

## Ingredients

- 2 teaspoons canola oil
- 3 cups grated carrots, (6 medium-large)
- 2 teaspoons minced fresh ginger
- 1/2 cup orange juice
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper, to taste

## Directions

Heat oil in a large nonstick skillet over medium-high heat. Add carrots and ginger; cook, stirring often, until wilted, about 2 minutes. Stir in orange juice and salt; simmer, uncovered, until the carrots are tender and most of the liquid has evaporated, 1 to 2 minutes. Season with pepper and serve.

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

**Mediterranean Couscous Cabbage Rolls**—4 serv., 2 rolls & 1/3 cup sauce each

## Ingredients

- 4 1/4 cups water, divided
- 8 large Savoy or green cabbage leaves
- 3/4 teaspoon salt, divided
- 1 cup whole-wheat couscous
- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, minced
- 4 cups chopped plum tomatoes
- 2 teaspoons red-wine vinegar
- 1 teaspoon sugar
- 1/4 teaspoon ground cinnamon
- 1/3 cup crumbled feta cheese
- 3 tablespoons chopped Kalamata olives
- 2 tablespoons chopped fresh mint, plus more for garnish

## Directions

1. Bring 2½ cups water to a boil in a large skillet. Add cabbage leaves, cover, reduce heat to medium-high and simmer until softened, about 5 minutes.
2. Bring 1½ cups water and 1/4 teaspoon salt to a boil in a small saucepan. Stir in couscous, cover and remove from the heat. Let stand for at least 5 minutes.
3. Transfer the cabbage leaves to a clean work surface to cool. Discard the water and dry the pan.
4. Heat oil in the skillet over medium heat. Add garlic and cook, stirring often, until fragrant, about 30 seconds. Add tomatoes, vinegar, sugar, cinnamon, the remaining 1/2 teaspoon salt and the remaining 1/4 cup water. Cover and cook, stirring occasionally, until the tomatoes are mostly broken down, 8 to 10 minutes.
5. Meanwhile stir feta, olives and 2 tablespoons mint into the couscous. Mound about 1/2 cup of the couscous mixture at the stem end of each cabbage leaf. Roll into a bundle, tucking in the sides.
6. When the tomato sauce is ready, add the cabbage rolls seam-side down. Cover and cook until the rolls are hot all the way through and the cabbage is very tender, 5 to 8 minutes. Serve the cabbage rolls topped with the sauce. Garnish with mint, if desired.



# Sisters Hill Farm

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

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Join us today for our **First Farm Barbeque** at 5PM!

Come dance and sing along with musical guest Bob and the Boys!

We'll be grilling burgers and dogs and will provide the beverages, please bring a side dish or a dessert to share!

Hope to see you all tonight!

*Field notes from apprentice Dev Gingrich*

Staring at my palms today I exclaimed, "My body is amazing!" My fellow apprentice, D., turned to me and just laughed. Looking at my palms I couldn't help but feel amazed at the strength and resiliency of the human body. Just last week I had torn my hands apart on a particularly sweaty day, post pounding some new tomato stakes into the ground for trellising. In a matter of moments blisters had formed, broken, and rolled right off my hands revealing some oh-so-fresh and painful new skin. For the days following I couldn't really open my hands without the new undeveloped skin pinching and screaming in return. At the time it felt like my whole body was falling apart. I'd come down with some kind of terrible head cold and could barely breathe through the pressure in my head while my hearing and sense of smell seemed to be going by the wayside. On that afternoon, after pounding in the last posts, I felt like my body could just collapse. Yet just a week after that somewhat demoralizing afternoon, my body is back and good as new. I can smell and breathe once more, my hands have healed beautifully, and new sense of energy fills my body. As miserable as I may have felt that past week, it gives me a new appreciation for just how much the body is capable of and of how quickly things can turn around.

When I think of how resilient the human body can be, I immediately draw comparisons to the plants that surround us. There have been multiple times this year when I've looked at a certain planting, or even seeds started in the greenhouse, and thought, "there's no way they're gonna make it!" Whether it's from weeds, pests, disease, lack of fertility, or anything in between, it's hard not to get worried sometimes about the success of the plants. Sometimes when I start to think of the nearly endless list of things that could go wrong with a plant, I'm almost amazed they do as well as they do. However, I think it is important in these times of stress or worry to remember that as much as we may do to help and encourage a plant's success, plants still have an inherent resiliency to them.

Just like us, plants want to survive. Not only survive, but plants want to eat and grow and live to their highest potentials.

