

1. Process the basil and oil in a blender or food processor and transfer to a jar.
2. Let the oil infuse in the refrigerator for a few hours or overnight.
3. Strain the oil through a fine-mesh sieve.
4. Be sure to store the oil in the refrigerator, where it will keep for up to one week.

\*\*\*\*\* From Member Pat Dinges\*\*\*\*\*

**Summer Vegetable Sauté** - Servings: 4 – 6

*This recipe is from Dr. McDougall's July newsletter. Totally plant-based with no added oil. Thought you might be interested. Thank you for all the wonderful food you have shared with us so far this year. Mark and I are most appreciative, especially since we are total plant eaters. :-)*

**Ingredients**

- 4 large garlic cloves, diced
- 1 cup + 1 tablespoon vegetable stock
- 2 cups chopped zucchini
- 4 cups finely chopped kale
- 2 cups cooked cannellini beans
- 3 medium tomatoes, chopped
- 3 tablespoons basil, thinly sliced
- Salt and pepper to taste

**Directions**

1. Sauté garlic in 1 tablespoon vegetable stock for 2 minutes. Add zucchini, kale, cannellini beans and 1 cup stock and cook, stirring often, for about 10 minutes.
2. Add tomatoes and cook for 10 more minutes.
3. Remove from heat, stir in basil and add salt and pepper to taste. Serve over pasta, grains or potatoes.



# Sisters Hill Farm

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*Field notes from Audrey*

Let's talk tomatoes. You know, those glowing, shiny red globes of pure goodness...the ones you're getting pounds and pounds of in your share. Well, it's that time of the season and I'm thankful that this one is bountiful in the tomato department. The tomato is my favorite vegetable, although actually it is a fruit, but really it doesn't matter to me. I love them, in all their many shapes, colors and forms. To kick off the season, sweet n' sour Sungold cherry tomato makes its mark, bearing heavy clusters of sunshine colored fruit. Next we have the perfectly round, almost florescent, just-asking-to-be-sliced beefsteak, which eventually starts to catch up and give those cherries a run for their money. Soon enough come the petite, sweet, and the oh-so-roastable Juliette, a saladette tomato that packs a lot of use in its small size, followed by the craggy, blobby, and super juicy heirloom that makes you want to whip up a panaznella salad just because.

Since we've been pulling tomatoes out of the field by the thousands, I've been doing some reading to educate myself a bit more on their history, science, along with best practices for storage into the winter and I thought it might be useful to you as well.

Tomatoes belong to the Nightshade Family, along with tobacco, peppers, eggplants and potatoes. The tomato is indigenous to the west coast deserts of South America and only won over Europe in the 19th century. In America, tomatoes are the second most consumed vegetable, although we mostly owe that to our love of pizza, pasta and ketchup. I'm sure you've heard that tomatoes are actually fruits, and it is true, although we generally tend to treat them as vegetables. This might be because they have a relatively low sugar content for a fruit, which is comparable to cabbage and brussels sprouts. Tomatoes also contain a large amount of glutamic acid which is more commonly present in meats than fruits. As for nutrients, tomatoes contain tons of vitamin C and the red varieties have a healthy dose of the antioxidant lycopene.

When it comes to storing tomatoes after you bring them home, please do not refrigerate them. It actually will make them lose some of their flavor, so make sure to keep them somewhere warmer than 55 degrees. Now let's talk long-term storage. There's tons of information about canning so I won't go into detail here, but a great website with a lot of useful recipes created by the National Center for Home Food Preservation is a great resource- <http://nchfp.uga.edu>. I personally like to freeze my tomatoes and I do this in one of two ways.

1. Cut them into halves if they're Juliettes, quarters if they're bigger and lay them cut side up on a baking sheet. I roast slow and low in the oven for a few hours until some of the water has been cooked out. Then I drop them into a freezer bag, date it, and throw it in the freezer. It can't get any easier than that.
2. Core and halve tomatoes. Put them into a large pot in the stove and add a bit

of water to the bottom so they don't burn. Cook only until the tomatoes start to break down. From here you can go one of two ways. You can cook the tomatoes a bit more until more water separates and then strain the water out, or proceed with the just broken down tomatoes. Next, immersion blend the entire batch. This will cut up the skins into small pieces and make a nice puree. Ladle into wide-mouthed pint jars, leaving a bit of head space so you don't break the jar, and freeze. These two options are stand-bys and I hope they can serve you well during this time of abundance.

