

- 2 pounds beets, (5-6 medium)
- 1/4 cup extra-virgin olive oil
- 2 tablespoons sherry vinegar, or white-wine vinegar
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 1/2 teaspoon salt
- Freshly ground pepper, to taste
- 1 stalk celery, finely chopped
- 1 large shallot, finely chopped

Directions

1. Preheat oven to 400°F. Divide beets between 2 pieces of foil; bring edges together and crimp to make packets. Roast until the beets are just tender when pierced with the point of a knife, about 1 1/4 hours. Unwrap the beets and let cool.
2. Meanwhile, whisk oil, vinegar, mustard, honey, salt and pepper in a small bowl to make dressing.
3. When the beets are cool enough to handle, slip off the skins. Cut into 1/2-inch cubes and place in a large bowl. Add celery, shallot and the dressing; toss to coat well. Serve at room temperature or chilled.

*****From EatingWell.com*****

Parmesan-Squash Cakes - 4 servings

Ingredients

- 1 large egg
- 2/3 cup finely chopped shallots (in place of the shallots use scallions)
- 1 tablespoon chopped flat-leaf parsley
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups shredded seeded summer squash,
- 1/2 cup freshly grated Parmesan cheese
- 1 tablespoon extra-virgin olive oil

Directions

1. Preheat oven to 400°F.
2. Beat egg in a large bowl. Stir in shallots, parsley, salt and pepper. Place shredded squash in the center of a clean kitchen towel; gather up the ends and twist to squeeze out any liquid. Add the squash and cheese to the bowl; stir to combine.
3. Heat oil in a large nonstick skillet over medium heat. Pack a 1/3-cup measuring cup with the squash mixture and unmold it into the pan; gently pat it down to form a 3-inch cake. Repeat, making 4 squash cakes. Cook until browned and crispy on the bottom, 3 to 4 minutes. Gently turn the cakes over and transfer the pan to the oven. Bake for 10 minutes. Serve immediately.



Sisters Hill Farm

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Thank you to all the volunteers who toughed out the rain and joined us for the garlic harvest on Friday! Your help was very appreciated!

Field notes from Alison

As the temperatures steadily creep up and the acres around us come to life at a pace that refuses to yield, it's hard to look at the winter hat tucked away in my closet and remember a time when it was a daily staple. A mere three months ago, the fields, now bursting with vegetables, were still tucked in for their winter slumber and the food on your plate was just a tiny seed nestled away in a seed packet anxiously awaiting its time to shine. The transformation has been unbelievable.

And I mean that in the most literal sense of the word: truly difficult to believe.

I am aware of the fact that I've witnessed this evolution. After all, I have been here each day as the sun rises over the fields, gracefully waking each plant (and the yawning apprentices, too). I have done, more or less, 25% of the seeding, transplanting, weeding and harvesting thus far. It all has taken place right before my very eyes. Yet, last week, when I caught a glimpse of the first blushing cherry tomato peeking out from behind its juvenile, green pals, the disbelief that washed over me could be expressed no more eloquently than with the two little (non?) words, "Nuh. UH!"

My shock, although genuine, is admittedly far from warranted. It's not unheard of that putting a tomato plant in the ground and providing it with the proper nutrients and care will ultimately lead you to...right, tomatoes. I suppose I'm just ceaselessly amazed at the farm's constant evolution; the alchemy that is perpetually taking place on a daily basis. I am grateful for my front row seat as the earth, coupled with our hard work, turns a bunch of small seeds into food for a community.

Our days have been warming up here on the farm, and the past week has delivered temperatures that require a few more water bottle refills, some extra sunscreen and a refreshing new use for the irrigation: a farmer cool-off system. We've hay mulched all of our eggplant, weeded the peppers and melons to perfection, and celebrated the arrival of carrots! There is still a lot to be done, but with such tangible rewards waiting around the corner (watermelon, anyone?!) I find myself eager as ever to start each new day and to watch as the farm continues to grow. Enjoy the tastes of summer, everyone!

