

smooth (use caution when blending hot liquids). Transfer puréed soup to another pot and thin to desired consistency with reserved cooking liquid. Stir in pepper, nutmeg, and remaining 1/2 teaspoon salt (or to taste) and bring to a simmer over moderate heat, stirring occasionally.

5. Cooks' note: Soup can be made 1 day ahead and cooled, uncovered, then chilled, covered. Reheat before serving.

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

### Sautéed Turnips and Parsnips with Rosemary—4 to 6 servings

#### Ingredients

- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 3 medium turnips (3/4 lb total), peeled and cut into 1/3-inch dice
- 3 medium parsnips (3/4 lb total), peeled, cored if necessary, and cut into 1/3-inch dice
- 4 medium shallots (1/2 lb total), cut lengthwise into sixths
- 1 garlic clove, chopped
- 1 teaspoon finely chopped fresh rosemary

#### Directions

1. Heat oil and butter in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook turnips, stirring occasionally, until crisp-tender, about 5 minutes.
2. Add parsnips and shallots and cook, stirring occasionally, until golden brown and almost tender, about 10 minutes.
3. Add garlic, rosemary, and salt and pepper to taste and cook, stirring, until vegetables are tender, about 3 minutes more.



*Sisters Hill Farm*

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**Our last Tuesday Pickup is November 4th, but if you renew your membership you can enjoy a Pre-Thanksgiving Bonus share on Saturday November 22nd!**

#### *Field notes from Hannah*

In my last newsletter I stated that of the five seasons, fall is by far my favorite. In this newsletter, I am going to chase that statement with another: of the twelve beautiful months in a year, October takes my cake. It's the month when I can tangibly feel Mother Nature begin to tuck herself in for the winter, shedding her summer splendor in trade for sleepy coziness. Here at the farm we have started to do the same, wrapping up the vibrant summer crops and slowly putting the fields to rest. Each time we finish a crop, we sit back and relax for a second, drinking in the satisfaction of never having to harvest another bean, another pepper, another tomato...until next season.

Yet as much as it feels like October is a month of lasts, it is also a month of firsts. Over the course of this week we harvested the first of our parsnips and celeriac, and I experienced my first garlic planting. This, I have discovered, is the beauty (and the beast) of farming: when one door closes, another one opens, and we are never short of tasks to accomplish. For we apprentices, the principal task at hand is figuring out what to do when our season at Sister's Hill inevitably comes to a close...

Luckily, I have it (mostly) figured out: I will be headed home to the great state of Vermont and Field Stone Farm, owned and operated by none other than my parents, Ian and Chandra Blackmer. Field Stone Farm is small and diversified, producing sustainably grown vegetables and berries, eggs and poultry, maple syrup and wood-fired pizza. This winter, when not cross-country skiing or lounging in front of a toasty woodstove, I will be baking artisanal farmstead pizzas in our brick oven and preparing the farm for the 2015 growing season. Come spring, in true Vermonter fashion I hope to take on and expand our maple sugaring operation, and in the summer I will be managing the vegetable production, growing for the pizzas, farmers' markets, and a winter CSA.

My time at Sister's Hill has provided me with an incredible foundation on which to balance my next farming endeavor. I can move from task to task efficiently, operate a tractor at least somewhat skillfully, and prioritize a week's worth of goals and tasks to be accomplished. I have gained enough confidence in my abilities to take on the next step and manage crop production for another farmer. Farmer Dave will be a resource that I can rely on for the rest of my career, and the same goes for Audrey and Alison. I realize that these relationships are the most important item I will walk away from this experience with; they will be able to directly relate to the joys and sorrows of my farming journey, from successfully germinating carrots for the first time to losing all my tomatoes to late blight. I cannot wait to share the pending rollercoaster with them.

If you find yourself in the capitol region of Vermont, be sure to stop in and buy a pizza. Until then, thank you all for an absolutely amazing season!

