

2. Remove the stems from the kale and discard (you can save for smoothies if you are hard core!). Finely chop the kale leaves (the smaller, the better!).
3. Wash the kale and spin dry. Place dried kale into a large bowl.
4. For the dressing: In a mini food processor, process the garlic until minced. Now add the lemon, oil, salt, and pepper and process until combined. Adjust to taste, if desired. Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons. Keep mixing for about 1 minute to ensure everything is coated perfectly.
5. For the pecan parm: Rinse out the mini processor and pat dry. Add the pecans into the processor and process until the pecans are the size of peas or a bit larger. Now add in the nutritional yeast, oil, and salt and process again until it's a coarse crumb. Be sure not to over-process - we still want a nice crunchy texture here, not powder.
6. Sprinkle the pecan Parmesan all over the salad. Toss on a handful or two of dried cranberries. Wrap and place in the fridge for 30-60 minutes to soften. I tried letting this salad sit overnight in the fridge and I greatly preferred the flavour of the salad served *the day of*, so I **don't** recommend making this salad the day before and letting it sit in the fridge overnight.

Note: 1) Instead of a mini processor, you can chop/whisk the dressing and pecan "parmesan" by hand. 2) For a nut-free version, try using breadcrumbs instead of pecans.

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

**Spinach Gunge** - Makes 4 servings as a side dish  
**ingredients**

- 1/4 cup (1/2 stick) unsalted butter
- 2 pounds fresh spinach, stemmed
- 1 1/2 cups (lightly packed) grated Pecorino, Parmesan, or Manchego cheese (about 3 ounces)
- 1/4 cup crème fraîche
- 1 teaspoon Dijon mustard
- Kosher salt and freshly ground black pepper

**Directions**

1. Melt butter in a large pot over medium-high heat. Working in 4 batches, add spinach to pot, tossing to wilt between batches. Stir in cheese, crème fraîche, and mustard.
2. Using an immersion blender, regular blender, or food processor, purée spinach mixture until very smooth. Season to taste with salt and pepper.



## Sisters Hill Farm

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

October 4, 2014  
 October 7, 2014

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**Join us this Saturday October 11th at 3PM for our final Farm Barbeque Picnic! Bring a side dish or desert to share, plus a plate and a chair! We'll have a bonfire for s'mores, games for children and adults alike, and a short farm tour. Bring an instrument or musical talent if you'd like to share one too!**

*Field notes from Audrey*

My grandparents were just in town paying me a visit on the farm. It's always great to see them, especially because they contain so much living history. In their brief time here, we picked apples, hiked along the Poets' Walk, and I gave them an in depth farm tour where we requisitely sampled some farm produce. It just so happened that as my grandfather bit into a cucumber, he was transported back in time and was reminded vividly of a favorite childhood dish -- cucumbers drizzled with sunflower oil, mixed with some onions, vinegar and salt that had been macerating for a day or two, served with a steaming hot baked potato slathered in fresh cream that had just been pulled from the cow that morning. It wasn't only this homegrown meal that he remembered but also his aunt who cooked the meal, and the timing of how it was prepared, not to mention the conversation they had while eating.

It was in this memory recalled that I was brought back to one of the reasons why I was initially drawn to farming. Food can be a vehicle for memories, encompassing loved ones (both here and gone) and special occasions, new and familiar people and places as well as family traditions. Sometimes food can even remind us of times we don't care to remember like food poisoning or that time when I was in first grade and was served some excessively mushy canned green beans in the school cafeteria that made me swear them off until just last year. Food contains life -- not only in the sustenance it provides us with but also in its ability to contain those long forgotten memories and events. We can attach infinite memories to food because it's that thing that we do three times a day, seven days a week for our entire existence -- it plays such an integral role in our lives which is why I've chosen to spend my life growing the best kind.

I'm also reminded of Proust who wrote so elegantly in "Remembrance of Things Past" about the madeleine dipped in tea his

mother serves him that brings to his mind a time long forgotten.

