



Bear Prints

Have you signed up for emails with Di-anne's blog, my-csashare@wordpress.com? It's a great way to remember to check in for new (or old) recipes. Last week she reminded us of zucchini brownies from a 2007 newsletter, vol 10#11. Find it on our website, bearhillfarm.com. There are a couple other good ideas about zuke & summer squash as well.

Farm News

Thanks, Anna, for working to get your computer back up & running so you could do the important work of "the back page". Seriously, it does help me tremendously that you can pull together recipes with hardly any lead time. It seems to me that the week flies by and already I'm tired and it's Sunday night and I haven't started writing! You are absolutely right about the weather taking its toll on us as well as the veggies. This heat is not for me. But, there you are encouraging us all to keep at it, just when we need it the most. And, just like Mike says, it all works out in the end.

Have you visited the cows? I know it seems it's either been terribly hot or raining, but try to stop in when it is nice some time. They are such a pleasure. Even this morning when three or four of them got out! They pushed over an old section of fence, then just stepped over & out. They walked all the way down to the pond, then down the neighbor's driveway, but were well behaved and came back in for their breakfast. This was *after* we discovered 14 loose pigs that had escaped from a pen down the pond. Is it a full moon?! They were very good about walking right back in as well, thank God. Ah yes, never a dull moment.

Maybe now I can get back to finishing the newsletter and start picking your veggies. Luckily it is cloudy, even though it's muggy, so we don't have to worry about those greens wilting quickly. There's always something positive, & usually quite a bit. After all, everyone is back where they belong, for the time being.

What's New In Your Share This Week

New this week is **arugula**. Lots of experienced members are excited to see this back. It is an Italian green used for salad. Anna has some recipes on the back page. It is definitely a distinctive taste. If it isn't your favorite raw, then do try it sautéed very briefly until just wilted. When Mike & I first started growing it that's the only way we'd eat it. Although Italians make a salad of it alone, I prefer it mixed with lettuce in salad.

I like to mix the mizuna (with stems trimmed off), arugula & lettuce all together in salad, along with some of those fresh **cukes**. I don't mix all the greens until I'm about to eat them, though, since the tender arugula tends to slime out quicker than the lettuce & I hate to ruin a whole batch. Although they're called pickling cukes, they are fine just to eat as is like the slicing cu-

cumbers. I prefer the pickles, since the skin is thinner.

I think **red cabbage** may also be new this week for some of you. This week there is a choice of red or green, since all of one variety isn't ready yet. It tends to turn rather bluish when cooked. I like it sliced very thinly & added to coleslaw or raw in salad for a nice crunch.

Don't forget there are pork, beef & eggs for sale to go along with your veggies. I especially like the kale & other greens chopped up with Italian sausage, & the squash stir-fried with burger. If you make hard-boiled eggs to add to salad, add a little baking soda to the water to make them easier to peel. I cover with cold water, bring to a boil, shut off the heat & let sit for 15 min, then drain & run under cold water.

Second half checks for \$270 are due **August 1st** please, for those of you making 2 payments. Thanks!

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

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Can We Talk About the Weather?

Or rather, the climate? I don't think I've mentioned climate change (the phenomenon formerly known as global warming) since "An Inconvenient Truth" came out in 2006. - And what a wake-up call that was! I remember coming home from the theater in a gargantuan rainstorm that really set the mood and thinking "I must drop everything and do something about this!"

But as I say, these days I don't talk about it much. It's just too overwhelming. Every time I hear the news, my heart sinks a little further— especially when it's presented as "further evidence that we're already feeling the effects of climate change": Hurricane Sandy, record temperatures in 2012, droughts, wildfires... I don't talk about it, but neither can I truly ignore it.

I'm a little more encouraged, though, since I picked up Mary Pipher's new book, *The Green Boat: Reviving Ourselves in Our Capsized Culture*. It's about how we can save ourselves from the emotional devastation of needing to face our future (but being afraid to), by working in community and creating our own hope. I was so impressed with the book that I formed a library group to read it, keeping with the "in community" theme. I recommend it, especially if you're feeling hopeless. It has me talking again!

The farm is inextricably linked with the weather, of course. We don't need perfect weather all the time, but the extremes do an incredible amount of crop damage (and aren't too good for the farmers, either!). It must get harder and harder to plan: I mean, I'm not even sure what a "typical summer" looks like anymore. At the same time, though, making wise food choices is one of our first lines of defense against climate change. Going to our local CSA means less fossil fuels being burnt to transport our food thousands of miles. It means avoiding the large-scale industrial farming that not only uses a lot of oil but also produces more methane gas. It means supporting a local food network that may be necessary when storms make inter/national food transport impossible. We're doing the right thing...We can do more, but let's not give up on ourselves yet.

—Anna Barker (annabarker@charter.net)

Recipes: Arugula

My favorite way to have arugula is in a fancy sandwich made with crusty French bread and some melted brie, with roasted cherry tomatoes if they're in season. That may be a little too California for most people, so here is another, more "accessible" sandwich recipe. See how it works then make up your own sandwich, and share it with us if you do.—AB

Open-Faced Sandwiches with Ricotta, Arugula and Fried Egg (makes 4 sandwiches)

4 slices whole-wheat country bread
Cooking spray
2 C arugula
1 TBS extra-virgin olive oil, divided
1 1/2 tsp fresh lemon juice
1/2 tsp salt, divided
1/2 tsp freshly ground black pepper, divided
4 large eggs
3/4 C part-skim ricotta cheese
1/4 C (1 ounce) grated fresh Parmigiano-Reggiano cheese
1 tsp chopped fresh thyme

Preheat broiler. Coat both sides of bread with cooking spray. Broil 2 min on each side or until lightly toasted. Combine arugula, 2 tsp oil, juice, 1/8 tsp each salt and

pepper. Toss gently.

Heat remaining 1 tsp oil in a large nonstick skillet over medium heat. Crack eggs into pan; cook 2 min. Cover and cook an additional 2 min or until whites are set. Remove from heat.

Combine 1/4 tsp salt, ricotta, Parm-Reg, and thyme; spread over bread slices. Divide salad and eggs evenly over bread. Sprinkle with remaining 1/8 tsp each salt and pepper.

I also saw a recipe that used arugula as a bed for a chicken salad with Green Goddess dressing. No room for the full recipe, but you basically combine 4 cups chopped cooked chicken with a dressing made by pureeing in a blender: 1 chopped avocado, 1/3C buttermilk, 1/4C chopped parsley, 2 TBS mayo, 2 TBS sour cream, 2 TBS minced chives, 1 TBS chopped tarragon, 1 chopped anchovy fillet (I'll probably skip that part), and 1 1/2 tsp Champagne vinegar. Serve piled on arugula greens and topped with diced cucumbers and tomatoes, if you have them.