

- 2 14-ounce cans vegetable broth, or reduced-sodium chicken broth, divided
- 1 cup water
- 3/4 cup cornmeal
- 1/2 teaspoon freshly ground pepper
- 2/3 cup crumbled Gorgonzola cheese
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons minced garlic
- 2 small zucchini, halved lengthwise and sliced
- 2 small yellow summer squash, halved lengthwise and sliced
- 2 tablespoons flour
- 1/4 cup chopped fresh basil

Directions

1. Combine 2 1/2 cups broth and 1 cup water in a small saucepan. Bring to a boil. Slowly whisk in cornmeal and pepper until smooth. Reduce heat to low, cover and cook, stirring occasionally, until very thick and no longer grainy, 10 to 15 minutes. Stir in Gorgonzola; remove the polenta from the heat.
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add garlic and cook, stirring constantly, until fragrant, 30 seconds to 1 minute. Stir in zucchini and squash and cook, stirring occasionally, until starting to soften and brown in places, about 5 minutes. Sprinkle flour over the vegetables; stir to coat. Stir in the remaining 1 cup broth and bring to a boil, stirring often. Reduce heat to medium-low and simmer, stirring occasionally, until thickened and the vegetables are tender, 1 to 3 minutes. Stir in basil; serve the sauté over the polenta.

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

Pesto-Topped Grilled Summer Squash - 4 servings

Ingredients

- 1/2 cup chopped fresh basil
- 1/4 cup toasted pine nuts, (see Tip)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon grated Parmesan cheese
- 1 clove garlic, minced
- 2 teaspoons lemon juice
- 1/4 teaspoon salt
- 2 medium summer squash, (about 1 pound), sliced diagonally 1/4 inch thick
- Canola or olive oil cooking spray

Preparation

1. Preheat grill to medium-high.
2. Combine basil, pine nuts, oil, Parmesan, garlic, lemon juice and salt in a small bowl.
3. Coat both sides of squash slices with cooking spray. Grill the squash until browned and tender, 2 to 3 minutes per side. Serve topped with the pesto.



Sisters Hill Farm

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Field notes from Hannah

We are officially over half way through our apprenticeship season! By now you probably know our shining faces as we have had a couple of months of distributions. Yet you only see us at distribution times; I know that if I were a farm member, I would be wondering what this crew does all week...

Each morning we meet in the office to briefly discuss the structure of the day and tasks to be accomplished. On Monday we start this process off for the week with a walk around the farm, discussing each individual field and crop, diagnosing their needs. Post walk we begin the harvest for Tuesday's distribution, which usually brings us until noon. We break for lunch (35 minutes of food-filled bliss) and then it's out to the fields for full-sun tasks like weeding.

Tuesday's are my personal favorite day; the schedule adds a little spice to our 6:30-3:05 week. In the morning we start with harvesting, and by 9:30 we are joined by a small flock of dedicated volunteers assisting with picking veggies or washing produce. By 11 we are filling our share boxes for distribution in the Bronx, and at noon those boxes are stacked neatly in the cooler awaiting transport to Mount Saint Vincent College. The driver that week will hit the road around 2 and the rest of the crew meets up at 3:30 sharp to prepare for onsite distribution.

Wednesday is, of course, hump day! We take care of a few crops that demand a harvest every two days (summer squash, zucchini, beans, cucs), but other than that no crops are harvested and instead we spend the whole day checking items off our weekly task list: planting, seeding, cultivating, field prep, mowing and so on. Thursday and Friday look pretty much identical to Monday but without the field walk and with more coffee, and then we finally arrive at Saturday for distribution.

In conclusion, our weeks and even our days here have a pattern. Farming is cyclic, and I can't help but feel humbled by the knowledge that so many apprentices have come before me, weeding the same fields or harvesting the same crops or learning the same things about the tractors. As an apprentice at Sister's Hill I am another item of the season. This fact doesn't make me feel small, however; it makes me feel strong. I am another brick in this farm's history, another hand in the continuous process of feeding of our small community.