Looking around the fields, I can now see the living proof of these plants' resiliency. The patch of basil we thought came down with an early disease has bounced back and continues to live and grow. The cabbage that looked like it might not grow up to be the big beautiful heads we'd hoped for has proven itself in this week's share of gorgeous green heads. Even the little winter squash seeds that we planted and hoped for, have not only germinated successfully, but are growing bigger by the day, getting ready to sprawl across the fields. Again and again these plants prove their own resiliency. It is not to say that we, as farmers, don't do many things to help these plants thrive, but I think it is important to remember their resiliency and take some comfort in that. I think that just like us, these plants, too, want to lead healthy and happy lives. So although we may get sick or injured from time to time, just as our plants may get a bit eaten by pests or hit with a strange disease, I think it's important to think like the plants, dig deep, and find our own resiliency to overcome.

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

### **Healthy Green Bean Casserole- 8 servings, about 1 cup each**

#### **Ingredients**

- 2½ pound green beans, trimmed & cut into 1to2-inch pieces (about 8 cups)
- 2-3 tablespoons extra-virgin olive oil, divided
- 1 medium onion, thinly sliced
- 3 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 1/4 teaspoon white or black pepper
- 2 1/2 cups low-fat milk
- 1 1/2 cups fresh whole-wheat breadcrumbs (see Tips) or 1/2 cup shredded or crumbled cheese

#### **Directions**

1. Position racks in upper and lower third of oven; preheat to 425°F.
2. Toss green beans in a large bowl with 1 tablespoon oil until well coated. Divide between 2 baking sheets and spread in an even layer. Roast, stirring once and rotating the pans top to bottom about halfway through, until tender and beginning to brown, 20 to 25 minutes.
3. Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until very soft and golden brown, 5 to 8 minutes. Add flour, salt and pepper; cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up any browned bits. Cook, stirring, until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from the heat. When the green beans are done, remove from the oven. Preheat the broiler.
4. Transfer half the green beans to a 2-quart, broiler-safe baking dish. Spread half the sauce over the green beans. Add the remaining green beans and top with the remaining sauce.
5. Combine breadcrumbs and the remaining 1 tablespoon oil in a small bowl (skip this step if you are topping with cheese).
6. Sprinkle the breadcrumb mixture (or cheese) over the gratin. Place un-

der the broiler and broil, watching closely, until the gratin is bubbling and beginning to brown on top, 1 to 5 minutes, depending on your broiler. Let stand for 10 minutes before serving.

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

### **Braised Green Beans & Summer Vegetables - 6 servings, 1 c each**

#### **Ingredients**

- 1 tablespoon extra-virgin olive oil
- 1 small onion, halved and sliced
- 1 tablespoon finely chopped fresh oregano , or 1 teaspoon dried
- 1/2 cup white wine , or reduced-sodium chicken broth
- 1 pound green beans, trimmed
- 1 medium summer squash , or zucchini, halved and cut into 1-inch pieces
- 1 cup halved cherry tomatoes , or grape tomatoes
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup finely shredded Parmesan cheese

#### **Directions**

1. Heat oil in a large skillet over medium heat. Add onion and oregano and cook, stirring, until softened and beginning to brown, about 2 minutes.
2. Add wine (or broth) and bring to a boil. Add green beans, reduce heat to a simmer, cover and cook for 10 minutes, stirring once or twice. Add summer squash (or zucchini) and tomatoes and continue cooking until the vegetables are tender, 8 to 10 minutes more.
3. Season with salt and pepper. Serve sprinkled with Parmesan.

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

### **Green Beans Indian-Style - 4 servings**

#### **Ingredients**

- 1 1/2 teaspoons canola oil
- 1 teaspoon mustard seeds
- 1 pound green beans, trimmed, cut diagonally into 1" pieces
- 2 medium carrots, peeled and sliced
- 1 small onion, chopped
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 1/8 teaspoon ground ginger
- 2 tablespoons lemon juice

#### **Directions**

1. Heat oil in a large nonstick skillet over medium-high heat. Add mustard seeds and sauté for 30 seconds, or until they start to pop.
2. Stir in beans, carrots and onions and cook, stirring constantly, for 5 minutes. Stir in salt, coriander and ginger.
3. Reduce heat to low, cover and cook, stirring often, for 8 to 10 minutes, or until the beans are tender-crisp. Stir in lemon juice and serve.

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

### **Carrot Sauté with Ginger & Orange - 4 servings, 1/2 cup each**