

3. Working in batches, puree soup in a blender until smooth.
4. Top bread with avocado and radish sprouts. Season with salt and pepper, squeeze with lemon, and drizzle with oil.

“Chinese Cabbage” or “Napa Cabbage”

Use Chinese cabbage as an other cabbage, it is used in most Asian cooking. It packs a heavy nutritional punch. Use it shredded to top tacos or use leaves to fill with your favorite taco filling to replace tortillas.

******From CookingNewYorkTimes.com******

Spicy Stir-Fried Cabbage

This is a vegetarian version of a classic Chinese stir-fry. The authentic versions I’ve encountered include some pork or bacon, but the chilies, ginger, garlic, star anise and the cabbage are flavorful enough without meat. I’ve added carrots for color.

Ingredients

- 4 garlic cloves, minced
- 2 teaspoons minced ginger
- ½ teaspoon red pepper flakes
- 1 star anise, broken in half
- 2 teaspoons soy sauce (more to taste)
- 2 tablespoons Shao Hsing rice wine or dry sherry
- 2 tablespoons peanut or canola oil
- 1 small cabbage, 1 to 1 1/2 pounds, quartered, cored and cut crosswise into 1/8-inch shreds
- 1 medium carrot, cut into julienne
- Salt to taste
- 2 tablespoons minced chives, Chinese chives or cilantro

Directions

1. Combine the garlic, ginger, red pepper flakes and star anise in a small bowl. Combine the soy sauce and wine or sherry in another small bowl.
2. Heat a 14-inch flat-bottomed wok or a 12-inch skillet over high heat until a drop of water evaporates within a second or two when added to the pan.
3. Swirl in the oil by adding it to the sides of the pan and tilting it back and forth. Add the garlic, ginger, pepper flakes and star anise. Stir-fry for a few seconds, just until fragrant, then add the cabbage and carrots.
4. Stir-fry for one to two minutes until the cabbage begins to wilt, then add the salt and wine/soy sauce mixture. Cover and cook over high heat for one minute until just wilted.
5. Uncover and stir-fry for another 30 seconds, then stir in the chives or cilantro and remove from the heat. The cabbage should be crisp-tender. Serve with rice or noodles



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Next weeks pickup will be on **Wednesday July 5th** because of the holiday(4-6PM). On the 4th we will be holding our annual garlic harvest event from 10AM to noon! Join us to help us pull and tie 8,000 bulbs of garlic for your shares this year!

Field notes from Farmer Dave

This week has been a busy week not just for the farm but for my family. Each of my sons had a moving up ceremony, Ben from elementary into middle school and John from middle school into high school. Graduation time is a time to celebrate the milestones in our lives—so is the solstice, as we move into summer and from days lengthening to days getting shorter...

Here at the farm we have plenty of life changes to celebrate this week as well. As I hope that you are aware, at tonight’s picnic we will be celebrating the retirement of Sister Mary Ann Garisto as the Director of Sisters Hill Farm. She was the driving force behind the Sisters of Charity starting this CSA in the first place, and she’s been in charge since day one. She was there at my first interview and she and I have worked side by side to create the wonderful farm that you know and love today—that many of you have been proud to call **your** farm for nearly two decades. She will be dearly missed, but she assures me she will still visit our farm pickups from time to time!

It's really important to celebrate the changes in our lives, whether it’s a birthday, graduation, new job, new phase of life, or goal achieved. Many folks naturally gravitate toward taking it easy and going with the flow. My boys, for example, are naturally bookworms. Given the choice, their preference is usually to take a low energy approach to spending a free day. I’m the opposite, I need to be constantly accomplishing things, exercising, or working toward goals. My wife Margaret and I have developed a bit of a mantra around here “it is better to do than to not do.” Not exactly eloquent, but the point is... when given the choice between a bike ride with a friend and rereading Harry Potter for the 7th time, we encourage them to choose the more active and social pursuit. Now don’t get me wrong, I love introverts, I married one! But sci-

ence on health and happiness teaches us that exercise, physical activity, good food, meaningful work, and strong social connections are what help us all to lead fulfilling, satisfied, and long lives. And that's basically what I want for my kids—and for my community! So, join us for the picnic tonight! You'll have **fun and live longer** as well!