***** From Your Editor *****

Somehow, the cooking time & Temperature for last week's Corned Beef and Cabbage Pizza was dropped. It should read, "Bake the Pizza for 20 minutes in a 450 degree oven. Sorry for the confusion.

***** From Epicurious.com *****

Glazed Carrots

Ingredients

- 1 1/2 tablespoons packed brown sugar
- 1 tablespoon unsalted butter
- 1/2 cup low-sodium fat-free chicken broth
- 1/2 cup water
- 1/2 teaspoon salt
- 1 1/4 lb carrots, cut into 2- by 1/4-inch sticks
- 1 teaspoon fresh lemon juice
- 2 teaspoons minced fresh parsley

Directions

1. Bring brown sugar, butter, broth, water, and salt to a boil in a 10-inch heavy skillet, stirring until sugar is dissolved. Add carrots and simmer, covered, until just tender, 4 to 5 minutes.
2. Transfer carrots with a slotted spoon to a bowl and boil liquid until reduced to a glaze (about 1 1/2 tablespoons). Return carrots to skillet and cook over low heat, stirring, until heated through and coated with glaze. Stir in lemon juice and parsley and season with salt and pepper.

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

Lemony Carrot Salad - 2 servings

Ingredients

- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 small clove garlic, minced
- 1/8 teaspoon salt
- Freshly ground pepper, to taste
- 1 cup shredded carrots
- 1 1/2 tablespoons chopped fresh dill
- 1 tablespoon chopped scallion

Directions

1. Whisk lemon juice, oil, garlic, salt and pepper to taste in a medium bowl. Add carrots, dill and scallion; toss to coat.

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

Savory Carrot & Tarragon Tart - 8 servings

Ingredients

Crust

- 1 cup all-purpose flour
- 1/2 cup whole-wheat flour

- 1 1/2 teaspoons fresh tarragon leaves, or 1/2 teaspoon dried
- 1/2 teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1/4 cup extra-virgin olive or canola oil
- 1/4 cup low-fat plain yogurt

Filling

- 2 tablespoons extra-virgin olive or canola oil
- 1 cup thinly sliced red onion
- 1 1/2 cups grated carrots
- 2 tablespoons dry sherry, (see Ingredient Note) or rice vinegar, divided
- 1 tablespoon Dijon mustard
- 1/2 cup shredded reduced-fat Cheddar cheese
- 1/2 cup low-fat plain yogurt
- 1/2 cup low-fat milk
- 2 large eggs
- 2 teaspoons finely chopped fresh tarragon, or 3/4 teaspoon dried
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper

Directions

1. Preheat oven to 350°F.
2. To prepare crust: Coat a 9- to 10-inch tart pan with cooking spray. Place all-purpose flour, whole-wheat flour, tarragon and 1/2 teaspoon salt in a food processor; pulse to combine. Add butter one piece at a time, pulsing once or twice after each addition, until incorporated. Add 1/4 cup oil and 1/4 cup yogurt and pulse just until the dough starts to come together. Transfer the dough to the prepared pan (it will be crumbly), spread evenly and press firmly into the bottom and all the way up the sides to form a crust.
3. Bake the crust until set but not browned, about 15 minutes. Let cool on a wire rack.
4. To prepare filling: Heat 2 tablespoons oil in a large skillet over medium heat. Add onion and cook, stirring occasionally, until tender, about 5 minutes. Stir in carrots and 1 tablespoon sherry (or rice vinegar) and cook, stirring, for 2 minutes. Remove from the heat.
5. Spread mustard over the crust. Sprinkle with Cheddar, then evenly spread the carrot mixture in the tart shell.
6. Whisk 1/2 cup yogurt, milk, eggs, tarragon, the remaining 1 tablespoon sherry (or rice vinegar), 1/4 teaspoon salt and pepper in a medium bowl. Place the tart pan on a baking sheet and pour in the filling.
7. Bake the tart until the filling is firm and the edges are golden brown, 40 to 45 minutes. Let cool for 15 minutes before slicing. Serve warm or chilled.

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

Creamy Gorgonzola Polenta with Summer Squash Sauté

4 servings, 3/4 cup polenta & 1 cup vegetables each

Ingredients