

How to Store

You can refrigerate scapes in a paper bag for about a month. For longer storage, blanch and freeze them for up to a few months, though they'll lose flavor over time

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

Spicy Cilantro Vinaigrette - 1 1/4 cups

Ingredients

- 1 cup cilantro
- 1/2 cup canola oil
- 1/2 cup lime juice
- 2 small cloves garlic
- 1 medium jalapeño pepper, halved and seeded
- 1 teaspoon ground cumin
- 1 teaspoon sugar
- 1 teaspoon salt

Directions

1. Place cilantro, oil, lime, garlic, jalapeño, cumin, sugar and salt in a blender or food processor and puree until smooth. Or blend in a large glass measuring cup or wide jar with an immersion blender.

******From Your editor******

Chipotle-Cilantro Butter

Ingredients

- 1/2 cup unsalted butter, softened to room temperature
- 1/2 cup chopped fresh cilantro
- 1 chipotle chile (from a can of chipotles in adobo sauce), minced, plus 1 Tbs. adobo sauce; or to taste
- 2 tsp. fresh lime juice
- 1/4 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper

Directions

1. Combine all of the ingredients in a small bowl and mash together with a fork or wooden spoon until the mixture is well combined (or pulse in a food processor). Form into a log shape in plastic wrap, parchment, or waxed paper (tightening the ends as if it were a sausage) and refrigerate for up to two weeks or freeze for up to three months.



Sisters Hill Farm

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From the Apprentice Perspective

Hello, Sisters Hill CSA members! Wow. As I write this, I realize that we apprentices are nearly three months into our season here. How has time flown by so quickly?! Let's catch up real quick. My name is Katherine, and I grew up in the Midwest but found my way to agriculture through urban farming in New York City. I'm so honored, happy and excited to be working with Farmer Dave and the other apprentices, D. and Dev, and to be spending my first full season on a farm in the wonderful learning environment that is Sisters Hill. The opportunity to participate in a farm's progression over the course of a season and to see the full cause-and-effect chain of our actions through the observation of daily, minute changes in the fields and in our crops, is a gift that I am grateful for each day.

As the season progresses, the importance of timing in relationship to Mother Nature and to our work around the farm is becoming more and more clear to me. Take all the rain we've been fortunate to receive recently. A couple days after, the soil had dried out sufficiently enough that it had just the perfect tilth for cultivating and thinning beets by hand. Had we weeded those beds right after receiving an inch of rain, we might have risked damaging the soil structure. Had we weeded and thinned the beets this morning—moving our hands through their dewy leaves—we would have helped to spread leaf spot diseases. Meanwhile, by simply waiting for that soil and those leaves to dry before entering the bed we eliminated our disease and compaction concerns. With organic growing practices, Dave has emphasized to us that preventive, cultural controls like these are so important to consider.

And, as we all know, Mother Nature can be fickle. Dave reminds us often of a lesson he's learned through experience over the years: be prepared, but be ready to be flexible--and don't over-anticipate, or you'll drive yourself nuts! Earlier this spring, we helped Dave put together our crop plan for the season, including dates for planting each of our crops into the ground. We've got beans, melons and other goodies to plant into the ground this week, and because we need our soil to dry out sufficiently before planting, we've had one eye on our soil moisture and another on the weather forecast. This week we've been seeing our chances for rain fluctuate not just day to day, but over the course of one morning! When the soil is wet, we again risk smearing and damaging soil structure from running tractors through for bed preparation and by traveling through the beds ourselves on our hands and knees during planting. When you weigh the pros and cons of sticking to your planting schedule against preserving the condition of your soil over time, and even against protecting the yield and quality of your harvest for this season, it's worth waiting a few days to get your

plants and seeds into the ground. At the same time, we are ready for our window of opportunity. Some of the ground that needs to be planted has started to be prepared with chisel plowing and rototilling, and we'll be ready to jump in with the remainder of our tractor work and start putting plants in the ground when the soil allows. It looks like tomorrow could be the day. On the farm, timing is definitely a science and an art.

