

Bok Choy with Sherry Vinaigrette - 4 servings

Ingredients

- 1 pound bok choy
- 2 teaspoons sherry vinegar
- 1 teaspoon toasted sesame oil
- 1 teaspoon Dijon mustard
- 2 tablespoons peanut oil
- 1 tablespoon minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 tablespoons dry sherry

Directions

1. Trim bok choy & separate stems. Rinse under cold water & dry well. Cut the stems into roughly 2-inch pieces (you should have about 4 cups). Keep the leaves whole. Combine vinegar, sesame oil & mustard in a small bowl; set aside.
2. Heat a 14-inch flat-bottomed wok or large heavy skillet (not nonstick) over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in peanut oil, add garlic and stir-fry until fragrant, about 10 seconds. Add the bok choy stems and stir-fry for 1 minute. Add the leaves and sprinkle with salt and pepper; stir-fry until the leaves are just limp and bright green, about 30 seconds. Swirl in sherry and stir-fry until the stems are just crisp-tender, 30 seconds to 1 minute. Transfer to a serving bowl. Add the reserved vinegar mixture and toss to combine.

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

Strawberry and Arugula Salad with Hazelnut Dressing - Serves 4

Ingredients

- 1/2 cup hazelnuts (3 oz)
- 1 tablespoon Sherry vinegar
- 1 1/2 teaspoons fresh lemon juice
- 1 teaspoon minced shallot
- 1 teaspoon sugar
- 2 tablespoons canola oil
- 2 teaspoons hazelnut oil
- 3/4 lb arugula (9 cups), tough stems discarded
- 1/2 lb strawberries (1 1/2 cups), trimmed and quartered lengthwise
- 1/2 cup mild fresh goat cheese (2 oz), crumbled

Directions

- Preheat oven to 350°F.
1. Roast nuts in a shallow baking pan in middle of oven until golden, 10 to 15 minutes. Rub warm nuts in a kitchen towel to remove skins (don't worry if some skins don't come off). Cool nuts, then coarsely chop.
 2. Whisk together vinegar, lemon juice, shallot, sugar, & salt & pepper to taste. Add oils in a slow stream, whisking until combined well. Toss together arugula, strawberries, hazelnuts, and dressing. Divide salad among plates and dot with goat cheese.



Sisters Hill Farm

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Field notes from Farmer Dave

On behalf of Sister Mary Ann and myself, I'd like to welcome both new and returning members to the start of the 2015 season! We are very excited to be growing food in our 17th season for nearly 300 families including 45 new members this year. Thanks to everyone who helped to spread the word this winter about our fantastic shares!

The crops are looking great thanks to the hard work and dedication to my new crew of apprentices. This year they are Katherine Chui, D. Rooney, and Dev Gingrich. They are all excited to be working hard and soaking up as much farming knowledge as I and the crops can impart on them. Please introduce yourselves to them during farm pick-ups, and thank them for their efforts in the fields. I'm blessed to have a crew that is so passionate, dedicated and teachable. They're going to make great farmers!

As you've surely noticed, this week's share is simply bursting at the seams with lovely greens. The recent heat has brought them along very quickly, forcing us to harvest them at their peak—before they bolt. If you don't own a salad spinner, I'd recommend you purchase one. One of our goals is to give you enough lettuce for salads nearly every week. In my house I simply rip up the lettuce and other greens, wash them, spin them dry, and store the spinner in the fridge until it contents are eaten.

In this week's share you'll also be getting lots of fantastic spinach. In fact, in the past couple of days we have harvested over 400 pounds from just two-200 foot beds. That's 2 pounds for every linear foot of bed! If you can't relate to how dense that is, you can look at pictures of us harvesting it on Facebook. They are beautiful. You'll also be picking up some great arugula this week. Arugula has a nice spiciness that's great in salads and on sandwiches. If you'd prefer it a little milder-- it can be quickly wilted down with a little olive oil, maybe some garlic and some balsamic vinegar. Also, if the amount of greens we are giving this week seems overwhelming, remember that a pound of spinach sautéed for a few minutes will reduce in volume tremendously. (This week's is so tender, despite being huge, that you may want to eat it all in salads though!) One of the less familiar crops you'll receive is bok choy. I like to coarsely chop the

