



# Bear Prints

I can't believe it's week 9 already. Where does the time fly? I know it's way early to start talking about this, but we wanted to give you the heads up that the **big end of the season party** will be early this year. It won't really be the end of the season, but the end of Sept. (last Sat is 9/28). It used to be the 1st Sat in Oct, but the weather gets cold & unsettled some years. **So save the date—Sat. 9/28!**

## Farm News

You may think that there seems to be a lot more chickens milling around outside this week and you'd be correct. The 22 pigs next to the barn decided to explore what was on the other side of that wall this weekend & broke into the chicken coop. They weren't bad though, and only dumped one feeder of grain & didn't hurt any chickens, or the nest boxes where they lay the eggs. It could have been a disaster. They were funny coming out of the hole in the wall one by one when we fed them. Mike added more wood chips to their pen again. Pigs like to build moats, so their pens don't drain when it rains. The other day he added some to make a dry mound. Half of them slept on it but the other half preferred the mud. It helps them stay cool and keep the bugs off.

We've been walking some of our sows down the road lately like our neighbors walk their dogs, minus the leash. They are pregnant and due to have babies soon & keep getting out. They are very good about coming back home & going back in, but I guess we don't have time to keep doing this, so we'll have to fix their pen. Mike's been more of a mechanic than a farmer lately. The hay equipment has been very frustrating. We have a nice close field in Dunstable, though, off 113, so that has been nice. We have 14 cows on the farm now!

The furnace died a week ago, so add that to Mike's ever-growing list of things to fix. We put it in when we were dating 22 years ago, so it's time. No hot water has not been fun, but it's a great incentive to get it fixed, especially as dirty as we get!

## What's New In Your Share This Week

New this week is **eggplant** for Monday's pick up. This is a veggie that we've had trouble growing in the past, much to the chagrin of some of our members. It's difficult to get a bunch to ripen all at once. It will be a few weeks before more ripen enough to give out on Wed. but we keep track of these things. This week it is the Italian variety. We love it sliced and dipped in egg, seasoned bread-crumbs, then baked in the oven. Moosewood Light has a great recipe. Fried in oil it tends to get greasy, since the flesh is pretty sponge-like. Once the slices are baked you can eat them as is, or use them with spaghetti sauce to make eggplant parmesan.

You can look up recipes in the newsletter archives at our website or on line in general for baba ganoush (spelled 3 different ways) , an eggplant dip with gar-

lic, olive oil & tahini or caponata.

Don't forget the **pick your own hot peppers**. We have chilies and Hungarian wax peppers as well as the jalapenos. The Hungarian are light yellow and larger. They are the mildest.

Next to the peppers are some **pick your own radishes**. They bolted due to the hot weather, so the greens are taller than usual and the roots are spicy hot, but you are welcome to look through them to find some good ones. Some people just love radishes, so we'll leave it up to you. You can also try sautéing them in a little butter if they are a little harsh.

Mike put up the stakes & wire for one of the rows of cherry tomatoes, so Michalle will be busy working on getting those tied up for you.

Thanks again to Anna for yet another great back page with some great general ideas about what to do with your veggies.

## 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!

## Fast Food CSA-Style

Yikes! My masters program starts in 2 weeks! I'm going for a Masters of Science in Health Communications, through an online program offered by the University of Illinois. I've been planning this for a while and I'm very excited to be going back to school (after too many years to count). But yikes! - that bears repeating (yikes!), because where will I find the time?

If I decide to cut corners by spending less time in the kitchen, I guess I won't be alone, as Americans spend less time both cooking and eating than people in any other developed country. However, I'm going to have to balance my need for time with my love of fresh vegetables from the farm—not to mention that fact that I don't want to be a hypocrite, studying up on public health while ignoring my own. Maybe instead of fast food, the answer is more like "good food, really really quick."

That's true for everyone, though. No matter how much time you generally have to spend in the kitchen, it's always a good idea to have some back-ups on hand for those inevitable little emergencies — from heavy traffic to suddenly running a sick kid to the doctor—that always seem to get in the way of our best-laid plans. Most of my quick meals fall in the realm of veggied-up comfort foods, maybe because that's what I want to turn to when I'm stressed.

Most of the food I cook isn't branded, but I love Trader Joe's potstickers, and you can sauté some mizuna right in the same pan. Another old favorite is Annie's mac & cheese; top it with sautéed veggies of any kind and you take it to a whole other level. Use the same veggies in an omelette the next night, another good-food-quick selection. Or if you're not in the mood for eggs, spread them on a quesadilla with some cheese. And now that we have an excellent source for ground beef, you can make sloppy joes you can feel good about...add a few vegetables to the mix, nobody will know the difference. Speaking of ground beef, let's not forget tacos, which I like to make as a salad, topped with crushed corn tortillas. Please tell me your favorites, too.—Anna Barker (annabarker@charter.net)

## Recipes: "Would you like a side to go with that?"

*Another timesaver is to plan leftovers of some prepared side dishes. One night a week you can get them all out and serve with a hamburger thrown on the grill. What you make will vary with our veggie selection, but here are some ideas to get you started.—AB*

### Green Bean and Cherry Tomato Salad

3/4 lb green beans, trimmed  
3/4 lb cherry tomatoes, quartered  
1/2 tsp chopped fresh oregano  
1 1/2 tsp minced shallots  
1 TBS red wine vinegar  
2 tsp extra-virgin olive oil  
Salt and freshly ground black pepper to taste

Cook beans in boiling water 7 minutes or until tender. Drain. Place beans, tomatoes and oregano in a large bowl, toss gently to combine.

Combine shallots and vinegar, stirring with a whisk. Let mixture stand 10 minutes. Then add oil, salt and pepper, stirring with a whisk until well blended. Pour vinaigrette over bean mixture; toss well.

### Spicy Cucumber Salad with Peanuts

1 1/2 lbs cucumber, peeled, halved lengthwise, and thinly sliced (about 4 cups)  
2 tsp kosher salt  
1/2 C rice vinegar  
1/2 C water  
3 TBS sugar  
1/4 tsp crushed red pepper  
2 TBS minced red onion  
1 TBS chopped dry-roasted peanuts

Place the cucumber slices in a colander; sprinkle with salt, toss well, drain 1 hour. Then rinse well and pat dry.

Combine vinegar, water, sugar and pepper in a small saucepan. Bring to a boil. Reduce heat; cook until reduced to 1/3 C (about 10 min). Remove from heat; cool. Stir in onion. Combine cucumbers and vinegar reduction in a medium bowl. Toss well and sprinkle with peanuts.

*Other sides to keep in mind, depending on the share:*

- Pickled beets
- Potato salad (everybody has a favorite!)
- Cole slaw
- Marinated carrot salad (google with the word "Asian")
- Radish slaw or raita
-