

- Freshly ground pepper
- Freshly squeezed lemon juice (optional)
- Freshly grated Parmesan for serving (optional)

#### Directions

1. Trim the bottoms of the chard stems. If the stems are thin and fibrous, separate the leaves and discard the stems. If they are wide, separate the leaves and cut the stems into 1/4-inch dice. Set aside with the celery and onion. Wash the leaves in 2 changes of water and chop medium-fine.
2. Heat the olive oil in a large, heavy soup pot and add the onion, celery and chard stalks. Cook, stirring often, until the vegetables begin to soften, about 3 minutes, and add a generous pinch of salt. Continue to cook, stirring often, until the vegetables are tender, another 3 minutes. Add the garlic and stir until fragrant, about 1 minute. Add the stock or water, bouquet garni and rice. Bring to a boil, add salt to taste, reduce the heat, cover and simmer 10 minutes.
3. Stir the chard into the soup, cover and simmer another 10 minutes. Add freshly ground pepper, taste and adjust the salt. Serve with fresh lemon wedges for people to squeeze into their servings if desired and Parmesan for sprinkling.

\*\*\*\*\*From *Cooking.nytimes.com* \*\*\*\*\*

#### Potato and Chard Stalk Gratin—serves 4

##### Ingredients

- 1 pound small boiling potatoes, scrubbed
- Salt to taste
- 1 pound wide Swiss chard stems from 1 large or 2 smaller bunches, trimmed and cut crosswise into 1/2 inch thick slices
- 1 garlic clove, halved
- 2 tablespoons extra virgin olive oil
- 2 tablespoons finely chopped shallot or onion optional
- 2 tablespoons all-purpose flour
- 2 cups low-fat (1 percent or 2 percent) milk
- Freshly ground white or black pepper
- 1 teaspoon thyme leaves
- 1 ounce Gruyère, grated 1/4 cup

##### Directions

1. Place the potatoes in a saucepan, and cover with water. Add 1/2 teaspoon salt, and bring to a boil. Reduce the heat to medium, and boil gently until tender, 10 to 20 minutes, depending on the size of the potatoes. Add the chard stalks to the pot, and simmer for another five minutes until crisp-tender. Drain, and retain the cooking liquid if you prefer to use it instead of milk for the béchamel. Cut the potatoes into quarters or halves, depending on their size.
2. Preheat the oven to 425 degrees. Rub a 2-quart baking dish or gratin with the cut clove of garlic, and brush with olive oil.
3. Make the béchamel. Heat the oil over medium heat in a heavy medium saucepan. Add the shallot or onion, and cook, stirring, until softened, about three minutes. Stir in the flour, and cook, stirring, for about three minutes until smooth and bubbling but not browned. It should have the texture of wet sand. Whisk in the milk all at once, and bring to a simmer, whisking all the while, until the mixture begins to thicken. Turn the heat to very low and simmer, stirring often with a whisk and scraping the bottom and edges of the pan with a rubber spatula, for 10 to 15 minutes until the sauce is thick and has lost its raw flour taste. Season with salt and pepper. Strain while hot into a heatproof bowl or a Pyrex measuring cup.
4. Cut the potatoes into quarters or halves, depending on their size. Combine with the chard stalks and thyme in a large bowl, and season with salt and pepper. Add the



## Sisters Hill Farm

127 Sisters Hill Road, PO Box 22, Stanfordville, NY

September 16, 2017

<https://sistershillfarm.org>

Edited by: Bob & Joan Cohen

September 19, 2017

845-868-7048

cohenrd98@comcast.net

845-724-3518

### Field notes from Farmer Dave

It's been an action packed week here on the farm. The highlight was this weeks winter squash harvest. We had a small but wonderful group of volunteers come out and help us with the harvest on Wednesday night. (Thanks everyone!) Then we spent most of the day on Thursday finishing up. All told we harvested 8,538 pounds, our best yield ever! But winter squash wasn't the only thing bolstering our yields this week. Overall we harvested 12,233 pounds of crops for your shares. To put that in perspective, that's more than we harvested in the first 7 weeks of farm distributions combined!

The winter squash will spend the next couple of weeks curing in the warmth of the greenhouse. Be sure to walk up there and check it out at pickup—it's a beautiful sight! I'll post some pictures on Facebook for our shareholders in the Bronx. Once it is cured we will slowly ration it out for the remainder of the season. It's nice to have one more crop "in the bank." Other crops that are harvested and in storage include onions and garlic. Similarly, the potato vines are dead and gone but the potatoes for the rest of the season are waiting happily in the ground to be dug as we need them.

I'm sure you've noticed that beautiful field right in front of the parking area! The majority of that field is broccoli (to the left), but there is also cabbage, kale, rutabaga, and swiss chard creating a sea of green. As the fall progresses those crops should continue their onward march toward maturity and your plate. Yum!

Also looking very good is our leek crop, the tender autumn greens, carrots, and despite the cold weather sure to be here soon, yellow wax beans.

The flower patch is slowly winding down, but hasn't it just been amazing this year? If you've enjoyed picking beautiful flowers, be sure to thank Betsy, she took charge of that aspect of the farm this year and really hit it out of the park!

The apprentices have been taking turns leading lately and doing a fantastic job. It's so fulfilling to see them rise to the challenge of managing the farm, proving to themselves how much they have learned and grown in the past several months. I'm proud to have been a small part of their development as farmers.

Well, that's about it for today's farm update.

