



# Bear Prints

Volume 17, Number 2

June 23, 2014

## **Garlic Scape**

### **Pesto**

1 cup scapes  
(about 8-9), cut in  
chunks  
1/3 cup walnuts  
3/4 cup olive oil  
1/4 to 1/2 cup grated  
parmesan cheese  
1/2 tsp. salt  
pepper to taste

All the above amounts  
can be adjusted.  
Place scapes & nuts in  
the food processor &  
whiz until smooth. Slow-  
ly drizzle in the oil, then  
mix in the cheese. Store  
in the fridge for up to a  
week. Fantastic for garlic  
bread or as a topping for  
veggies.

Also new this week are  
**radishes**. If you don't  
care for them in sal-  
ads, try slicing them &  
cooking them lightly in  
butter or even steam-  
ing them whole. Cook-  
ing removes some of  
their bite.

**There's beef &  
pork for sale. It  
isn't self-serve  
yet, but Mike  
would be happy  
to help you!**

## **Farm News**

The week flew by, as they usually do. Mike has been super busy setting up irrigation. He put a photo on facebook when he finally got some of the overhead sprinklers set up at the top of the hill. "Making it rain at Bear Hill Farm" was the caption. The cold nights have been great for sleeping, but the warm weather crops are not rushing along because of it. No worries, there's plenty of other stuff this week.

Michalle transplanted all the leeks into white plastic by the cows last week. The white keeps the plants cooler, while still retaining moisture & cutting down on weeds. She also got the Swiss chard transplanted, too. Yesterday was an exceptionally long day—the first Tyngsboro Farmer's Market of the season, then we had to pick up hay bales in the afternoon. We didn't put it in the barn yet, since it wasn't supposed to rain, & I had to go to Lowell to feed some peregrine falcon chicks. As most of you know, I work off the farm for MA Fish & Game, protecting land. One of the falcon parents was found dead, so they figured Mom could use some help feeding her 4 chicks. I get the job since I live so close. The web cam is <http://www.uml.edu/falcons/>.

## **What's New In Your Share This Week**

New this week are a few things. First up, smoked turkey leg.

**garlic scapes**. For new members this is something you probably haven't seen unless you belonged to another CSA. They are the top part of stiff-necked garlic & would produce little bulbets if left on the plant. You chop up the whole thing & use just like you would a clove of garlic. No peeling cloves & use can use as little or as much as you want. They last a really long time in a plastic bag in the bottom of the fridge. Aside from all the regular garlic uses like spaghetti sauce & stir fry try the garlic pesto recipe. Great for garlic bread.

Also new this week are **collards**. They are a thicker green, so they take a little longer to cook, but I actually think their flavor is milder than kale. Pull the leaves off the stems, then roll them up & slice thinly. You can then chop up the slices. They are best braised slowly with chicken broth or with a little bacon or a

Also new this week are **beets**. Please give them a try even if you think you don't like beets. Fresh from the garden they are different. Beet greens are some of our favorite greens. Saute them with olive oil & garlic until just tender. Always take the tops off your root crops when storing them in the fridge, otherwise they'll all get limp. Most stuff does best stored in a plastic bag, just make sure they aren't too wet.

Also new is **cauliflower**, although it may be a choice with broccoli. Try it raw with last week's dip. We don't tie the leaves to blanch it, so it often has some color to it, but it is fine, probably has more nutrients that way!

## 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!

## Weighing in on fresh salads

For at least a year my bathroom scale sat in the back of the closet gathering dust. I don't really need to worry about my weight, right?, as long as I eat healthy minimally-processed balanced meals (from all 5 food groups, including chocolate). So when the scale finally came out this spring—to weigh the cat!—I was a little surprised to find out that I weighed a good 15 pounds *more* than I weighed the last time I felt I needed to diet! Perhaps my pants hadn't been shrinking in the dryer after all.

Still, I just wasn't interested in a *diet*. To me dieting means you starve yourself with very limited food choices, gnaw on your knuckles for a few weeks, then go back to the way things were. I decided to make a few long-term changes to my eating habits and then let the pounds come off very slowly but (hopefully) permanently. So far I've lost 10 pounds, by making 3 changes: switch to high-fiber/high-protein/low-sugar morning cereal (Kashi Go Lean); cut out refined sugars at dinnertime, including bread, white rice, and white pasta; and pack a salad to take to work everyday. (And that's saved me a ton of money, too.) Now packing my salad for lunch is something I do without even thinking about. And I don't go hungry!

So it was such a pleasure to see those lovely heads of red and green lettuce in our shares last week! I brought mine home and washed it in the spinner right away; and stored it in a plastic container in the fridge, with a small dishcloth at the bottom to soak up moisture and keep it from getting slimy. The next morning I cut up some extra veggies (carrot, red pepper, zucchini) and also stored that for use the rest of the week. Same with hard-boiled eggs. No excuses, just toss it all in the lunchbox and go! — Now I just need to get some more exercise. I bet Bear Hill Farm would be happy to help me with that, too! — Enjoy your week.—Anna Barker ([annabarker@verizon.net](mailto:annabarker@verizon.net))

## Recipes: Salad Days

*Farmer Mike, Anne, and Michalle all work hard to keep us in lettuce over the summer. But you don't really need it to make a green salad. For variety, take some of our other greens to work. This first one, adapted from [rel-ish.com](http://rel-ish.com), can be made using either kale or collards. As I said last week, the trick is to chop it fine. - AB*

### Collard Green Salad

1 bunch or 1/2-pound collards (or kale), well-washed,  
tough stems removed  
2 TBS extra-virgin olive oil  
2-4 TBS fresh lemon juice  
Salt and pepper to taste

Stack leaves of collard or kale; roll up tightly lengthwise, making a cigar-shaped roll. Cut as thinly as possible across the greens from one end of the roll to the other, making thin ribbons (a chiffonade). (You may have to do this in batches. This can be done up to 2 days in advance. Store greens in zip-top plastic bags and refrigerate.)

Place greens in a large salad bowl. Drizzle with oil. Add salt, pepper, and lemon juice. Toss well.

### Collard Greens Miniera

This recipe, from the January '01 issue of Gourmet, really isn't a salad but I'm tossing it in here. (Get it?) Prepare the collard greens as for the salad. Then cook 3 slices finely chopped bacon until crisp. Add the thinly sliced collards, tossing to coat, and cook just until bright green, about a minute. Season with salt and serve immediately.

*The latest issue of Edible Boston magazine, which can be found at a few food-related establishments around here as well as online, has a section of reader-contributed salad recipes. Here is one using kale and summer fruit.*

### Kale Salad with Fresh Cherries and Pecorino Romano (Full recipe serves 8; divide to make a smaller batch.)

2 large bunches curly kale, chopped (stalks removed)  
1 C fresh cherries, pitted (or substitute peaches)  
2 TBS balsamic vinegar, preferably 6 year: thick &  
syrupy

1/4 C grated Pecorino Romano cheese

Kosher salt and freshly cracked pepper to taste

- Toss all ingredients and let sit for 30 minutes before serving.