\*\*\*\*\* *From Epicurius.com* \*\*\*\*\*

### **Fried Peppers, Onions and Sausages - Serves 4**

#### **Ingredients**

- 1/4 cup olive oil
- 6 large green or red bell peppers, cut into strips
- 2 medium onions, sliced
- 3 garlic cloves, minced
- 2 tablespoons red wine vinegar
- Salt and pepper
- 2 pounds hot Italian sausage

#### **Directions**

1. Heat oil in heavy large skillet over medium heat. Add peppers, onions, garlic and vinegar and sauté 10 minutes. Cover and cook until tender, about 5 minutes. Season to taste with salt and pepper.
2. Meanwhile, cook sausages in another heavy large skillet over medium-high heat until brown and cooked through, turning occasionally, about 15 minutes. Transfer to platter. Surround with peppers.

\*\*\*\*\* *From Member Linda Bhangdis - Her family loved it* \*\*\*\*\*

### **Squash Gratin—Serves 4**

#### **Ingredients**

- 2 1/4 pounds of winter squash (any winter squash will work)
- 2 slices of bacon 1/8 inch thick
- 4 garlic cloves (unpeeled but crushed)
- 1 sprig of rosemary
- salt
- a handful of dried pumpkin seeds
- freshly ground black pepper
- 1 ounce of pecorino or Parmesan cheese

#### **Directions**

1. Peel 2 1/4 pounds of winter squash and cut into cubes.
2. Preheat the oven to 450°F.
3. In a large ovenproof pot, brown 2 slices of bacon 1/8 inch thick for 5

minutes, turning them over. Add the cubes of squash, 4 garlic cloves (unpeeled but crushed), 1 sprig of rosemary, and a little salt.

4. Cover with parchment paper and put in the oven for 30 minutes.
5. Lower the oven temperature to 350°F, remove the parchment paper, and cook for an additional 30 minutes.
6. In the meantime, heat a dry skillet and toast a handful of dried pumpkin seeds. Cool on paper towels, then crush.
7. When the squash is cooked, take the pot out of the oven and turn on the broiler.
8. Throw away the rosemary and the peel of the garlic cloves.
9. Remove the slices of bacon and cut into small lardons.
10. Mash the squash and garlic with a fork and add the lardons. Stir and adjust the seasoning with plenty of freshly ground black pepper.
11. Sprinkle the top of the gratin with pumpkin seeds.
12. With a vegetable peeler, shave 1 ounce of pecorino or Parmesan cheese into small flakes and sprinkle evenly over the gratin.
13. Put under the broiler for about 2 minutes to brown the top. Serve immediately.

\*\*\*\*\* *From Epicurius.com* \*\*\*\*\*

### **Broccoli and Parsnip Soup**

- 1 pound of broccoli
- 6 cups water
- 1 1/2 teaspoons salt, or to taste
- 3 fresh parsley sprigs
- 3 fresh thyme sprigs or 1/4 teaspoon dried thyme, crumbled
- 1 Turkish or 1/2 California bay leaf
- 1/2 pound parsnips, peeled, halved lengthwise, and cut into 1/2-inch-thick slices
- 1 cup chopped onion (1 medium)
- 1 cup low-sodium chicken broth
- 1/4 teaspoon black pepper, or to taste
- 1/8 teaspoon freshly grated nutmeg, or to taste
- Special equipment: cheesecloth; kitchen string

#### **Directions**

1. Cut off and discard tough lower third of broccoli stems, then peel remaining stem and cut into 1/2-inch-thick slices. Cut remaining broccoli into 2-inch-wide florets.
2. Bring water to a boil in a 4-quart heavy pot, then add broccoli and 1 teaspoon salt and boil, uncovered, until broccoli is just tender, about 5 minutes. Transfer with a slotted spoon to a bowl of ice and cold water to stop cooking, reserving cooking water in pot, then drain broccoli.
3. Wrap parsley, thyme, and bay leaf in a small square of cheesecloth and tie into a bundle to make a bouquet garni. Add to reserved cooking water along with parsnips, onion, and chicken broth and simmer, covered, until parsnips are very tender, 25 to 30 minutes.
4. Discard bouquet garni and reserve 1 cup cooking liquid, then purée remaining soup with broccoli, in batches if necessary, in a blender until