

- pan over low heat until the butter is melted.
3. For a rustic texture, return the celery root and rutabaga to the pan and mash with a potato masher to the consistency you like.
 4. For a smooth texture, purée the celery root and rutabaga in a food processor until smooth, about 5 minutes, and then add them to the pan, stirring well to combine.
 5. Season to taste with salt and white pepper and thin with additional milk, if necessary, before serving.

*****From *Fine Cooking in Season cookbook******

Parsnip Mash with Dijon and Honey—Serves 4

Ingredients

- 2 lb. parsnips, peeled, and cut into 1-inch pieces
- Kosher salt
- 2 oz. (4 Tbs.) unsalted butter, cut into 4 pieces; more for serving
- 2 Tbs. heavy cream
- 1 Tbs. Dijon mustard
- 2 tsp. honey
- Freshly ground white pepper

Directions

1. Put the parsnips in a 4-quart saucepan and fill two-thirds full with cool water. Add 1 tsp. salt and bring to a boil. Turn the heat down and cook at a gentle boil until the parsnips can be easily pierced with a fork, about 7 minutes.
2. Drain well in a colander, letting the steam rise off for a few minutes. Meanwhile heat the butter, cream, mustard, honey, 1 tsp. salt, and 1/2 tsp. white pepper in the saucepan over low heat until the butter is melted. For a rustic texture, return the parsnips to the pan and mash with a potato masher to the consistency you like.

For a smooth texture, purée the parsnips in a food processor until smooth, and then add them to the pan, stirring well to combine. Season to taste with more salt and pepper, and a pat of butter if you like.



Sisters Hill Farm

127 Sisters Hill Road, PO Box 22, Stanfordville, NY

November 2, 2013
November 5, 2013

The Farm's phone 845-868-7048
<http://sistershillfarm.org>

Edited by: Bob & Joan Cohen
cohenrd98@comcast.net
845-724-3518

Today is the **last regular pickup of the season!** We sincerely hope you enjoyed your shares! Don't forget, you can enjoy one last taste of the farm—a **Thanksgiving Bonus Share on November 23rd from 8-11AM** (at the farm) if you renew your share before November 20th. We expect to fill up pretty early next year, so renewing now is the best way to make sure you don't miss out!

A Message from Sister Mary Ann

As we come to the end of our 15th season, my heart is filled with gratitude for another bountiful harvest—the fruit of so many at Sisters Hill Farm. Thank you to all shareholders for joining us in our mission to provide wholesome and nutritious food, and for your donations which help to provide vegetables for those in need. We are grateful for the many volunteers who have helped to plant and harvest while enjoying and meeting other shareholders. A special thank you to Debbie and her co-workers at the Ritz –Carlton Hotel Central Park for their volunteer days at the farm. Thank you to Bob and Joan for our newsletter and to so many others who have helped us in so many different ways. We are grateful.

Each year we are blessed with wonderful apprentices. We thank you Audrey, Rose, and Julia, for your tireless efforts and hard work, and for the inspiration you have given us through your insightful essays. During this autumn season of “letting go,” we are sad to see you leave us. We wish you well as you move forward to another “season” of your life. Over the years some of our apprentices have returned for a second season to learn more from Farmer Dave. I am pleased to announce that Audrey will be with us starting in December as Dave's assistant. Welcome Audrey.

We are grateful for the Sisters of Charity of New York. Fifteen years ago they took a risk and said “yes” to the proposal for a “non-traditional” ministry, and offered the use of the land and the barns to begin a farm. We are proud of our farm - our care for the earth, our efforts to create a sustainable future, our training of beginning farmers, and for the wonderful shares we provide for our shareholders.

None of this could happen without the incredible talent and dedication of

our Farmer Dave, who gives himself so completely to the mission of the farm. Thank you, Dave. Words cannot adequately express our gratitude. Thank you for the gift you are to Sisters Hill Farm and to all of us who know you.

