

- Transfer the grilled romaine to a platter or individual plates, and sprinkle the croutons on and around the romaine. Drizzle a generous amount of the dressing on top and sprinkle with additional Parmigiano. Serve immediately, passing any remaining dressing at the table

******From Fine Cooking—In Season Cookbook******

Kohlrabi

People often comment on kohlrabi's funny looks ("sputnik-like!"), but its crisp, juicy texture and unusual flavor quickly take center stage. This underappreciated member of the brassica family combines the earthy sweetness of cabbage and the crunchy bite of a turnip, with just a hint of radish-like heat.

Keeping It Fresh

Cut the leafy stalks off the bulbs and refrigerate them separately in zip-top bags. If stored properly, the bulbs can last a few weeks. The leaves, however, should be consumed within two or three days

How To Use It

Use kohlrabi bulbs raw—shredded or thinly sliced—to add crunch to slaws and salads. Or cook them in a variety of ways. They're tasty sautéed or roasted (cut them into thin slices or bite-size wedges first) or added to your favorite braises and stews. You can also boil the bulbs until tender and mash them. When cooked, kohlrabi retains some of its crunchy texture, but the flavor mellows quite a bit. Treat the leafy tops as you would kale or collard greens: Sauté them in oil or add them to soups and stews in the last 15 minutes or so of cooking (trim off the stalks before cooking).

******From Good Maine Food Cookbook******

Kohlrabi

Wash and peel kohlrabi. Slice or quarter, and cook, uncovered, in boiling water until tender. Drain thoroughly, season with butter, salt, and pepper. Kohlrabi may be served with a Cream Sauce

Cream Sauce

Ingredients

- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup cream
- ½ teaspoon salt
- 1/8 teaspoon pepper

Directions

- Melt butter, add flour, and blend. Gradually add milk, stirring constantly until mixture thickens. Add seasonings.



Sisters Hill Farm

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Come one, come all! Join us for our first farm **potluck picnic** of the season, this **Saturday June 15th at 3PM!** Please bring a dish to share. Meet your neighbors and the farm team. There will be lots of fun activities like potato sack races, and even a sprinkler for the kids!

From the Apprentice Perspective



Hello, all! My name is Rose Karabush, and this week I have the pleasure of bringing you the second of our three apprentice introductions.

Since arriving at Sisters Hill Farm two months ago, we apprentices have met so many kind new neighbors. Everyone we have met here-- Farmer Dave, the Sisters of Charity, fellow farmers and members of the community--have made us feel so welcome. I've really enjoyed meeting many of our wonderful CSA members (and if I haven't yet made your acquaintance, I hope to do so soon!). But, when living and working on a farm, the wealth of new neighbors doesn't end there...

This week, the family of coyotes that live down the hill has been singing at the top of their lungs each night--such strange and surprisingly beautiful sounds. We've met mama spiders with their babies in a big white ball on their back, patrolling our lettuce and broccoli, and we've eaten lunch with our neighbor the woodchuck at the next table over (although his table looked more like a compost pile with some tasty radish scraps, really...). Recently, I was lucky enough to get a tour of the bustling beehive that shares one of our fields, and even helped these industrious neighbors with a little spring cleaning.

With so many creatures crawling, leaping, and flying on this little patch of land, sometimes I feel like I've just moved out of one city and into another. Only, this new city speaks a very different language: instead of graffiti or newspapers, this week we've been reading the little raccoon paw prints across our row covers; and I'm still hearing loud music from some upstairs neighbors, but now, these neighbors are of the beaked-and-feathered variety.

So, to my new neighbors--human or otherwise--my best wishes. I feel so lucky to be here and to be meeting every one of you...and I hope you enjoy all the delicious veggies!

******From VegetarianTimes.com******

Soy-Sesame Bok Choy Rolls – serves 4

Ingredients

- 16 large bok choy leaves (about 12 oz.)
- 7 ½ oz. sprouted tofu, drained and cut into small cubes (1 ½ cups)
- 1 cup shredded carrots
- 4 green onions, thinly sliced (½ cup)
- ¼ cup plus 1 Tbs. low-sodium teriyaki sauce

Directions

1. Trim stems from bok choy leaves. Finely chop stems, and toss in bowl with tofu cubes, carrots, green onions, and teriyaki sauce.
2. Place 1 bok choy leaf on work surface with stem end closest to you. Spoon 2 Tbs. tofu mixture in “cup” of leaf near tip end. Roll leaf around filling like a burrito, folding in sides. Secure with toothpick. Repeat with remaining ingredients.

