

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

Miso-Butter Braised Turnips - 6 servings, about 3/4 cup each

Slowly braising turnips in savory miso-spiked broth and butter gives them a sweet flavor and velvety texture in this side dish recipe. For a mellower flavor, use spinach.

Ingredients

- 6 medium turnips (about 2 pounds) plus 5 cups chopped turnip greens or spinach, divided
- 2 tablespoons butter, divided
- 1/4 teaspoon salt
- 1 cup reduced-sodium chicken broth, plus more if needed
- 1 teaspoon sugar
- 4 teaspoons white miso (see Tip)

Directions

1. Peel turnips and cut into 1-inch wedges. Melt 1 tablespoon butter in a large skillet over medium-high heat. Add the turnips and salt and cook, stirring occasionally, until browned in spots and beginning to soften, 7 to 9 minutes.
2. Add 1 cup broth and sugar; reduce heat to maintain a simmer. Cook, stirring frequently, until the turnips are tender and the liquid is almost completely evaporated, 15 to 20 minutes. (Add up to 1/2 cup more broth if the pan is dry before the turnips are tender.)
3. Meanwhile, mash miso with the remaining 1 tablespoon butter in a small bowl until combined.
4. When the turnips are tender, stir in the turnip greens (or spinach), cover and cook, stirring occasionally, until wilted, 2 to 3 minutes. Remove the pan from the heat. Add the miso-butter and gently stir until the turnips are well coated.

Tips & Notes

- Miso is a fermented soybean paste that adds flavor to dishes like soups, sauces and salad dressings. White or sweet miso (Shiromiso), made with soy and rice, is yellow and milder in flavor; use for soup, salad dressings and sauces for fish or chicken. It will keep in the refrigerator for at least a year.



Sisters Hill Farm

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Field notes from Farmer Dave



Wow, what a great season it has been so far! I sincerely hope that you are enjoying your extremely bountiful shares. I just finished putting our recent harvest totals into the computer and through our first 3 and ½ weeks we have already harvested and distributed more than more than 8,000 pounds of produce. That's our strongest start ever. Of course this means that your shares represent an even greater value than they usually do. For example, last Tuesday's share had a retail value of somewhere between \$48 and \$53. Depending on where you paid on our sliding scale, your average weekly cost is \$26 to \$31. So even if you could find organic food out in the market place as fresh and tasty as you are getting it from us, you'd never get it at prices this low. If you paid at the upper end, that share would still be at a 35% discount and if you paid at the lower end the discount would be nearly 50% off retail! This quick calculation doesn't even include the fact that the shares often grow in size and value as the season progresses or the value of pick your own items like herbs and flowers. Ahh, the beauty of being a member of Sisters Hill Farm!

But all this veggie productivity comes at a price. Great growth of our crops also means great growth for the weeds on the farm. With crops simply bursting at the seams, we've had to devote more time to harvest, which has meant less time for weeding; so we have decided to ask for your help. This Thursday night from 6:30 to 8 PM we will host a "Wine-ing and Weeding Event." We'll spend an hour and a half making some veggie beds weed free, and then afterwards we will open a couple of bottles of wine for a tasting, and to celebrate all we have accomplished (and the solstice—a little late). If you'd like to come join us, wear long pants you don't mind getting dirty (the best and most comfortable position for weeding is on your hands and knees). We'll provide wine, but you're welcome to bring a bottle too! We can't wait to see you all this coming Thursday!

While we are on the subject of helping out around the farm, go ahead and put the garlic harvest event on your calendar too. Together we harvest 6 to 7,000 bulbs of garlic and hang them to dry in the barn! That will happen on July 4th from 10AM to noon. I'll be at my brother's wedding, but you'll be in good hands with Audrey at the helm leading the harvest! Have a great week everyone! Enjoy your shares; and the beauty of Sisters Hill Farm!

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

Spinach Salad with Japanese Ginger Dressing - 4 servings

Add shrimp for lunch or a light supper.

Ingredients

- 3 tablespoons minced onion
- 3 tablespoons peanut or canola oil
- 2 tablespoons distilled white vinegar
- 1 1/2 tablespoons finely grated fresh ginger
- 1 tablespoon ketchup
- 1 tablespoon reduced-sodium soy sauce
- 1/4 teaspoon minced garlic
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 10 ounces fresh spinach, (see Note)
- 1 large carrot, grated
- 1 medium red bell pepper, very thinly sliced

Directions

1. Combine onion, oil, vinegar, ginger, ketchup, soy sauce, garlic, salt and pepper in a blender. Process until combined.
2. Toss spinach, carrot and bell pepper with the dressing in a large bowl until evenly coated.

Tips & Notes

- Cover and refrigerate the dressing (Step 1) for up to 5 days.

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

Carrot-Ginger Vinaigrette

This vinaigrette is a little different

Ingredients

- 1 cup shredded carrot
- 1/2 cup canola oil
- 1/3 cup rice vinegar
- 2 tablespoons white miso (see Tip)
- 2 tablespoons chopped onion
- 1 tablespoon chopped fresh ginger
- 1 tablespoon reduced-sodium soy sauce

Directions

1. Place carrot, oil, vinegar, miso, onion, ginger and soy sauce 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*****

A quick meal

Add beaten eggs to a pan of braised greens and cook over low heat until eggs are set. Add fresh herbs if you like—a crusty bread is a good addition.

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

Kale Chips - 4 servings, about 2 cups each

Ingredients

- 1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups; see Note)
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt

Directions

1. Position racks in upper third and center of oven; preheat to 400°F.
2. If kale is wet, very thoroughly pat dry with a clean kitchen towel; transfer to a large bowl. Drizzle the kale with oil and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Fill 2 large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches.)
3. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)

Tips & Notes

- Store in an airtight container at room temperature for up to 2 days.
- Choose organic kale when possible. Nonorganic can have high pesticide residue

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

Pasta with Garlic-Scape Pesto - Serves 6 to 8

Garlic scapes are the soft, lime-green-colored stems and unopened flower buds of hard-neck garlic varieties. Scapes have a mild garlic flavor and a slight sweetness, which makes them a prized addition in the kitchen. You can find them in the early summer and midfall at farmers' markets. If you grow your own garlic (which is easy), trim the scapes off before their flowers open. This forces the plant to focus on bulb production and increases the size of the garlic cloves.

Ingredients

- 10 large garlic scapes
- 1/3 cup unsalted pistachios
- 1/3 cup finely grated Parmigiano-Reggiano
- Kosher salt and black pepper
- 1/3 cup extra-virgin olive oil
- 1 pound spaghetti

Directions

1. Puree the garlic scapes, pistachios, Parmesan, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a food processor until very finely chopped. With the motor running, slowly pour the oil through the opening. Season the pesto with salt and pepper to taste. (The pesto keeps in the fridge, covered, for 1 week or frozen for a month.)
2. In a large pot of heavily salted boiling water, cook the spaghetti until al dente. Reserve 1 cup of the pasta-cooking water, then drain the pasta. Whisk together 2/3 cup of the pesto and the reserved pasta water and toss with the pasta. Season with salt and pepper to taste and serve right away.