This farm is a gift to all of us. Know that you are always welcome to spend time here and to enjoy the peace and serenity it brings.

IT'S MORE THAN VEGETABLES!

Have a Happy Thanksgiving.

Well, here it is, folks: our last newsletter of the season. Fields are tilled up,



From the Apprentices' Point of View

leaves have fallen, and we're greeted most mornings by frost thick on the ground. There have been new tasks to complete in these last few weeks: dismantling our wash station each night so that it doesn't freeze solid, covering most of the remaining vegetables in protective layers of row cover... It's amazing how much it feels like we've come full circle—the farm looks much like it did when we first came in April, with mostly bare fields and bare trees all around. We're also harvesting some of the same cold-weather crops: greens, broccoli, radishes.

With the end of one season, we apprentices have also been looking forward to our futures. During our time here at Sisters Hill, we have learned that being a farmer can require many different things of a person. Sometimes, you're an environmentalist, sometimes you're a handyman (or woman), sometimes you're an entrepreneur. While harvesting leeks the other day, we apprentices were discussing the image of the farmer in contemporary America: on the whole, people see farmers as hard-working people with strong values, yet many also picture our lives as full of struggle and hardship.

Looking back over the past seven months, I can assure you that this needn't be the case. Here at Sisters Hill Farm, I've enjoyed a better quality of life and been measurably happier than I ever was in my non-farming life; it may not be the life for everyone, but it's certainly the life for me. Through Farmer Dave's inspiring teaching and example, we've learned what a well-managed farm can be, and as you all know, it's a beautiful sight. But one of the benefits of education by apprenticeship is that we have had the chance to learn not just from him, but as we became part of the life of the farm, we also learned from the community around it.

And that brings me to the positive opinion people have of farmers: This year, I have been amazed by all the support, respect, and friendship we have received from all of you folks. Just the fact that you have been a part of our CSA program, and put your faith and trust in us to bring you responsibly-produced vegetables has been incredibly inspiring. It's given me a great deal of hope in my future in farming, and in the future of sustainable farming in general. So thanks once again for helping to make this incredible season possible, and I wish you all

the very best in the coming season and the coming years!

From all of us apprentices, thanks to everybody for a great season! Feel free to drop us a line, or reach out with farming opportunities:

Audrey: audreymbberman@gmail.com

Julia: jul3306@gmail.com

Rose: skarabush@gmail.com

******From Fine Cooking in Season cookbook******

Parsnips

A parsnip may lack the color of its cousin the carrot, but its flavor is powerful—at once earthy and sweet, with a hint of a spice, almost cinnamony. And cooking with parsnips is a pleasure because they respond beautifully to so many methods.

Keeping it Fresh

Refrigerate your parsnips in a plastic bag until you're ready to use; they'll keep this way for several weeks.

Preserving Options

You can freeze parsnips by cutting them into small cubes, blanching for 2 minutes, draining well, and then sealing in airtight freezer bags.

******From FineCooking.com******

Celery Root and Rutabaga Mash - Serves 4

This combination of Autumn root vegetables in an excellent addition to your Thanksgiving menu.

Ingredients

- 1 lb. celery root, peeled and cut into 1-inch pieces
- 1 lb. rutabaga, peeled and cut into 1-inch pieces
- Kosher salt
- 1/3 cup whole milk; more as needed
- 2-1/2 oz. (5 Tbs.) unsalted butter, cut into 4 pieces
- 1 small clove garlic, minced
- 1 pinch celery seed
- Freshly ground white pepper

Directions

1. Put the celery root and rutabaga in a 4-quart saucepan with enough cool water to cover by at least 1 inch. Add 1 tsp. salt and bring to a boil. Turn the heat down and cook at a gentle boil, skimming off any white foam that rises, until the vegetables can be easily pierced with a fork, about 25 minutes.
2. Drain in a colander, letting the steam rise off for a few minutes. Meanwhile, heat the milk, butter, garlic, celery seed, and 1 tsp. salt in the sauce-