutes—it will look very soupy at first, but it thickens up over time.

When the kids were little I made a huge deal of pizza night. Everyone got their own ball of dough, rolled it out (often several times!), and added their own toppings and cheese. A full evening's entertainment! Aha, another element of ritual: a hook to hang happy memories on. May you find joy in creating your own. - Anna Barker (annabarker@verizon.net)

Recipes: Pizza with Anything

*If you're ready to get started with homemade pizza, you'll find a number of options for the crust. You can find packs of refrigerated dough in the supermarket (and Whole Foods has a nice whole wheat selection); there's the Pillsbury “dough in a can”; or the Boboli-style ready made crust; even a loaf of French bread works, although it's a different experience. Still, my favorite choice is adapted from *Artisan Pizza and Flatbread in Five Minutes a Day*, by Jeff Hertzberg and Zoe Francois. I make a big batch and hold onto it for a week (it also makes excellent garlic breadsticks to serve with soup or salad); anything left over after that goes into the freezer.—AB*

Cornmeal Olive Oil Dough

2 3/4 C lukewarm water
1 TBS granulated yeast
1-1 1/2 TBS kosher salt
3 TBS sugar
3/4 C olive oil
6 C unbleached all-purpose flour
3/4 C yellow cornmeal

Mix yeast, salt, and sugar with the water and olive oil in a very large lidded food container. (Mine is an 8-qt Sterilite I got from the hardware store.) Add the flour and cornmeal and mix well with wet hands. It will be moister than your average dough, which is one reason it stores well. Cover

(but do not seal airtight) and let rise—the recipe says 2 hours, but I've pushed it to 45 minutes. Use immediately or refrigerate first for easier handling.

When you're ready, roll out a 1/2-3/4 pound portion onto an oiled baking sheet. Top with sauce and then your choice of vegetables. Sprinkle on about a cup of mozzarella or mixed pizza cheese. Then bake for about 10 minutes in a preheated 450 degree oven. ...Serve yourself a nice glass of pinot noir and put your feet up. :)

Notes:

- If you're feeling ambitious, throw in an extra pizza. Leftovers are excellent reheated for lunch.
- The Hertzberg/Francois *Artisan Pizza* book is well worth purchasing. Lots of ideas, as well as instructions for using a pizza stone to get super-crisp crust.
- For a recipe to make Chicago-style deep-dish pizza using this same crust, go to <http://www.thekitchn.com/chicago-style-d-161875>. That picture makes me so hungry, even at 9am!
- Let us know how your own version turned out—I'd love to hear from you!