Be sure to enjoy Stanford Community Day and this amazing fall weather while you can. Here's to the bounty and friendship of Sisters Hill Farm!

\*\*\*\*\**From Epicurious.com*\*\*\*\*\*

### Oven-Roasted Plum Tomatoes

#### Ingredients

- Nonstick vegetable oil spray
- 12 large plum tomatoes (about 2 1/2 pounds), halved lengthwise
- 1/4 cup extra-virgin olive oil
- Assorted fillings (such as whole-milk ricotta cheese, pesto, chopped olives, small fresh mozzarella balls, soft fresh goat cheese, and anchovies)

#### Directions

1. Preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray. Remove seeds and juices from tomato halves. Arrange tomato halves, cut side up, on prepared sheet; sprinkle lightly with salt and pepper, then drizzle with oil.
2. Roast tomatoes until slightly charred and tender, about 50 minutes. Cool completely on sheet. Spoon desired filling into each.

\*\*\*\*\**From Lorisculinarycreations.com*\*\*\*\*\*

### Baked Tomatoes with Feta, Fresh Basil and Olive Oil – serves 4

#### Ingredients

- 1 roma tomatoes (Large, sliced into 6 even slices)
- 2 tablespoons extra-virgin olive oil (divided)
- 4 ounces feta cheese (plain, crumbled)
- 6 fresh basil leaves (Large)
- 2 tablespoons balsamic vinegar

#### Directions

1. Pre-heat the oven to 350 degrees.
2. Place the sliced tomatoes on a cookie sheet lightly sprayed with cooking spray.
3. Top each tomato with olive oil, then sprinkle the feta on each tomato. Lay down one basil leaf on each tomato and top with balsamic. Bake for 15-20 minutes until tomatoes are softened. If you like them firmer, bake 10-15 minutes.

\*\*\*\*\**From FineCooking.com*\*\*\*\*\*

### Plum Tomatoes

A.K.A Roma tomato

What is it?

This egg-shaped meaty tomato can is usually found red, though it can also be yellow. It's good for cooking and canning because its water content is relatively low, and it yields lots of thick sauce. Plum tomatoes are also delicious slow-roasted.

\*\*\*\*\**From Cooking.nytimes.com*\*\*\*\*\*

### Tomato and Basil Risotto

#### Ingredients

- 7 cups well seasoned vegetable stock, garlic stock (see recipe) or chicken stock
- 2 tablespoons extra virgin olive oil
- ½ cup minced onion
- Salt to taste
- 2 garlic cloves, minced
- 1 pound tomatoes, grated

- Pinch of sugar
- 1 teaspoon fresh thyme leaves
- 1 ½ cups Arborio rice
- Salt and freshly ground pepper to taste
- ½ cup dry white or rosé wine, such as Pinot Grigio or Sauvignon Blanc
- ½ pound additional sweet ripe tomatoes, finely diced (about ¾ cup)
- ¼ cup slivered fresh basil
- ¼ to ½ cup freshly grated Parmesan cheese (1 to 2 ounces)

#### Directions

1. Put your stock or broth into a saucepan and bring it to a simmer over low heat, with a ladle nearby or in the pot. Make sure that it is well seasoned.
2. Heat the olive oil over medium heat in a wide, heavy skillet or a wide, heavy saucepan. Add the onion and a generous pinch of salt, and cook gently until tender, about 5 minutes. Add the rice and garlic and cook, stirring, until the grains of rice are separate and beginning to crackle. Stir in the grated tomatoes, sugar, thyme, and salt to taste and cook, stirring often, until the tomatoes have cooked down slightly and coat the rice, 5 to 10 minutes.
3. Add the wine and stir until it has evaporated and been absorbed by the rice. Begin adding the simmering stock, a couple of ladlefuls (about 1/2 cup) at a time. The stock should just cover the rice, and should be bubbling, not too slowly but not too quickly. Cook, stirring often, until it is just about absorbed. Add another ladleful or two of the stock and continue to cook in this fashion, adding more stock and stirring when the rice is almost dry. You do not have to stir constantly, but stir often and when you do, stir vigorously. When the rice is just tender all the way through but still chewy (al dente), in 20 to 25 minutes, it is done. Taste now and adjust seasoning.
4. Add another ladleful of stock to the rice. Stir in the additional finely diced tomatoes, basil and Parmesan and remove from the heat. The mixture should be creamy (add more stock if it isn't). Serve right away in wide soup bowls or on plates, spreading the risotto in a thin layer rather than a mound.

\*\*\*\*\**From Cooking.nytimes.com*\*\*\*\*\*

### Garlic Broth

Whole cloves of garlic, uncut and simmered gently for an hour with aromatics, yield a mild, sweet tasting, comforting broth that makes an ideal vegetarian stand-in for chicken broth. According to nutritionist Johnny Bowden, garlic needs to be crushed, sliced, or chopped in order for its compounds to be released. For this broth, I just crush the cloves lightly by leaning on them with the flat side of my knife. The less crushed they are, the milder the broth will taste.

\*\*\*\*\**From Cooking.nytimes.com*\*\*\*\*\*

### Swiss Chard and Rice Soup

#### Ingredients

- 2 pounds Swiss chard (2 generous bunches)
- 1 tablespoon extra virgin olive oil
- 1 medium onion, chopped
- 2 stalks celery, finely diced
- Salt to taste
- 4 garlic cloves, minced
- 2 quarts chicken stock, vegetable stock or water
- A bouquet garni made with a bay leaf and a couple of sprigs each parsley and thyme
- ½ cup basmati rice