

cubes

- dash each of dried thyme and dried parsley

Directions

1. Pour the oil into a pot, add the garlic, bread cubes, and herbs. and saute them over low heat for 3 to 5 minutes. Stir and turn constantly.
2. Remove the croutons and keep them in a lightly warm oven until you are ready to use them. Croutons are especially useful as garnish in thick, creamy soups.

*****From Consumer Reports On Health July 2013*****

Kale

Store kale in an airtight container or sealed plastic bag until you're ready to use it. Then wash the leaves before you cut them and blot dry. If you cook kale to release the bitterness (DON'T OVER COOK IT)

KALE WALDORF SALAD - Serves 4 to 6 people.

Ingredients

- 4 cups packed finely chopped raw kale
- 1 large red apple (such as fuji or honey crisp), chopped
- 1 cup thinly sliced celery
- 1/2 cup walnuts, toasted and chopped
- 1/4 cup plus 2 tablespoons raisins
- 2 tablespoons Dijon mustard
- 2 tablespoons water (add more as needed)
- 1 tablespoon red wine vinegar 1/8 teaspoon sea salt

Directions:

1. Place kale in a large bowl. Add half of the chopped apple along with the celery, 1/4 cup walnuts, and 1/4 cup raisins. Put remaining apple in a blender or food processor along with remaining 1/4 cup walnuts, remaining 2 tablespoons raisins, mustard, water, vinegar, and salt. Puree until well combined and slightly thick, adding water if needed. Pour dressing over salad and mix well.



Sisters Hill Farm

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The farm Picnic was a great success! Thanks to all who came. We promise to give you more notice next time!



From the Apprentice Perspective

Hello Sisters Hill Farm CSA members,

Audrey here -- the last of the three apprentices to introduce myself. It's been terrific getting to know some of you from behind the bins full of each week's bounty. Thank you for coming out, sharing in the harvest and thinking about us in the rain -- it's such a pleasure to meet who our home-grown and hard-worked produce is going to.

My experience on the farm has been unimaginably informative with plenty of welcome challenge. I'm slowly learning the skills I'll need for my future farming goals, which excites me to no end. It's a very special time and Dave is a generous teacher; I feel honored to be learning from him. As of late my thoughts and energies have turned towards understanding how to cultivate balance. In the beginning of the season we spent most of our time hashing out a crop plan, preparing fields through fertilization, plowing, and rototilling, in addition to seeding in the warm air of the greenhouse (a pleasant task for those cool spring days). I couldn't have anticipated how inviting and full of life the greenhouse could be, jumping at the chance to drop itty bitty seeds into flats of potting mix. Slowly we transitioned into getting our newly sprouted crops into the ground, adequately watered and weed-free. Tickling (weeding) young plants has become a time for the team to connect with each other, sing songs and ask Dave innumerable questions about farming. Now we're in harvest mode, clear-cutting bok choy and snipping kohlrabi for two distributions a week. Admiring each head of lettuce has become a pastime of mine, gawking at how beautiful and unique each one is, and periodically stopping to take mental snapshots of our gorgeous beds before we pick them clean. In this time of harvesting, I've gleaned how important it is for us to remain diverse in our work and not get too overwhelmed with picking. It's imperative that we continue to seed in the greenhouse and weed our vegetables -- balancing the present abundance with future growth.

But balancing our work is just one piece of the pie, because Mother Nature has

drowned us in a lot of water the past couple of weeks. Water is necessary for the crops and all forms of life, but too much of it can also be detrimental. There's only so much a farmer can do about what's out of our control so for me the trick has been to remember that blue sky and sun are just around the corner. Appreciation for the present and the future is necessary for enjoying the farm life and feeling okay with whatever weather comes our way.

I'd like to sign off with a recipe. The spinach we grow has been on my plate almost everyday this week -- I just can't get enough! Heat up a bit of olive oil in a cast iron pan and throw in a few cloves of crushed garlic until they become golden. Next, add the spinach (don't dry it off) until it almost overflows the pan. Cover and let simmer on low-med heat for a few minutes. Uncover and eat or stir and add more spinach if you like, and simmer for a couple more minutes.