Note: If you want to use meat try grilled chicken cut in small cubes

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

Garden Lettuces with Garlic Chapons – Serves six

Ingredients

- ¾ lb. crusty, country-style bread (I like an Italian bâtard or levain)
- 6 Tbs. extra-virgin olive oil; more for brushing on the bread
- Kosher salt
- 1 clove garlic, peeled and halved (or use this week’s garlic scapes)
- 2 medium shallots, minced (about ¼ cup)
- 3 Tbs. sherry vinegar or red-wine vinegar
- 6 large handfuls mixed baby lettuce (about 1/2 lb.), washed and spun dry
- Freshly ground black pepper

Directions

1. Position a rack in the center of the oven and heat the oven to 400°F.
2. Using a serrated knife, carve the crust off the bread into rustic, curved slabs that are about ¼ inch thick. Save the rest of the bread for another use (such as making breadcrumbs). Brush the crusts on both sides with olive oil and season lightly with salt. Put the crusts on a baking sheet and bake until crisp and golden brown, 6 to 8 minutes. When cool enough to handle, rub the crusts lightly with the cut sides of the garlic clove. Snap the crusts into bite-size pieces. Discard the garlic.
3. In a small bowl, combine the shallots and vinegar with a pinch of salt and let sit for at least 10 minutes and up to 2 hours.

When ready to serve, put the chapons and lettuce in a large mixing bowl and season with a generous pinch of salt and a few grinds of pepper. Drizzle the lettuce with the 6 Tbs. olive oil. Scoop the shallots out of the vinegar and sprinkle them on the lettuce. Gently toss the salad, making sure that all of the lettuce is evenly dressed. Taste and adjust the seasoning with more olive oil, the remaining vinegar in the bowl (or more if necessary), salt, and pepper. Serve immediately on a chilled platter or individual plates, with the chapons tucked in among the lettuces.

Note:

- Chapons are large, rustic croutons that are made from the crust of bread rather than the crumb and then rubbed with garlic. They add a nice hint of garlic to a simple tossed green salad.
- Any combination of lettuce are good for this recipe

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

Salads That Sizzle

- Start with hearty greens with thick leaves that won’t wilt too quickly or burn to a crisp. The greens should have a sturdy core so that you can cut them in half and the leaves stay together on the grill. Bok Choy is a good green to use also.
- Grill fast and hot. Place greens over med-hot direct heat. Leave them alone just long enough to develop grill marks.
- Greens absorb other flavors. Always clean the grill well. If using charcoal avoid lighter fluid or lighter fluid infused charcoal briquettes.
- Grilled salads are best served immediately.

Grilled Caesar Salad -Serves 4 to 6

Ingredients

- 1 medium clove garlic (or a few scapes)
- Kosher salt
- 4 anchovy fillets, rinsed well and patted dry
- 1 large egg yolk
- 2 Tbs. fresh lemon juice; more as needed
- 1/2 cup plus 3 Tbs. extra-virgin olive oil; more for the bread
- 1 oz. finely grated Parmigiano-Reggiano (1 cup using a rasp grater); more for serving
- Freshly ground black pepper
- 3 ¾-inch-thick slices crusty white bread
- 3 hearts of romaine, quartered lengthwise, with the cores intact

Directions

1. Prepare a charcoal or gas grill fire for direct grilling over medium heat (350°F).
2. With a mortar and pestle (or using the side of a chef’s knife), pound or mash the garlic to a smooth paste with a pinch of salt. Add the anchovies and pound or mash again until smooth. Transfer the mixture to a small bowl. (Or, if the mortar is large enough, leave it in the mortar.) Add the egg yolk. Whisk in the lemon juice, then whisk in 1/2 cup of the olive oil in a slow stream until emulsified. Add the Parmigiano, and several grinds of black pepper and whisk to combine. Season to taste with more salt or lemon juice.
3. Brush the bread slices on both sides with olive oil. Grill until toasted, about 1 minute per side, then cut or tear into bite-size pieces.
4. Put the romaine on a baking sheet and drizzle with the remaining 3 Tbs. olive oil. Toss gently to coat evenly and season with salt. Place the romaine on the grill cut side down and grill until nicely marked, 1 to 2 minutes. Turn and mark on the other cut sides, 1 to 2 minutes more.