

To make the filling: Chop the greens and garlic in a food processor. Add the eggs and yolk, pulse. Then the broth and cream. Lastly, incorporate the salt, mustard, and herbs. Fill the tart shell and bake for 30 minutes or so, or until the center is set and is firm. About 2/3 of the way through I like to sprinkle with a bit of gruyere cheese. Finish with a sprinkling of crushed red pepper flakes.

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### **Arugula and Pancetta Salad – Serves 4**

Arugula is one of those polarizing vegetables, not unlike our last few presidents, you love it or you hate it, no one ever seems to be neutral on the subject. Those of us who love it do so because it has a nice peppery bite to it. It is a strong flavor, and it will be spicier when grown in hotter weather. When using it in a salad, you need to balance it with other strong flavors or it will overwhelm everything else on the plate. Heat in a frying pan over medium heat: 1 to 2 tablespoons olive oil

Fry slowly until caramelized:

- ½ yellow onion, thinly sliced

Remove the onions from the pan and fry to a very light crisp:

- 1 to 2 ounces pancetta or prosciutto

Meanwhile, wash, dry either in a salad spinner or by tossing in a clean dish towel, and put in a large bowl:

- ½ pound arugula

Toss with:

- 2 to 3 tablespoons Balsamic Vinaigrette (see below)

Mix in the onions and pancetta or prosciutto, then divide onto plates. Top each salad with:

- 1/4 cup freshly grated Parmesan cheese

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### **Balsamic Vinaigrette**

Pour into a small bowl and mix with a wire whisk: 1/4 cup balsamic vinegar

- 1 to 2 teaspoons sugar
- 1/2teaspoon salt
- 1 teaspoon prepared mustard

Very, very slowly, whisking all the while, pour in:

- ¾ cup olive oil

The prepared mustard helps to bind the vinaigrette so that it won't separate immediately. This makes enough vinaigrette so you'll have some leftovers on hand that will keep in the refrigerator for a few days.



# *Sisters Hill Farm*

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### *From the Director's Desk*

A very warm welcome to all from the staff of Sisters Hill Farm as we begin our 15<sup>th</sup> season. We're looking forward to a wonderful season and hope you will join us in some of the activities planned.

Enjoy the healthy wholesome vegetables and the beauty of the farm thanks to Farmer Dave and the apprentices. May our farm be a place of peace and serenity for you.

*Sister Mary Ann Garisto*

### *Farm notes from Dave*

Welcome both new and returning members! It has been a very cool spring so far and many of the crops are growing slowly so far. In fact Saturday morning, our first pickup it was pouring and 41 degrees! A couple of nights ago we had a frost! Despite this we are mostly on schedule...

As for today's share we'll be giving you quite a few greens and radishes to start out the season. I have a few tips to make it easier to use them all if you are not use to eating that many greens. Arugula— was the first thing ready on the farm so I have been eating it for a couple of weeks now. I just use it in salads. It loses a lot of its heat when dressed; in fact both my 7 and 9 year old boys love it, so it can't be that spicy. Radishes—I know 2 bunches is a lot for some, but Bob and Joan have put in a couple of great recipes for cooking them (with tops) and making a simple spread. I will add that we love to chop them coarsely, mix them with some room temperature butter, and spread on some crusty bread. They make a great appetizer, or a quick snack! Broccoli raab—we don't get a lot of the florets, but the leaves and stems are delicious too. There is a simple pasta recipe in this newsletter, but I would also add that broccoli raab is always fantastic with sausage. Lettuce—most of the season we will aim to give you 2 heads of lettuce a week so you can always have salads. Do yourself a favor and buy yourself a salad spinner. Wash the heads when you get home, spin them dry and leave them in the spinner in the fridge, ready to serve. That's what we do at my house. Of course, as the farmers my family has ready access to as much as we can eat so we go through 2 heads a night!

Spicy asian mix. It's great quickly sautéed or braized with a little garlic and oil or what every flavor you like to add.

I'm excited to be starting my 15th season here at Sisters Hill Farm! I'm glad you are a part of it with me. Here's to warming weather and good crops and good food all season long!

