

rounds to coat them on all sides. Set the rounds on the baking sheet and bake until heated, about 6 to 8 minutes.

- 2. Meanwhile, make the dressing. In a small bowl, whisk the vinegar, oil, a big pinch of salt, and a few grinds of pepper. Taste and adjust the seasonings. When the cheese is ready, toss the lettuce with the dressing in a large bowl until the leaves are evenly coated. Mound the lettuce on individual plates, top with a round of warm goat cheese, and scatter the roughly chopped hazelnuts all over.

******From Fine Cooking Fresh******

Tips for Chinese Cabbage, compliments of google. You can adjust the amount of things used to what you like or what you have.

Chinese Cabbage Rolls

Instead of using green cabbage, try some of the larger outer leaves of Chinese cabbage. Cut them in half and steam or boil them until they just turn soft and then fill with a mixture of cooked white rice and browned mild sausage or hamburger. Top with tomato sauce and bake until bubbly.

Chinese Cabbage Soup

Warm up with a hearty bowl of Chinese cabbage soup. Add a few cups of chopped Chinese cabbage to your favorite vegetable, chicken or beef soup; it will give your soup a lot of body and for fewer calories than most other ingredients.

Chinese Cabbage Taco Topping

Traditionally, tacos are topped with a healthy handful of lettuce. A better choice is Chinese cabbage, which is more flavorful and totes a crisper texture, which contrasts nicely with the taco fillings.



Sisters Hill Farm

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The picnic was awesome! Thanks to all!



Notes from Apprentice John

Hi there, Sisters Hill Farm members. This is John Crooke, farm apprentice for the 2012 season. I would like to take this opportunity to introduce myself to you all and to share some thoughts about this wonderful farm. I am from Bucks County, Pennsylvania about an hour north of Philadelphia where my parents run a small dairy farm. Up until April I was at home milking the cows daily. In January I returned from 3 years of service in the Peace Corps where I worked in Agriculture Extension in the countryside of Paraguay. This is my first year back from there and so far it is going very well. It was nice to be home working with my family but it was a great decision to come here where I can focus on another agricultural pursuit: CSA vegetable farming. Sisters Hill Farm offers so much because it is an active learning environment. I was reflecting recently about the wonderful variety on Sisters Hill Farm. I don't simply mean the delicious vegetables; I am referring to the work. Like most kinds of good farming, vegetable growing necessitates diverse tasks and it is one of the reasons why it is so enjoyable.

Most days begin with walking around the farm and jotting down items for our to-do list. In one day we may cultivate beds, hand weed, seed in the greenhouse, till up new beds, mow down cover crops, plant cover crops, transplant hundreds of melons, and of course, harvest. On our morning walks we check on the crops that are close to full maturity and determine which ones we should harvest. So far this spring I've been amazed at the prolific growth of the vegetables. It seems that every time we peel back the row covers the crops are huge and lush. Inevitably they are harvested and it's only a matter of deciding the order and how much we need for the next distribution before we set to it with harvest knives and bins. Anna, Stefan, Dave, and I (and often times volunteers) will be fastidiously cutting greens and tossing them into the gray bins. Or we'll be snapping off summer squash from their canopied mother plants and marveling over the shiny fruits. And as a staple in our shares, lush heads of lettuce are counted off as we go down the rows and then carefully washed and packed. The alternating planting pattern of red and green varieties enriches the experience of choosing which to pick. Before long, our bins are full and the walk-in cooler is full and ready for distribution. The diverse farm tasks make this all happen, and it is so rewarding to see everybody filling their bags with our well-

tended bounty.

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

Sesame Soba Noodles with Cucumber, Bok Choy, and Mixed Greens
This is the year of Boc Choy. This is a recipe from Linda Bhangdia. I can attest to its even good the second day as a left over.

Ingredients

- ½ cup fresh orange juice
- ¼ cup creamy peanut butter
- 2 tablespoons unseasoned rice vinegar
- 2 tablespoons chopped peeled fresh ginger
- 2 tablespoons fresh lime juice
- 1 tablespoon finely grated orange peel
- 1 tablespoon soy sauce
- 2 garlic cloves, peeled
- 1 ½ teaspoons finely grated lime peel
- 2 teaspoons dried crushed red pepper, divided
- 1/3 cup canola oil
- 8 ounces soba noodles
- 1 teaspoon Asian sesame oil
- 3 cups (loosely packed) mixed baby greens
- 2 heads of baby bok choy, cored, thinly sliced crosswise
- 1 English hothouse cucumber, cut into matchstick-size strips
- 3 green onions, cut into matchstick-size strips
- 1/3 cup chopped fresh cilantro plus sprigs for garnish
- 2 tablespoons chopped fresh mint
- Salted roasted peanuts

Directions

1. Puree first 9 ingredients and 1 teaspoon red pepper in blender until smooth. With machine running, gradually add canola oil through opening in lid. Season dressing to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill. Bring to room temperature before continuing.
2. Cook soba noodles in large pot of boiling salted water until tender but still firm to bite. Drain. Rinse with cold water; drain well. Using kitchen shears, cut noodles crosswise in 2 to 3 places. Drizzle noodles in strainer with sesame oil and toss to coat.
3. Place greens, bok choy, cucumber, green onions, chopped cilantro, and mint in large bowl. Add 1 teaspoon red pepper, dressing, and noodles; toss to coat. Season to taste with salt and pepper. Garnish with cilantro sprigs and peanuts and serve.

Please share your recipes. You may send them to us at cohen-rd98@comcast.net or give them to Farmer Dave, Sister Mary Ann, or one of the Apprentices

*****From Farmer John's Cookbook*****

Broccoli with Asian-Style Dressing - SERVES 2 TO 4

Be careful—this can be addictive. You may not want your broccoli any other way after trying this recipe. For variety, try adding matchstick-size strips of steamed carrots or daikon.

Ingredients

- 1 medium head broccoli
- ½ cup rice wine vinegar
- 3 tablespoons peanut oil
- 2 tablespoons soy sauce
- 1 teaspoon grated fresh ginger
- ½ teaspoon minced garlic
- ½ teaspoon toasted sesame oil
- ½ teaspoon hot chili oil (optional)

Directions

1. Separate the florets from the stalk; break into smaller florets. Cut the stalk into 1-inch lengths and then into matchstick-size strips.
2. Place the broccoli in a steamer basket set over 1½ inches boiling water and cover. Steam for 5 minutes. Transfer the broccoli to a bowl.
3. Combine the remaining ingredients in a small bowl; stir until well combined. Pour the dressing over the broccoli and mix well.

*****From Fine Cooking in Season Cookbook*****

Bistro Salad with Warm Goat Cheese - SERVES 4

Ingredients

- Cooking spray
- 1/2 cup toasted hazelnuts (skinned, if you like) 1/4-pound log fresh goat cheese
- 1 tablespoon sherry vinegar
- 3 tablespoons hazelnut oil
- Kosher salt and freshly ground black pepper
- 4 generous loose handfuls of small lettuce leaves (or large ones torn up) from a variety (three is nice) of loose-leaf and butter lettuces (about 6 lightly packed cups), washed and thoroughly dried

Directions

1. Heat the oven to 400°F and lightly coat a baking sheet with cooking spray. Roughly chop half of the hazelnuts and finely chop the other half. Slice the goat cheese into four equal portions (if the slices crumble a bit, simply pat the cheese back together into a sort of patty). Press the finely chopped hazelnuts into the cheese