



# Bear Prints

Volume 17, Number 7

July 28, 2014

## 2nd Half Due

I usually give you a few weeks notice, but I forgot that August 1st is just around the corner. Please send in or bring with you this week your check for the second half if you chose that option. You can put it in the wooden cigar box.

It is **\$280**.

We'd really appreciate it if you could get it in ASAP. I hate to remind people. Thanks so much.

## Farm News

The place is looking good and we even got all the sows out of the barn last week. A couple are with the boar to get bred right away, but the rest are in a separate pen so they don't get bred until the fall. A pig's gestation is only 3 months, 3 weeks, & 3 days (more fun to say than 4 months) so we have to plan if we don't want to be inundated with piglets.

It was a little disheartening to walk up to the top of the hill to see my lovely carrots inundated in weeds, yet again. The upside is that they are easy to pull, and I don't have to be as meticulous since I did such a good job before that the weeds are mostly in the aisles. The good news is that the carrots are doing marvelous & I've made progress, yet again. We should have plenty of carrots this season.

We were so happy to have the rain, since the fields really needed it & the pond is going down fast. Now we can plant some more without having to irrigate the ground first. It was too bad it had to rain during the market on Sunday, though. Some folks were hardy enough to come down anyway & we were grateful, since the veggies have to be picked.

Mike got the parts to fix the brush hog so he can mow down the weeds along the edges of the fields. There's always something that needs repair on the farm since we work our equipment hard (our workers, too, for that matter).

## What's New In Your Share This Week

New this week are **green peppers & red long of Tropea onions**. Green peppers are basically unripe colored peppers. They take what seems forever to color up & often get a disease before they fully ripen, so we usually pick them green. They are great added to salads or eaten raw as a snack, with or without a dip. They are also really good cooked with sausage & onions. We have sweet & hot Italian sausage in links or bulk for \$6.49/lb. The onions are torpedo-shaped & a pretty pink. They are very strong raw, but make the best French onion soup when cooked down slowly. I've heard the strongest onions turn the sweetest when cooked. Store them on the counter or in a brown paper bag, away from your potatoes.

Also new this week are **eggs for sale**, finally! The egg cooler from last year isn't working, so we'll put them in a cooler for now for you to help yourself until

the cooler gets fixed. We also have bacon & breakfast sausage in links or bulk to go along with those eggs for those so inclined. See Mike or I for the time being, since we haven't had time or an empty freezer to set the meat up again as self-serve.

Although Anna wrote about zucchini & summer squash, I'm not sure how much we'll have this week, since the first beds are going down. No worries, the next set are already growing, so save those recipes to use in a few weeks. Squash is one of the veggies where it is feast or famine it seems. You have to plant multiple crops if you want to harvest it all season. Mike & Michalle have done great with the lettuce so far this season. It takes a lot of planning to get it ready to harvest every week in all kinds of weather.

## 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!**

## On Mom and the Value of Making a Home

The Barkers have just returned from our annual road trip to Ohio, where I was born and where most of my family still lives. The visit ended a little more emotionally than most years. My mom, who will be 87 in a few weeks and is cared for by my big brother, seemed to be in very good shape and was engaged with all we had to say (and very happy to see her grandchildren!). But the night before we left she took me aside to share a special gift: she is passing her engagement ring down to me, with instructions that I give it to Sophie (now 17) when she gets older. "It's small," Mom said, "We were poor." Very sweet! And I appreciated that she wanted to pass it along while she's still here, and to see it on my finger.

Mom also passed her fancy sewing machine along to me. This is no less significant than the ring, really, considering that a sewing machine was also her wedding gift to me. Many years ago my mom was a grad student at the Art Institute of Chicago; but when she met my dad, she gave that all up and settled into the life of a Midwestern homemaker. Her artistic talent was channeled into the clothes she sewed for us and the beautiful dollhouse furniture she made from shirt cardboard and fabric scraps.

She was also an excellent cook, and we ate so well! She read cooking magazines and wasn't afraid to try a new recipe. She bought gadgets and tested techniques. "Food is love," my husband said, the first time he visited Ohio and was served a giant helping of mom's lasagna.

As a modern "career woman," it took me many years - and a family of my own - to fully appreciate the value that mom added by making a home for us. The work involved in sitting a family down to a home-cooked meal every night can not be understated, and I'm so proud to come close to my mom's investment in doing the same. Now I just need to figure out how to use her sewing machine. I think I'll make some potholders! :)  
- Anna Barker ([annabarker@verizon.net](mailto:annabarker@verizon.net))

## Recipes: Summer Squash

*CSA member Mary Winslow shared a link to this zucchini recipe, since there's always zucchini. It looks so easy! She used manchego in place of ricotta salata, which is hard to find, but suggests any lightly salted cheese. (Feta?) Or, if you want to test your homemaking skills, google "Mr. Meatball" and ricotta salata to learn how to make your own.—AB*

### Couscous Salad with Zucchini, Lemon and Ricotta Salata

From Food52.com, Serves 4

4 C loosely packed cooked couscous  
1 1/2 C minced zucchini\*  
1 TBS minced shallot  
2 TBS chopped fresh basil  
Grated zest of one lemon  
1 1/2 TBS lemon juice  
1/4 C olive oil  
Salt and freshly ground pepper  
1/2 C crumbled ricotta salata

In a mixing bowl, fold together the couscous, zucchini, shallot, basil and lemon zest. Add the lemon juice and olive oil and stir to mix. Season with salt and pepper. Let sit for 10 minutes. Transfer to a serving bowl and sprinkle with the ricotta salata.

2 TBS grated lemon rind  
1 1/2 TBS chopped fresh rosemary  
2 TBS extra-virgin olive oil, divided  
2 tsp minced garlic, divided  
1 1/2 lbs skinless/boneless chicken breast, cut into 3/4" pieces  
2 TBS fresh lemon juice  
3/4 tsp salt, 1/2 tsp black pepper  
1 1/4 lbs zucchini, cut into 3/4" pieces\*

Place rind, rosemary, 1 TBS oil, and 1 tsp garlic in a large zip-top plastic bag. Add chicken; seal bag and refrigerate 1 hour. (If using wooden skewers, soak in lemon juice 30 min before grilling, so they don't char.)  
Prepare grill.

Combine 1 TBS oil, 1 tsp garlic, lemon juice, salt and pepper, stirring with a whisk.

Thread chicken and zucchini alternately on 12 (12") skewers. Place kebabs on grill rack coated with cooking spray and grill 12 minutes or until chicken is done, turning once. Drizzle with juice mixture.

*\* For both recipes, try combining zucchini with yellow squash.*

### Skewers of Rosemary Chicken and Zucchini

6 servings (2 skewers each)