



Bear Prints

Volume 18, Number 7

July 27, 2015

Second half
payments are
due **August
1st.**
\$280

Thanks to everyone who already sent their check in. I'd really appreciate it if everyone could get their payments in on time so I could focus on weeding rather than reminders!
:)

Farm News

Did you get much rain this weekend? Unfortunately we didn't, just enough to knock the dust down, but I can't complain since it didn't rain at the farmer's market on Sunday. Mike worked on hooking up more irrigation yesterday and he got the pump running again—oh happy days!

He and Michalle got one whole row of cherry tomatoes tied up last week.

What a jungle. They will work on the rest this week.

Speaking of jungles, the weeds are growing like weeds and there is a lot of wildlife around as well. Tons of birds—Mike saw a glossy ibis in the swamp by the barn (a type of heron with a huge down-curved bill). There's been a green heron hanging out down there as well. The crow babies are finding their voices and the ravens have been making a racket, too.

The mice found the current batch of beets. I harvested a huge pot of them, cut off all the nibbled parts and cooked them up last night. I'll be eating them all week cold for lunch. I like them cold, just plain, but I may have to make some pickled for variety.

We didn't make much progress on the walk-in last week, but hopefully we can get the floor poured this week. Next season will be so much easier with this new infrastructure. Every time we have a big improvement on the farm (like getting the excavator) we wonder how we managed without it!

What's New In Your Share This Week

New this week is **garlic**. We plant the cloves in the fall, so it is a long season crop. We'll save the largest bulbs as seed stock for next season. We only grow stiff-neck garlic, the kind that produces those wonderful scapes. We've been saving our own seed stock for years now.

This is fresh garlic—just pulled from the ground and not cured to last for months. You can use it right away—no need to wait. If you do want to keep it (there will be more by the way) just leave it on the counter or hang it up out of the sun to dry down. Don't keep garlic in the fridge. It does better right out on the counter.

If you find garlic a little too strong, try it roasted. Cooking it really mellows out the flavor.

Also new this week is **red cabbage**. It is great finely sliced into salad or coleslaw with green cabbage or even stir-fry. It is more crunchy than the green variety. Our favorite is braised with apple cider vinegar brown sugar and apples, like Anna mentioned. I don't agree you need to wait for fall, though. We're having pork chops tonight. You can find Mike's recipe by searching the archive newsletters on the website.

While looking for the hard copy myself, I came across this recipe for **quick soy cucumbers**. I know we'll have more cucumbers this week. Just

slice a cucumber thinly and add 1 T each honey and soy sauce, 1/4 cup rice wine vinegar, 1 tsp. sesame oil, 1/4 tsp. salt and a little black pepper. I'm sure Mike would add a few red pepper flakes.

Also new this week are **collards**. If you are new to the CSA these might be new to you. The paddle shaped leaves are a little tougher than most of our greens, but their taste is surprisingly mild. They also contain almost as much calcium as milk. The stems are tough, so discard them and slice up the leaves. Season collards with vinegar, hot pepper sauce, garlic, onions, or lemon.

Try them braised in a 1/2 cup water, 3 tablespoons tamari or soy sauce, 2 tsp. sugar, 1/2 tsp Chinese 5 spice, and 1 tsp. rice vinegar. Bring everything to a boil, then add the sliced greens. Reduce to a simmer and cover. Cook for 15 minutes, adding more water if necessary to keep from sticking. Uncover and reduce if too much water. Adjust seasoning as necessary.

Because they are thicker collards also do well in a crock pot with smoked meats or sausage. Go online for recipes or more ideas.

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!

My Summer Vacation

Have you heard the cicadas the past couple of evenings? Sigh. (For those of you who aren't aware of it, the chirping of cicadas signals the beginning of the end of summer.) There is still plenty of summer left, of course—it isn't even August 1 yet—but here at the Barker house, we're already turning our attention to the coming school year. I know! "The coming school year!" Or would you prefer denial?