"And once I had recognized the taste of the crumb of madeleine soaked in her decoction of lime-flowers which my aunt used to give me (although I did not yet know and must long postpone the discovery of why this memory made me so happy) immediately the old grey house upon the street, where her room was, rose up like the scenery of a theatre to attach itself to the little pavilion, opening on to the garden, which had been built out behind it for my parents (the isolated panel which until that moment had been all that I could see); and with the house the town, from morning to night and in all weathers, the Square where I was sent before luncheon, the streets along which I used to run errands, the country roads we took when it was fine. And just as the Japanese amuse themselves by filling a porcelain bowl with water and steeping in it little crumbs of paper which until then are without character or form, but, the moment they become wet, stretch themselves and bend, take on colour and distinctive shape, become flowers or houses or people, permanent and recognisable, so in that moment all the flowers in our garden and in M. Swann's park, and the water-lilies on the Vivonne and the good folk of the village and their little dwellings and the parish church and the whole of Combray and of its surroundings, taking their proper shapes and growing solid, sprang into being, town and gardens alike, all from my cup of tea."

Proust finds so much history in such a small snack, which he conveys to us with his remarkable capacity to remember and also describe such a vivid picture of his past. It is my goal to facilitate the savoring of memories for you by feeding you wholesome and fresh food, and most of all, in the present moment creating many meals shared with family, good friends and strangers alike. I want you and your families to cultivate memories with the food we grow, and that maybe if you happen to spend some time away from it, you can come back and recall some time in your life that was special (as you dig into a savory baked potato or a juicy tomato salad). Food is meant to nourish our bodies, but why not let it nourish our minds and its memories as well?

\*\*\*\*\**From HighGroundOrganics.com*\*\*\*\*\*

**“Quick Braised” Mei Quin Choi and Leeks**—Serves: 4

#### Ingredients

- 3-5 small to medium heads mei quin choy (around 1-1½ pounds), bottoms trimmed and split lengthwise. If halves are wider than 2 inches, split into quarters
- Grape seed or other neutral flavored oil, as needed
- 1 leek, white part only, split lengthwise and sliced lengthwise into very thin ribbons then washed
- ½ tablespoon finely minced peeled ginger
- ¼ cup shaoxing (Chinese cooking wine) or white wine such as sauvignon blanc or pinot grigio, or sake
- 2 tablespoons oyster sauce  
1 teaspoon sugar
- ½ cup vegetable stock or water
- 1 teaspoon cornstarch
- 1 teaspoon cold water

#### Directions

1. Mix together the corn starch and cold water to make a “slurry”. Reserve near the stove.
2. Heat a large skillet or wok that has a tight fitting lid over medium-high heat. When the pan is hot, film it with oil. When the oil is hot, add the leek ribbons and stir-fry until wilting, around 30 seconds.
3. Add the ginger and cook until fragrant, being careful not to burn it.
4. Add the mei quin and cook until the sections pick up a little color, around 1 minute. Add oil if needed to do this.
5. Add the wine to the pan and bring to the boil. Sprinkle in the sugar and add the oyster sauce and stir in.
6. Add the stock or water and bring to a simmer. Cover the pan and gently cook for 5 minutes.
7. Remove the top and use a slotted spoon or skimmer to remove the vegetables to a serving platter.
8. Slowly drizzle the slurry into the pan liquid, stirring all the while to prevent clumping.
9. Raise the heat and bring the pan to the boil. (The sauce should thicken very quickly.)
10. Once the sauce boils, pour it over the vegetables and serve hot.

**Chef’s Notes:** Serve it with rice or noodles. You could add chunks of tofu when you add the liquid if you wish, or you could add snow peas. You can use 1 TBS of Worcestershire sauce of thick soy sauce in place of the oyster sauce.

\*\*\*\*\**From OhSheglows.com*\*\*\*\*\*

#### **The Best Shredded Kale Salad with Pecan Parmesan and Cranberries**

*If you are making this salad for more than 4 people, I suggest doubling it. I felt like I could've had half of the lot just on my own...*

**Yield: 4 small bowls**

#### Ingredients

For the salad & dressing:

- 2 medium bunches destemmed Lacinato/dinosaur kale, finely chopped (8 cups chopped)
- 2 large garlic cloves
- 1/4 cup fresh lemon juice (from 1 lemon)
- 3-4 tablespoons extra virgin olive oil, to taste
- 1/4 teaspoon fine grain sea salt
- 1/4 teaspoon freshly ground black pepper (just eyeball it)
- 1-2 handfuls dried sweetened cranberries, for garnish

For the pecan parmesan:

- 1 cup pecan halves, toasted
- 1.5 tablespoons nutritional yeast
- 1 tablespoon extra virgin olive oil
- 2 pinches fine grain sea salt

#### Directions

1. Preheat the oven to 300F. Spread the pecans onto a baking sheet and toast in the oven for 8-10 minutes until fragrant and lightly golden.