

- 2 tablespoons mayonnaise
- 2 tablespoons cider vinegar
- 2 tablespoons minced shallot
- 1 tablespoon sugar
- 3 tablespoons finely chopped chives
- 1 pound Napa cabbage, cored and thinly sliced crosswise (4 cups)
- 6 radishes, diced
- 2 celery ribs, thinly sliced diagonally

Directions

1. Whisk together buttermilk, mayonnaise, vinegar, shallot, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl until sugar has dissolved, then whisk in chives.
2. Toss cabbage, radishes, and celery with dressing.

*****From Joan our editor*****

Kohlrabi is an annual vegetable, a stout cultivar of cabbage. It can be eaten raw as well as cooked. Edible preparations are made with the stem, leaves, and bulb.

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

Cider & Honey Kohlrabi Slaw with Radicchio

Ingredients

- 1/4 cup cider vinegar
- 3 tablespoons honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon celery seeds
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 3 tablespoons extra-virgin olive oil
- 2 medium kohlrabi (about 1 1/4 pounds), peeled
- 2 medium carrots
- 1 small head radicchio
- 1/4 cup roasted unsalted sunflower seeds (see Tip)

Directions

1. Whisk vinegar, honey, mustard, celery seeds, salt and pepper in a large bowl. Slowly whisk in oil until combined.
2. Use a box grater or a food processor fitted with a shredding disk to coarsely shred kohlrabi and carrots. Cut radicchio in half lengthwise, core and thinly slice. Add the vegetables to the bowl and toss well to combine.
3. Sprinkle with sunflower seeds.

Tips & Notes

- **Make Ahead Tip:** Refrigerate up to 2 hours; top with sunflower seeds just before serving.
- Add toasted nuts or seeds to salads right before serving so they stay delightfully crunchy.



Sisters Hill Farm

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<https://sistershillfarm.org>
845-868-7048

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

The Apprentice Perspective

It's hard to imagine after a couple beautiful weeks of warm sunshine, but our first day of work brought four inches of snow. Throughout the first few weeks we cut back trees, worked on tractor maintenance, and spent time in the greenhouse seeding and potting up. While the work was rewarding in terms of personal growth and production capability, at times it felt like we were prodding along without a consistent focus and no real rhythm to our work.

As the warm days have become more constant, so too has our workload. The days we start at six and harvest until lunch and beyond are so much fun. What's most incredible to me is the working chemistry that has developed between the four of us in the past two months. Miscommunications are few and far between and usually trivial. We talk as we work but are now able to transmit and predict desires without expressing them verbally. This is what it feels like to be in a rhythm while working. We work efficiently and effectively with no question of what's next.

Earlier this week, Dave was talking about being interrupted by a phone call while mountain biking. He said he was feeling in the zone and once off the phone couldn't reach that peak again. He related this feeling to farming tasks, specifically on tractor, citing the kind of focus necessary for rototilling, marking, or basket weeding. Of course it's not the same sort of mental place that a great athlete gets into, but there is a focus and toughness required to accomplish everything we do and that high level of concentration can be fickle. I think what Dave was saying is true in day-to-day tasks but is also true in a larger sense. The communal mental awareness we've cultivated as a team is impressive. It makes working together so incredibly enjoyable and I am very thankful to be a part of it.

It is important to note that the rhythm we have gotten into will likely be broken up at some point by weather, an unforeseen dilemma, or simply and hopefully by the end of the season. I think it is rare to appreciate these moments while in them, we often only notice their absence. I am so grateful for the opportunity to be a part of this incredible team and a part of the close community that comes with it.

When we started on that snowy day in April, I think I recognized that there would be immense knowledge available for me to grasp here. I have already learned so much about farming and it's still just the beginning of the season. However, there was no way I could have predicted the level of communication and camaraderie that has developed between us. I am so fortunate and thankful to be here and I hope appreciating these moments as they occur will help to encourage more of them. —*Sam Allison*

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

Spinach & Cheese Breakfast Skillet - 1 serving

Ingredients

- 1 small russet potato (about 9 ounces), scrubbed (skin left on)
- 1 slice bacon
- 1 tablespoon extra-virgin olive oil
- 3 cups baby spinach
- 1/8 teaspoon salt
- 2 large eggs
- 2/3 cup shredded Cheddar cheese (1 1/2 ounces)
- Freshly ground pepper

Directions

1. Prick potato in several spots with a fork; microwave on High for 4 minutes. Let cool for 5 minutes, then chop into 1/2-inch cubes.
2. Meanwhile, cook bacon over medium-high heat in an 8-inch cast-iron skillet until crisp. Remove the bacon from the skillet, but leave the bacon drippings in the pan. Add oil and diced potatoes and cook, stirring frequently, until the potatoes are browned, about 5 minutes. Add spinach; stir to combine and just wilt, about 1 minute. Season with salt.
3. Make 2 wells in the center of the hash and crack one egg into each well. Reduce the heat to medium and cook until the eggs are partially set, 2 to 3 minutes. Sprinkle with cheese, cover and cook until the cheese is melted and the egg whites are completely set, 1 to 2 minutes.
4. Chop the bacon and sprinkle on top. Garnish with a generous grinding of pepper.

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

Arugula Pesto - About 1 cup, for 8 servings

Ingredients

- 1 clove garlic, peeled
- 5 cups baby arugula
- 1/2 cup finely shredded Asiago cheese
- 1/4 cup toasted pine nuts (see Tip)
- 1/4 cup extra-virgin olive oil
- 1/4 teaspoon salt

Directions

1. With the motor running, drop garlic through the feed tube of food processor; process until minced. Stop the machine and add arugula, cheese, pine nuts, oil and salt. Pulse and then process, scraping down the sides as necessary, until the mixture is a smooth paste.

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

Chicken Broth-Braised Baby Turnips

Ingredients

- 14 ounces small new turnips, all about the same size for even cooking, peeled
- 1/4 ounce superfine sugar
- 1 pinch fine salt
- 3 tablespoons butter
- 1 1/4 cups chicken broth, preferably homemade
- 3-6 tablespoons pan drippings from a roast chicken, or 2 tablespoons olive oil
- 1 tablespoon flat-leaf parsley, chopped

Directions

1. Peel the turnips and put them in a large bowl with the sugar and pinch of fine salt. Toss to coat the turnips thoroughly.
2. In a large pot, melt the butter. When it is blond and foamy, add the turnips to the pot in a single layer and brown on all sides. When they are golden brown, add a third of the chicken broth and cook, covered, over low heat until the broth has been completely absorbed. Repeat a second and then a third time: When this is done, the turnips are cooked. (Turnips should never be left dry in the pot. If the broth reduces too quickly, add a bit of water when necessary.)
3. Drizzle with a few spoons of chicken jus or olive oil and bring to a simmer. When it begins to bubble, sprinkle with parsley and serve immediately.

*****From Joan our editor*****

Chinese Cabbage (Napa Cabbage)

Chinese cabbage is confusing at best. It is sometimes confused with a well-known subspecies, *Chinensis* (bok choy). Chinese cabbage has crinkly, thickly veined leaves that are cream-colored with celadon green tips. Unlike the strong-flavored waxy leaves on round heads of cabbage, Chinese cabbage is thin, crisp, and delicately mild.

HOW TO SELECT: Choose firm, tightly packed heads with crisp, green-tipped leaves.

HOW TO STORE: Refrigerate, tightly wrapped about 3 days.

HOW TO PREPARE: Use raw, sauté, bake, or braise.

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

Napa Cabbage Salad with Buttermilk Dressing

Ingredients

- 1/2 cup well-shaken buttermilk