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

Oven-Roasted Flounder with Bok Choy, Cilantro, and Lime

This recipe comes from Linda Bhangdia. We substitute parsley for the cilantro because we don't like the taste of cilantro.

Ingredients

- 1 scallion, thinly sliced
- 1/4 cup coarsely chopped cilantro, plus small sprigs for garnish
- 1/4 cup fresh lime juice
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons unseasoned rice vinegar
- 2 teaspoons finely minced peeled ginger
- 3 1/2 tablespoons vegetable oil, divided
- Kosher salt and freshly ground black pepper
- 1 pound baby bok choy (2-3 bunches), cut in half lengthwise
- 1/2 cup sake or dry white wine
- 4 4-ounce fillets flounder or other delicate white fish (up to 1/2" thick)

Directions

1. Arrange a rack in upper third of oven; preheat to 400°F. Combine scallion, 1/4 cup cilantro, and next 4 ingredients in a small bowl. Whisk in 1 1/2 tablespoons oil. Season cilantro-lime sauce with salt and pepper; set aside.
2. Heat remaining 2 tablespoons oil in a large skillet over high heat until shimmering. Working in batches if needed, add bok choy, cut side down, and sear until golden brown, 2-4 minutes per batch. Turn bok choy cut side up and remove pan from heat. Add sake. Season flounder fillets with salt and pepper and arrange in a single layer over bok choy. Roast in oven until fish is just cooked through, 8-10 minutes.
3. Spoon sake sauce from skillet into the bottom of 4 shallow bowls, dividing evenly. Add bok choy to each bowl, dividing evenly; top each bowl with 1 fish fillet. Spoon some cilantro-lime sauce over fish and garnish with cilantro sprigs. Serve remaining cilantro-lime sauce alongside for drizzling.

*****From *FineCooking in Season Cookbook.com******

Turnips

Turnips may be a humble root vegetable, but they shine in the cool months, bringing an intriguing complexity to seasonal dishes. In frosty weather, the turnip plant converts more of the starch in the root into sugar, balancing its peppery upfront flavor; its open-grained texture does a remarkable job of absorbing the flavors of other ingredients during cooking.

KEEPING IT FRESH

Store turnips in a plastic bag in the refrigerator for up to 2 weeks. If the turnips still have their greens attached, remove them before storing, because they can draw moisture out of the roots. If the turnip greens look fresh, they can be delicious, so store them separately, wrapped in a plastic bag with the air pressed out.

PREPARING

For baby or Japanese turnips, simply trim the roots and tops and rinse.

HOW TO USE

You can think of turnips as you would most root vegetables—good for mashing, braising, roasting, or adding to stews and soups. Roasting is especially good at bringing out turnips' sweetness. Small turnips are delicious raw, either grated or cut into thin slices; they'd make an earthy-sweet change of pace on a crudité platter or as part of a salad, perhaps paired with radishes.

PRESERVING OPTIONS

You can freeze turnips by cutting them into 1/2-inch dice, blanching for 2 minutes, draining, and then packing into airtight freezer bags.

*****From *Twelve Months of Monastery Soups Cookbook******

Potage de Navets (Turnip Soup) – 4 servings

Ingredients

- 1 pound turnips
- 2 onions or shallots
- 1 cup rice
- 1½ quarts water
- 2 cups milk (low-fat can be used)
- ½ cup heavy cream or half-and-half
- 2 tablespoons butter or margarine
- salt and pepper to taste
- croutons (optional; see below)

Directions

1. Slice the turnips in quarters. Place them in the soup pot, add the onions, rice, and water, and boil slowly in a covered pot until vegetables and rice are cooked. Stir from time to time.
2. Take the solid part from the soup, mash it, then put it back into the soup.
3. Add the milk, stirring constantly, while reheating to the boiling point. Add the cream, butter, salt, and pepper and continue stirring for another minute or so. Serve hot. Add a few croutons to each serving as garnish.

Croutons - 6 servings

Ingredients

- 6 tablespoons olive oil
- 2 garlic cloves, minced
- 6 slices French bread (or Italian, or any other of your choice), sliced in