On a final note, I wanted to thank all the long-time members who have so warmly welcomed us new apprentices during our distribution days. We had been watching our member enrollment numbers rise steadily before distribution began and were so excited when Dave told us that this year's membership, at 317 families was the largest yet! The beauty of CSA farming finally clicked into place for me during distribution, as I looked around at the bustle of members picking up their vegetable shares and discussing with each other the meals they planned to make. I had the sudden thought: Whoa! How cool is it that our work is finally paying off, that the veggies we are growing are feeding all these neighbors, and that we're all connected by this food that we are growing?! It's fun to picture each of us bringing the same scallions or summer squash into our own kitchens, but each of us also finding our own particular way to enjoy them (or perhaps trying one of the recipes that Bob and Joan have provided for us in these newsletters). I love hearing how folks plan to use the veggies in their share. And to all our new CSA members, I'm glad we are on this journey together as I help to grow, and you help to eat, all the farm's bountiful produce this season. Cheers to our taste buds and our health!

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

Roasted Broccoli with Lemon & Pecorino - Serves 4

Ingredients

- 1-1/2 lb. broccoli
- 1/4 cup plus 2 Tbs. extra-virgin olive oil
- 1 tsp. kosher salt
- 2 Tbs. fresh lemon juice; more to taste
- 1/3 cup freshly grated Pecorino Romano

Directions

1. Position a rack in the center of the oven and heat the oven to 450°F.
2. Tear off any broccoli leaves and trim the bottoms of the stems. Cut the florets just above where they join the large stem, and then cut each floret through its stem (but not the buds) so that each piece is about 1/4 inch thick at the stem end. Using a vegetable peeler or paring knife, peel the tough outer skin from the large stem, removing as little flesh as possible. Cut the stem into baton-shaped pieces about 1/4 inch wide and 2 inches long.

Put the florets and stem pieces on a rimmed baking sheet, drizzle with the olive oil, sprinkle with the salt, and toss well to combine. Spread the broccoli into an even layer and roast until tender and golden brown, 15 to 20 min. Transfer the broccoli to a serving platter, toss with the lemon juice to taste and the grated Pecorino.

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

Stir-Fried Broccoli with Oyster Sauce - Serves three to four as a side dish.

Ingredients

- 1 lb. broccoli
- 1 Tbs. canned low-salt chicken stock or water
- 1/2 tsp. cornstarch
- 2 Tbs. oyster sauce
- 1-1/2 tsp. toasted sesame oil
- 2 Tbs. peanut or vegetable oil
- 4 cloves garlic, sliced
- 1-inch piece fresh ginger, peeled, cut into quarter-size coins, and smashed with the side of a knife
- 1 fresh red chile, thinly sliced (optional)

Directions

1. Separate the broccoli florets from the stems. Pare the stems with a paring knife or vegetable peeler and cut them into 1/4-inch slices on the diagonal. Separate the floret clusters into smaller florets (1 inch wide) and halve them lengthwise if large. The pieces need to be small to cook quickly, but not so small that they risk getting overcooked.
2. In a small bowl, stir together the stock and cornstarch until the cornstarch dissolves. Add the oyster sauce and toasted sesame oil and stir to blend.
3. Heat a large wok (or high-sided skillet) over high heat. When the skillet is hot, add the peanut oil and swirl to coat. When the oil is hot, add the garlic, ginger, and chile (if using) and stir-fry for 15 seconds to release the garlic's fragrance. Be careful not to let the garlic burn. Add the broccoli stems and florets and stir-fry until crisp-tender, about 3 min., adding water, 1 to 2 Tbs. at a time, if needed. Add the oyster sauce mixture and stir-fry for about 30 seconds to allow the cornstarch to thicken the sauce lightly. Immediately transfer to a warm platter and serve. Add a few water chestnuts for crunch.

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

Garlic Scapes — What are they?

Garlic scapes have a delicate garlic flavor, a tender, pliable texture, and a fragrance that hints at green grass and garlic. They're at once a vegetable, an herb, and an aromatic.

How to Prepare

Use garlic scapes as you would scallions or shallots, or in any dish that could use a garlicky note. Blend raw scapes into hummus, bean dips, salad dressing, or even softened butter to spread over grilled vegetables or baked potatoes. Purée them with pine nuts, lemon juice, olive oil, parmesan, salt, and pepper for pesto. You can also add them to scrambled eggs or use them as a garnish.

With their mellow garlicky flavor, scapes pair well with summer produce like zucchini, chard, and spinach; herbs like cilantro and lemongrass; rich ingredients like bacon, cream, eggs, mayonnaise, butter, and cheese; and bold flavors like lemon juice, soy sauce, and mustard.