

5. Zest the lemon into the pot, then halve it and squeeze in its juice. Taste soup and add more salt if needed. Ladle soup into bowls and top with a drizzle of oil, grated cheese and a pinch of Chile powder.

*****From CullinaryHill.com*****

Baby Bok Choy Salad With Sesame Dressing

This Baby Bok Choy Salad is full of crunchy almonds, ramen noodles, and a sweet Sesame Dressing. It's like Chinese takeout in salad form!

Ingredients

For the Sesame Dressing

- ¼ cup light brown sugar
- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons toasted sesame seeds (see notes)
- 1 tablespoon soy sauce

For The Baby Bok Choy Salad

- 2 tablespoons olive oil
- 1 package ramen noodles, crumbled, seasoning packet discarded
- ¼ cup sliced almonds
- 1 bunch baby bok choy, sliced (5 – 6 bulbs)
- 5 scallions, chopped

Directions

1. To make the dressing, in a small bowl or in a jar with a tight-fitting lid, combine brown sugar, olive oil, vinegar, sesame seeds, and soy sauce. Allow flavors to blend at room temperature while preparing the rest of the salad.
2. Meanwhile, heat 2 tablespoons olive oil in a large sauce pan over medium heat until shimmering. Reduce heat to low. Add ramen noodles and almonds; sauté until toasted, about 10 minutes, stirring frequently to avoid scorching.
3. In a large bowl, combine baby bok choy, scallions, and crunchy mix. Drizzle salad dressing over the top and toss until uniformly combined. Serve at room temperature

Notes:

- You may purchase toasted sesame seeds or toast regular sesame seeds yourself. To toast sesame seeds, place in a dry skillet over the lowest possible heat and shake frequently until lightly golden brown, 10 to 15 minutes.
- To make ahead, mix Sesame Dressing and store covered in the refrigerator. The baby bok choy and scallions may be chopped and store separately in containers in the refrigerator. The crunchy mix may be toasted ahead of time, cooled, and stored at room temperature. I recommend that you prep the ingredients no more than 1 day ahead of time.
- To make the salad gluten free, leave out the ramen noodles and sub GF soy sauce.



Sisters Hill Farm

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Next Saturday June 24th at 5PM will be our first farm picnic of the season. We will be celebrating Sister Mary Ann's retirement. We'll have great live music, barbecued local meats, and lots of good food, games and conversations to share. Please bring a side dish or dessert to share.

The Apprentice Perspective

One final paragraph of advice: do not burn yourselves out. Be as I am - a reluctant enthusiast....a part-time crusader, a half-hearted fanatic. Save the other half of yourselves and your lives for pleasure and adventure. It is not enough to fight for the land; it is even more important to enjoy it. While you can. While it's still here. – Edward Abbey

The quote above is part of the background of my laptop. I read it almost everyday and in the past it has served to motivate me to go out after a long day of farm work and find pleasure in the natural world. Since moving to Stanfordville I have found myself heading out for a run through Buttercup Audubon Sanctuary or a quiet stroll through Innisfree Gardens. Caring for the earth through the cultivation of healthy, fresh, delicious food is a mission that is planted deep within my core, but oftentimes I get overwhelmed with all that I still have to learn on my farming journey. I often get caught up in reading books, watching videos, or listening to podcasts in my free time. I lose myself as I work to expand my knowledge of farming practices and techniques. Although that time is critical to my development as a farmer it is important to come back to mindfulness. Making a little time to slow down and adventure in the natural world that I work so hard to protect each day will help me to have more enthusiasm and clarity in my work.

I read this quote one morning last week before work. It was one of the first really warm days of the spring, necessitating an earlier start than before. The alarm had been a little harsh that morning, but Abbey's quote hit me in a very specific way. I realized that I don't have to wait until after my farm work is complete to enjoy the land. I can take a second or two here and there to enjoy this land because that is one of the joys of having a job that brings me outside. That day I took a few moments to observe the clouds and to listen to the birds and to really feel the earth beneath my boots.

That evening I left my windows and blinds open to soften the blow of the morning alarm clock with the gentle increase in light and bird sounds. I walked out of the door for work and took a deep and silent breath to enjoy the crisp morning air and the soft morning sounds. I had the joy of spending the morning among the vegetables while their still damp leaves glistened with dew in

the early morning light. I stopped occasionally to look at the clouds making their journey across the sky and to enjoy the dance of the trees in the wind. I really appreciate that farming brings me out into this natural world and that it necessitates that I observe subtle changes in the plants, the soil, and the weather. I am working to be mindful of the immense privilege that I have to immerse myself in the natural world all day every day and to be mindful and take a few moments throughout my day to take that in. – Isabel

******From GardeningAbout.com******

What are Garlic Scapes?? How do you use them?? What Do You Do with Them??