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\*\*\*\*\**From the Editor*\*\*\*\*\*  
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*An all time family treat with farm fresh radishes.*

#### Ingredients

- 4 cloves of garlic
- 6 radishes quartered
- 2 (8 oz.) packages cream cheese softened

#### Directions

1. Place garlic in the container of a food processor and pulse until finely minced
2. Add radishes and mince
3. Add cream cheese and mix until blended
4. Transfer to serving dish, chill until ready to serve.

**Note:** Great with veggies or crackers or firm veggie chips

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\*\*\*\*\**From The Eat Local Cookbook*\*\*\*\*\*  
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#### Sautéed Radishes - Serves 4

Usually you think of radishes as a vegetable that can be served sliced on a salad or on a plate of vegetables with dip. Here's an easy way to branch out and try them cooked.

Remove the greens from the top of:

- 1 pound radishes with tops

Chop the greens and set aside. Trim the ends of the radishes, then cut them into quarters. Heat in a large frying pan over medium-high heat:

- 1 tablespoon butter

Add the radishes and sauté until just barely tender, seasoning with:

- 1½ teaspoon salt

Remove the radishes to a plate and cover to keep warm. Melt in the frying pan:

- 1/2 tablespoon butter

And sauté until just tender:

- 2 garlic cloves, minced

Add the greens and sauté, stirring until wilted, about 2 to 3 minutes. Add the radishes back in, stir, and serve warm.

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\*\*\*\*\**From EatingWell.com*\*\*\*\*\*  
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*These are two salad dressings we enjoy. The creamy buttermilk dressing is great on pasta salad. Use any herb or combination of herbs.*

*It's your choice. They need to be fresh – basil, marjoram, oregano, tarragon, or dill.*

#### A. Creamy Buttermilk Dressing - About 3/4 cup

Mash 1 clove garlic and 1/4 tsp. salt in a bowl into a paste. Whisk in 1/2 cup buttermilk, 1/4 cup low-fat mayonnaise, 3-4 Tbs. chopped fresh herbs and 1 Tbs. distilled white vinegar. Whisk until smooth.

#### B. Herb Vinaigrette - About 3/4 cup

Whisk 1/4 cup each extra virgin olive oil, reduced-sodium chicken broth and red wine vinegar in a bowl with 3-4 Tbs. chopped fresh herbs of your choice, 2 Tbs. finely chopped shallots and 1/4 tsp. each salt and pepper.

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\*\*\*\*\**From 101Cookbooks.com, Recipe Journal of Heidi Swanson*\*\*\*\*\*  
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#### Turnip Green Tart – Serves 4-6

Turnips are ripe with health benefits, containing about 4 times more calcium than other cruciferous vegetables like cabbage. One cup of cooked turnip greens also provides the full amount of vitamins K and A based on recommended daily values, as well as an abundance of folate, manganese, and fiber.

Heidi Swanson's recipe journal, 101cookbooks.com, contains delicious recipes, sorted by ingredient, like the turnips included in today's share - enjoy!

#### Cornmeal Tart Shell:

2 1/4 cups / 9 oz / 255 g all-purpose flour  
1 cup / 4.5 oz / 125 g spelt flour  
scant 1 cup / 4.5 oz medium coarse corn meal  
3/4 teaspoon fine grain salt  
1 1/4 cups / 10 ounces / 280 g unsalted butter, cut in cubes  
1 large egg yolk  
1/4 cup / 60 ml - 3/4 cup / 180 ml cold water

#### Turnip Green Filling:

1/4 lb. / 4 oz turnip greens, or spinach greens, de-stemmed  
1 small clove of garlic  
2 large eggs + 1 yolk  
3/4 cup veg. broth  
1/4 cup / 60 ml heavy cream  
scant 1/4 teaspoon salt (more if broth unsalted)  
2 teaspoons Dijon-style mustard  
1 1/2 teaspoons herbs de Provence (opt.)  
gruyere cheese & a bit of crushed red pepper flakes, for topping

Preheat the oven to 350F / 180C. Start by making the tart dough. Combine flours, cornmeal, and salt in food processor. Pulse in butter, 20+ pulses, or until the mixture resembles sandy pebbles on a beach. Add the egg yolk and 1/4 cup water. Pulse just until dough comes together. Turn out onto a floured countertop and gather into a ball. Divide the dough into two equal pieces. The recipe will yield two tart shells.