One of the on-farm innovations I'm celebrating this season is a new tool that I've created for cultivation. As you know, we don't use any herbicide, so any weeding on the farm happens either with tractors, hoes, hand tools, or our fingers. As you might imagine, to keep 5 acres of mixed organic vegetables weed free is quite an enormous undertaking. This spring I renovated a dilapidated two-wheel tractor called a Planet Jr B-8. They were made from the 1930's to the 1970 and were modeled after the horse drawn equipment that predated them. I built some special cultivators for it—rubber finger that weed between plants much like we would with our own fingers. They work amazingly well! This simple machine will save us hundreds of hours a season of time spent on our hands and knees scratching out tiny weeds with our fingertips—especially given my back surgery last year, this is definitely a cause for celebration!

Celebration Time! Come On!

*****From *TheKitchen.com******

How To Cook Broccoli, 5 Ways

Instructions

1. Trim off the florets: Slice straight through the stem as close to the crown as you can get. The crown should break into several large florets. Cut through the "trunk" of each floret to make bite-sized pieces. Wash and dry well.
2. Trim and slice the stem: The main stem of the broccoli is entirely edible. Remove the tough outer layer skin if needed but it's not necessary.
3. Slice off the bottom inch of the stem and discard. Slice the remaining stem into disks. Wash and dry well - stems take longer than florets to cook, so place all these slices in a separate bowl from the florets.

#1. Cooking Method #1: Blanching

Bring a large pot of water to a rapid boil. Add a heaping tablespoon of salt. Add the broccoli florets and cook until crisp-tender, 1 to 1 1/2 minutes. Remove with a slotted spoon and plunge immediately in ice water. Let the water come back to a boil, then cook the stems until they are also crisp-tender, 1 1/2 to 2 minutes. If you would like softer vegetables, cook for an additional 30 seconds.

Uses: Vegetable platters, cold salads, frittatas, and other casseroles.

#2. Cooking Method #2: Steaming in the Microwave

Place the broccoli florets and stems in a microwave-safe dish and pour 2 to 3 tablespoons of water over top. Cover with a dinner plate and microwave on HIGH for 3 to 4 minutes. Remove the lid carefully and check if the broccoli is tender. Microwave in additional 1-minute bursts if necessary.

Uses: Side dish with olive oil and seasonings, warm salads, frittatas and casseroles, soups.

#3. Cooking Method #3: Steaming on the Stovetop

Fill a pot with a few inches of water and insert a steamer basket. Be sure the water does not touch the bottom of the steamer basket. Bring the water to a simmer over medium-high heat. Add the broccoli florets and stems and cover. Steam for 4 to 5 minutes, until tender.

Uses: Side dish with olive oil and seasonings, warm salads, frittatas and casseroles, soups.

#4. Cooking Method #4 - Sautéing

Make sure the broccoli is as dry as possible. Film a skillet with oil and set over high to medium-high heat. Add the florets and a big pinch of salt. Toss to coat with oil. Add the stems 1 minute later. Continue cooking, stirring frequently, until the broccoli is bright green and tender.

Uses: Vegetable sautés, side dish with seasonings

#5. Cooking Method #5 - Roasting

Heat the oven to 425°F. Make sure the broccoli is as dry as possible. Toss the broccoli florets and stems with a few teaspoons of oil and 1/2 teaspoon of salt. Spread the broccoli on a foil-lined baking sheet in a single layer. Roast for 20 to 25 minutes, until the broccoli is crunchy and you can see deep caramelized brown spots. Serve immediately.

Uses: Side dish, cold or warm salads, pizza topping (under-roast slightly so the broccoli doesn't burn on the pizza)

*****From *MarthaStewart.com******

Broccoli-Spinach Soup with Avocado Toasts

No cream required: Tahini gives this soup its buttery flavor and silky texture -- and makes a serving of dark leafy greens unusually enticing. Avocado toasts round out the meal.

Ingredients

- 1 leek, white and pale green parts thinly sliced
- 4 cups low-sodium chicken stock or water
- 1 bunch broccoli, chopped (6 cups)
- 6 ounces baby spinach (6 cups)
- 1/3 cup freshly grated Parmesan
- 2 tablespoons tahini
- Coarse salt and freshly ground black pepper
- 4 slices rustic bread, toasted
- 2 avocados, sliced
- 1/4 cup radish sprouts
- 1 lemon, cut into wedges

Directions

1. Heat oil in a medium saucepan over medium-high heat. Add leek and cook until tender, about 4 minutes. Add stock; bring to a boil. Add broccoli and cook, covered, until bright green and tender, about 2 minutes.
2. Remove from heat. Stir in spinach, Parmesan, and tahini. Let cool slightly. Season with salt and pepper.