Hardneck garlic plants produce a stalk known as a garlic scape that is surprisingly tasty and versatile to use in the kitchen. Garlic scapes start to form in early June. They start off growing somewhat straight and then start curving in circles. Most gardeners cut the scapes off of their garlic plants, since leaving them on only diverts the plants strength and energy away from forming a plump bulb. Just dice up the whole thing and use them for a mild garlic flavor.

******From HealthyLivingMarket.com******

Garlic Scape Soup with Fresh Spinach

If you are wondering what to do with those lovely loopy green stalks with the elegant bud and taper on the tip, here is one solution. This is a bright green soup with lots of flavor and nutrients.

Directions

Heat the butter or oil in a large soup pot over medium heat, then add the scapes and sauté for 2 minutes. Add the potatoes and stock, cover and simmer for about 20 minutes until the potatoes are cooked through. Remove pot from heat, add the chopped spinach leaves and puree using an immersion blender or table top blender (in batches). Season with lemon juice, salt and a few grinds of black pepper. Whisk in the heavy cream. Taste and add salt, lemon juice and/or pepper as needed

******From FarmerDaves.net (not ours)******

Easy Garlic Scape Soup with Thyme _ serves 2

This soup enhances the delicate garlic-asparagus flavor of the scapes. If you don't have quite enough scapes, try adding green onions or even asparagus.

- 1 1/2 cups garlic scapes, cut into 2-inch pieces
- 1/2 medium onion, chopped
- 1 1/2 teaspoons olive oil
- 1/2 teaspoon fresh thyme leaves
- 1 1/2 cups chicken broth
- 1/2 cup cream
- Salt and pepper to taste

Directions

1. Sauté garlic scapes and onion in the olive oil until soft
2. Add thyme
3. Puree vegetables in blender or food processor,
4. Add chicken stock as needed to make smooth paste
5. Return to pan and add remaining chicken broth
6. Bring to simmer then add cream
7. Adjust seasoning to taste

******From abc.go.com/shows/the-chew/recipes.com******

Kohlrabi Slaw

Use the fresh ingredients of the summer to change up your normal slaw recipe!

ingredients

Ingredients

- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 2 tablespoons olive oil
- 1 shallot (thinly sliced)
- 2 bulbs kohlrabi (bulbs peeled and grated, leaves thinly sliced)
- 1 granny smith apple (cored and grated)
- 2 tablespoons roughly chopped parsley
- kosher salt and freshly ground black pepper

Directions

1. Whisk together the cider vinegar, Dijon and olive oil. Season with salt and pepper then add the sliced shallots.
2. Mix to combine then let the shallots sit in the vinaigrette for 5 minutes. After 5 minutes, mix in remaining ingredients.
3. Season with salt and pepper and serve.

Tip: the kohlrabi bulb has a similar flavor to broccoli stalks and cabbage.

******From cooking.nytimes.com******

Caramelized Kohlrabi Soup

Ingredients

- 3 pounds kohlrabi, turnips or a combination, peeled and cut into 1-inch cubes
- ¼ cup extra-virgin olive oil, more as needed
- 1 ¾ teaspoons kosher salt, more to taste
- ½ teaspoon black pepper
- 1 large white onion, peeled and diced
- 3 garlic cloves, minced
- 2 cups vegetable or chicken stock (or use water)
- 1 bay leaf
- 1 small lemon, preferably a Meyer lemon
- Grated Parmigiano-Reggiano, as needed
- Smoky Chile powder, as needed

Directions

1. Arrange an oven rack 4 to 6 inches from the broiler. On a rimmed baking sheet, toss together kohlrabi, 2 tablespoons oil, 3/4 teaspoon salt and the black pepper. Transfer to oven and broil until very well browned, about 10 minutes total, tossing halfway through cooking. (Watch carefully to see that they do not burn.)
2. Meanwhile, heat the remaining 2 tablespoons oil in a medium pot over medium-high heat. Add the onion and cook, stirring frequently, until soft, about 7 minutes. Stir in garlic and let cook for 1 minute.
3. Add roasted kohlrabi, stock, 3 cups water, the bay leaf and 1 teaspoon salt. Bring mixture to a boil; reduce heat to medium, cover partly, and simmer until tender, about 30 minutes.
4. Discard bay leaf. Using an immersion blender or working in batches in a food processor, purée soup until very smooth.