*****From EatingWell.com*****

Honey-Mustard Vinaigrette - About 1/2 cup

Ingredients

- 1 clove garlic, minced
- 1 tablespoon white-wine vinegar
- 1 1/2 teaspoons Dijon mustard, (coarse or smooth)
- 1/2 teaspoon honey
- 1/8 teaspoon salt
- Freshly ground pepper, to taste
- 1/3 cup extra-virgin olive oil, or canola oil

Directions

1. Whisk garlic, vinegar, mustard, honey, salt and pepper in a small bowl. Slowly whisk in oil.

*****From EatingWell.com*****

Hot & Sour Carrots - 4 servings, about 1 cup each

Ingredients

- 2 tablespoons distilled white vinegar
- 1 tablespoon black bean-garlic sauce (see Note)
- 1 tablespoon canola oil
- 1 pound carrots (5-6 medium), cut lengthwise into 3-by-1/4-inch sticks
- 1 medium white onion, thinly sliced
- Hot pepper flakes to taste

Preparation

1. Combine vinegar and black bean-garlic sauce in a small bowl.
2. Heat oil in a large skillet over medium high heat. Add carrots, onion and crushed red pepper and cook, stirring often, until the vegetables are beginning to brown, 5 to 7 minutes. Add the sauce and cook, stirring, until the vinegar has evaporated, 30 seconds to 1 minute.

*****From EatingWell.com*****

Apple, Carrot & Cabbage Chopped Salad - 6 servings

Ingredients

- 2 1/2 tablespoons extra-virgin olive oil
- 1 tablespoon orange blossom water or orange juice
- 2 teaspoons white-wine vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cumin
- 3 cups shredded carrots (3-4 medium)
- 1 cup chopped red cabbage
- 1 large crisp red apple, chopped
- 1 cup sunflower sprouts
- 1/2 cup fresh cilantro leaves
- 3 tablespoons sunflower seeds, lightly toasted
- Freshly ground pepper to taste

- Lime wedges for serving

Directions

1. Whisk oil, orange blossom water (or orange juice), vinegar, salt, cinnamon and cumin in a large bowl.
2. Add carrots, cabbage, apple, sunflower sprouts, cilantro and sunflower seeds; toss to combine with the dressing. Season with pepper. Serve with lime wedges, if desired.

*****From EatingWell.com*****

Cabbage Slaw - 4 servings, about 1/2 cup each

Ingredients

- 2 cups finely shredded green cabbage
- 1/2 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red onion
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper

Directions

1. Toss cabbage, bell pepper, onion, vinegar and oil in a large bowl. Season with salt and pepper; toss again to combine.

*****From EatingWell.com*****

Salad of Mâche & Beets - 6 servings

Ingredients

- 2 tablespoons finely chopped shallot
- 2 tablespoons red-wine vinegar
- 2 tablespoons cranberry juice cocktail, or water
- 1 tablespoon whole-grain mustard
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 6 small cooked beets, peeled and cut into thin sticks
- 1 hard-boiled egg (see Tip),peeled
- 9 cups mâche (lamb's lettuce), or Boston lettuce (use our salad mix for salad)

Directions

1. Whisk shallot, vinegar, cranberry juice (or water) and mustard in a small bowl. Slowly whisk in oil. Season with salt and pepper. Pour half of the dressing into a separate bowl and set aside. Marinate beets in the remaining dressing for at least 1 hour and up to 6 hours.
2. Just before serving, use a rubber spatula to press egg through a coarse strainer into a small bowl. Toss the reserved dressing with the mâche (or Boston lettuce). Arrange on 6 salad plates. Divide the marinated beets over the lettuce and garnish with some of the sieved egg and a grinding of black pepper.

*****From EatingWell.com*****

Beet Salad - 8 servings, 1/2 cup each

Ingredients