

- begin to soften, about 6 minutes.
2. Add the tomato paste and garlic and cook until fragrant, 45 seconds. Add the broth, beans, kale, and Parmigiano rind (if using). Bring to a boil, reduce the heat to medium low, and simmer gently until the vegetables are tender, about 15 minutes.
 3. Stir the cider vinegar into the soup and season to taste with salt and pepper.
 4. Add the sausage to the soup and bring to a simmer over medium-high heat. Cook 5 minutes more to meld the flavors.

***** *From BetteHomesGardens.com* *****

Garlic and Romano Mashed Potatoes - 4 servings.

Ingredients

- 3 medium potatoes (1 pound)
- 2 cloves garlic
- 2 green onions, thinly sliced (¼ cup)
- 2 tablespoons margarine or butter
- ½ cup grated Romano or Parmesan cheese (4 ounces)
- ¼ teaspoon pepper
- ½ - ½ cup milk (warmed)

Directions

1. Quarter the unpeeled potatoes. Cook, covered, in a small amount of boiling salted water for 20 to 25 minutes or until tender. Peel the paper-like outer skin off the garlic cloves. Add the whole garlic cloves to the potatoes for the last 15 minutes of cooking.
2. Meanwhile, cook green onion in margarine or butter until tender but not brown. Drain potatoes and garlic; mash potatoes and garlic with a potato masher or beat with an electric mixer on low speed.
3. Add green onion mixture, Romano or Parmesan cheese, and pepper. Gradually beat in enough warm milk to make potatoes light and fluffy.



Sisters Hill Farm

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

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Renew your membership before November 6th to receive a Thanksgiving Bonus share on Saturday November 17th!



Notes from Apprentice Anna

Only three weeks left, and as you can see if you have walked around the farm lately, we've begun to baton down the hatches for winter.

We've had two big frosts this week and so in addition to our regular routine of harvesting, we have been doing some winterizing frost prep too. Mostly this includes covering up beds and turning off the water so the pipes don't freeze or hoses and fittings break. The beds are covered by floating row fabric which acts like a blanket, keeping the crops under them 3 or 4 degrees warmer than the air temperature, holding those frosty nights at bay. We secure the cover with sandbags to prevent it from blowing away in the wind. The frost has finished off the last of our summer favorites like basil, zucchini, and tomatoes, but this makes more room for the beloved fall crops. The spinach is doing marvelously in this weather and continues to get sweeter in the frosts as its starches get converted into sugars.

Rutabaga and parsnips are two more examples of hearty fall crops that are sweetening up your share. My favorite ways to eat them are to simply add to a stew or to parboil and mash them -mix and mash them with potatoes or other roots like celeriac—so tasty! Add steamed kale to the mash and you have the Irish classic colcannon. Another tasty way I used to eat these roots

growing up was in a pasty. This meat and rooty pie is a Michigan delicacy traditionally eaten by miners in the Upper Peninsula and a favorite in our house especially with Auntie Susan's famous recipe.

This week we started our last planting of the 2012 season—next year's garlic! A small but hardworking and enthusiastic bunch of volunteers turned out on a picture perfect fall evening to help us plant. For those of you who are unfamiliar, each clove is one seed and will produce a head in the next year. We save a portion of the garlic from our July 4th harvest for seed to plant just as farmers have done since the beginning of time. This year we selected out the largest seed cloves in expectation that our yield next year will be larger on the whole. Many hands make light work and with the process simplified by Dave's row marker it was simple to lay out the cloves in a grid with 6 in spaces and just push them in as deep as we could to prevent frost heaving over the winter. Thanks for all your help volunteers!

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

Butternut Squash & Potato Gratin with Walnut Crust

We goofed when entering this recipe last week. Somehow the last item for the directions was left out. I think it was a gremlin inside my computer that made me do it. Anyhow here it is below.

4. Combine the walnuts and buttered breadcrumbs. Remove the gratin from the oven, sprinkle with the breadcrumb-nut mixture, and bake until the top is lightly browned, 5 to 10 minutes. Let sit in a warm place for 20 minutes before serving so that liquids will set and tighten the gratin. Cut into 9 squares and serve.

5.

******From The Thanksgiving Table Cookbook******

Pumpkin, Leek, and Potato Soup – Serves 8

Ingredients

- 4 whole cloves
- 10 black peppercorns
- 1 bay leaf
- 4 sprigs fresh thyme
- 4 sprigs fresh parsley
- 3 tablespoons olive oil
- 2 large cloves garlic, minced
- 3 leeks, white and light green parts only, halved lengthwise and thinly sliced
- 1 teaspoon ground cinnamon
- 1 large russet potato (about 12 ounces), peeled and cut into 1-inch chunks
- ½ pounds sugar pumpkin or butternut squash, peeled, halved lengthwise, seeded, and cut into 1-inch chunks
- 4 cups Chicken Stock or canned low-sodium chicken broth

- 2 cups half-and-half
- 1 teaspoon salt
- 1 teaspoon sugar
- Pinch of cayenne
- Freshly ground pepper
- ¼ cup minced fresh parsley

Directions

1. Cut an 8-inch square of cheesecloth, and place the cloves, peppercorns, bay leaf, thyme, and parsley in the center. Bring up the ends to form a bag and tie securely with kitchen twine. Set aside.
2. In a 6- to 8-quart saucepan, heat the olive oil over medium heat. Swirl to coat the pan and sauté the garlic and leeks, stirring frequently, until softened but not browned, about 5 minutes. Add the cinnamon and sauté 1 minute longer. Add the chunks of potato and pumpkin, the stock, and the bag of spices. Bring to a boil. Reduce the heat and simmer, covered, until the potato and pumpkin are tender when pierced with a fork, about 20 minutes. Discard the bag of spices.
3. Cool the soup slightly; then purée in batches in a blender or food processor fitted with the metal blade. Return the pureed soup to the saucepan. Add the half-and-half, salt, sugar, cayenne, and freshly ground pepper to taste. Cook over low heat until heated through, but do not let the soup boil. Taste and adjust the seasonings. Ladle the soup into a warmed soup tureen or individual soup bowls, garnish with the minced parsley, and serve immediately.
- 4.

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

Cannellini Bean and Kale Soup

Ingredients

- 1 Tbs. extra-virgin olive oil
- 1 medium yellow onion, finely chopped (1-1/2 cups)
- 1 medium carrot, peeled and finely chopped (3/4 cup)
- 1 medium celery stalk, finely chopped (3/4 cup)
- 1 ½ tsp. minced fresh rosemary
- 2 Tbs. tomato paste
- 2 large cloves garlic, minced (1 Tbs.)
- 1 quart homemade or lower-salt vegetable broth
- Two 15-oz. cans cannellini beans, rinsed and drained
- 6 oz. kale, center ribs removed, leaves chopped (about 4 firmly packed cups)
- 1 Parmigiano-Reggiano rind (1x3 inches; optional)
- 2/3 lb. sweet or hot bulk Italian sausage, rolled into bite-size meatballs
- 1 ½ tsp. cider vinegar
- Kosher salt and freshly ground black pepper

Directions

1. Heat the oil in a 4- to 5-quart pot over medium heat. Add the onion, carrot, celery, and rosemary and cook, stirring occasionally, until the vegetables