\*\*\*\*\* *From Member Debra Hall* \*\*\*\*\*

### Roasted Beets and Sautéed Beet Greens

#### Ingredients

- 1 bunch beets with
- greens
- 1/4 cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion (optional)
- salt and pepper to taste
- 1 tablespoon red wine vinegar (optional)

#### Directions

1. Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.
2. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.
3. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

\*\*\*\*\* *From Fresh Food Nation Cookbook* \*\*\*\*\*

### Best Ever Roasted Tomato Sauce - Makes about 3 cups

#### Ingredients

- 4 pounds ripe tomatoes, cored and cut in half
- 1/2 sweet onion (such as Walla Walla or Vidalia), chopped
- 2 cloves garlic, coarsely chopped 1 tablespoon granulated sugar; more as needed
- 1 teaspoon kosher salt; more as needed
- 2 tablespoons chopped fresh herbs (basil, oregano, rosemary, or a combination)
- 1/4 cup extra-virgin olive oil
- 1 teaspoon kosher salt; more as needed
- 2 tablespoons chopped fresh herbs (basil, oregano, rosemary, or a combination)
- 1/4 cup extra-virgin olive oil

#### Directions

1. Heat the oven to 375°F. Arrange the tomatoes cut side down in a large glass baking dish in a single layer (you may need to use two). Scatter the onions, garlic, sugar, salt, and herbs on top of the tomatoes and drizzle with the olive oil.
2. Roast until the tomatoes shrivel and collapse and their juices start pooling in the bottom of the baking dish, about 2 hours, though the time can vary greatly depending on the size and consistency of the tomatoes.
3. Let the roasted tomatoes cool slightly, and then scrape everything
4. into a blender or food processor and process until smooth. If you want to remove the skins and seeds (which is unnecessary, though it makes for a prettier, smoother sauce), run the sauce through a food mill. Taste and adjust the seasoning with more salt or sugar.

**Cook's Tip:** Roasted tomato halves freeze beautifully, so roast a few extra pounds when you make this sauce. Put them in a freezer container or bag, press out the air, and freeze to use later in other styles of sauce or in stews, soups, or braises.

\*\*\*\*\* *From Fresh Food Nation Cookbook* \*\*\*\*\*

### Chilled No-Cook Tomato Soup with Fresh Basil Oil—Serves 4

#### Ingredients

- 4 pounds very ripe tomatoes preferably some interesting heirloom varieties
- Kosher salt and freshly ground black pepper
- Basil Oil (recipe on the facing page)
- 1 teaspoon sherry vinegar or Creme fraiche, for serving
- red-wine vinegar
- Pinch of granulated sugar
- Kosher salt and freshly ground black pepper
- Basil Oil (see below)

#### Directions

1. Rinse the tomatoes, cut out the cores, and cut away any surface blemishes. Cut the tomatoes into large chunks. Fit a food mill with a disk that's small enough to capture the seeds, and pass the tomatoes through the mill into a bowl. You should have about 1 quart. (You can use a food processor or blender for this, but it will make the soup slightly frothy and a lighter shade of pink, so a better alternative to a food mill is to peel and seed the tomatoes first, put the seeds through a fine-mesh sieve to capture the juices, and then chop the tomato flesh finely by hand.)
2. Add the vinegar and a pinch of sugar (the amount will depend on the ripeness of your tomatoes), and season generously with salt and pepper.
3. Chill the soup for at least 1 hour and up to overnight. Taste again right before serving and adjust the seasoning.
4. Divide the soup among serving bowls or cups and drizzle some basil oil over the surface. Stir the creme fraiche to loosen it and drizzle a few drops onto each serving of soup (don't use too much or you'll lose the fresh flavor of the tomatoes).

**Basil Oil** - Makes about 1 cup

#### Ingredients

- 1 bunch fresh and fragrant basil, stems removed
- 1 cup mild extra virgin olive oil

#### Directions