As for me, though, I've been in school all along. And now I'm almost done. I've been enrolled in a master's program in Health Communication the past couple of years, and when I turn my capstone project in on August 4th, I'll be all done. That's next Tuesday, in case you're counting. :) I am!

I want to share a little of what I've been working on because—probably no big surprise—I'm interested in providing people with access to healthy food. There doesn't seem to be any lack of information about what we *ought* to eat: low salt, lean protein, a plant-based diet with lots of variety, etc. And a lot of attention is paid to individual behavior, as if the only barrier to eating well is lack of knowledge or motivation. But even enthusiastic dieters are going to be facing an uphill battle if their closest supermarket is two bus rides away, or if they're in a "food swamp" surrounded by Mickey D's. Problems like these make up the environmental barriers to eating well, and there is plenty of room for improvement in this area, especially in cities where people live lower on the socioeconomic ladder.

I'm using a research technique called "photovoice" to learn more about these environmental barriers. Instead of just asking interview questions, I ask people to photograph their daily experiences related to food. This gives them a chance to decide for themselves what it's important for me to know about. Then we talk about the photos and I look for common themes. Sometimes the issues are subtle and complex, like understanding the role that food plays in a person's identity ("I deserve a special treat") and in a social context (cake and ice cream to celebrate a birthday) - it's not all just about calories and nutrients. Other times, there is a more straightforward barrier, such as the woman who told me about the produce truck that comes to her housing complex: it's great, but it only comes once a month on a Friday afternoon. Imagine getting our farm share once a month! This is something we can all work to fix. - Anna Barker (annabarker@verizon.net)

Recipes: Red Cabbage, Grilled or Seared

My older son Henry has been asking me for braised red cabbage with apples since the farm season started this summer. But I really think of that as a fall dish, to be made with the first locally-picked apples and served alongside one of Farmer Mike's pork chops. Not yet! Meanwhile, though, we do have red cabbage; but luckily it is just as good grilled, much more appropriate for the last week of July.—AB

Grilled Cabbage with Yogurt and Mint

From Serious Eats.com; works equally well for red or green cabbage

- 1 C Greek-style yogurt
- 2 TBS fresh lemon juice (juice of 1 lemon)
- 4 TBS olive oil, divided, plus more for drizzling
- 2 medium cloves garlic, minced
- 1/4 C roughly chopped fresh mint leaves
- 1/4 C roughly chopped fresh parsley leaves
- Kosher salt and freshly ground black pepper
- 1 med head cabbage, cut into 6 wedges with core left intact

Combine yogurt, lemon juice, 2 TBS olive oil, garlic, mint and parsley in a medium bowl. Whisk until well blended. Season to taste with salt and pepper. Set aside.

Preheat, clean and oil your grill as you usually would. Half of the burners should be hot or full of coals.

Place cabbage wedges directly over hot side of grill. Cook, covered, until well charred on first side, about 2 min. Flip cabbage, cover, and cook until charred on second side, another 2 min. Flip wedges to third side, cover, and cook until well charred, another 2 min. Transfer cabbage to cooler side of grill, cover, and continue cooking until mostly

tender but still crunchy in center, about 4 min longer.

Transfer cabbage to a large bowl and toss with remaining 2 TBS olive oil, salt, and pepper. Transfer to a serving platter. Drizzle with sauce and serve immediately, drizzling with additional olive oil if desired.

Seared Red Cabbage Wedges

From the New York Times (Martha Rose Shulman)

1 small head red cabbage, cut into 8 wedges, core intact so that wedges stay together

3 TBS olive oil (more as needed)

Salt and freshly ground pepper

Heat the oil over med-high heat in a heavy cast iron or nonstick cooking pan. When it is very hot, place as many cabbage wedges as will fit in one layer in the pan. Cook for 3-5 minutes until golden brown on one side. Using tongs or a spatula, turn over and cook on the other side until tender, nicely browned and crispy on the edges about 5 min. Season generously with salt and pepper, and serve hot.

Have a favorite recipe to share? We'll be doing a double issue in a couple of weeks. ... Extra pages for more great recipes! Please send yours to annabarker@verizon.net so it can be included!