

melted. Remove pan to cooling rack and serve immediately.

******From Maine Ingredients Cookbook******

Green Beans & Tomato Sauté - Serves 4

Ingredients

- 1 pound fresh green beans
- 1 large onion, chopped
- 3 tablespoons olive oil
- 2 large tomatoes, quartered
- salt and pepper to taste
- ¼ teaspoon cinnamon

Directions

1. Sauté green beans and onion in olive oil until beans begin to soften. (Note: I add 2-3 slices of chopped bacon with beans and onions)
2. Add tomatoes. Sauté tomatoes until Juices begin to appear (about 3 minutes).
3. Add salt, pepper and cinnamon. Cover and cook 20 minutes until green beans are tender.

******From Ronzoni 1989******

Zucchini Pasta Bake – serves 6

Ingredients

- ½ cup Acini Pepe
- 1 cup shredded zucchini, drained
- ½ cup chopped onion
- 2 tablespoons butter
- 3 eggs, beaten
- 1 cup shredded Swiss cheese
- 2 tablespoons sesame seeds

Directions

1. Prepare pasta as directed on package, reducing cooking time to 8 minutes.
2. Meanwhile, cook and stir zucchini and onion in butter.
3. Mix pasta, eggs, and cheese. Pour into greased 9 inch square baking pan.
4. Sprinkle with sesame seeds.
5. Bake at 350° for 30 minutes or until set



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Notes from Apprentice Anna Metscher



Fall is upon us. This week we experienced the September conundrum of brisk mornings with lots of layers and freezing hands followed by the sweaty afternoons harvesting in the hot sun. I, for one, am excited for the impending cool temperatures and hearty soups that go so well with them. This week was our last seeding for the year, three beds of greens, one of the last things that you'll get in November.

Being so intimately a part of the changing seasons by being outside in them daily is a big part of why I love what I do. Watching the daily rituals of dew burn off the roof of the barn in the morning sun or how the days are getting shorter are just some of the little things that can be easily overlooked, but when you take the time to notice them, make all the difference.

Last week Stanford University published a study comparing the health benefits of organic versus conventional foods. Using data from 40 years of studies the researchers discovered there was no significant difference between the two and that organics were unlikely to contain more nutrients than their conventional counterparts. Additionally the study reported the risk of E. coli contamination was no different and that while the risk of pesticide contaminates found in organic food was lower, the conventional amount recorded was still "below the maximum allowed limit". Upon hearing this I must admit I was shocked and a little saddened. Then I realized, even if this is true, who cares? Claiming that organics don't have more nutrients than conventional doesn't show the whole picture. A vegetable is only as good as the soil it is grown in. What is soil health if you are loading it with pesticides and losing more nutrients through bad management practices like leaching and erosion?

The health of farm workers and the environment as a whole is also elemental to the health of the vegetable. Organic production uses the natural ecosystem function to deal with the fundamental challenges of agriculture. We do this by turning to crop rotation, cover cropping, and encouraging beneficial insects instead of turning to synthetics. 'Organic' practices have been used largely unchanged for thousands of years while conventional ones only for less than a century and its effects are becoming more and more evident. Eating organic vegetables or meat or dairy is not just a choice made in the kitchen, its impacts can be felt throughout the environment.

******From Excerpts from Wild about Greens Cook Book******

How to Use Beet Greens

- Add beet greens to salads
- Add beet greens to hearty Italian soups
- Use beet greens as you would any of the greens in sautéés with onion, garlic, dried sour cherries, dried cranberries, or pine nuts.

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

Spaghetti with Grilled Eggplant, Tomato & Onion

Ingredients

- 1/4 cup extra-virgin olive oil; more for brushing
- 6 Tbs. finely chopped fresh basil
- 2 or 3 large cloves garlic, finely chopped
- 1/4 cup crushed walnuts
- Kosher salt
- 1 medium eggplant (about 1 lb.), peeled and cut into 3/8-inch slices
- 1 beefsteak tomato (about 1 lb.), halved
- 1 medium onion, peeled and cut into 3 or 4 thick slices
- Freshly ground black pepper
- 1 lb. dried spaghetti
- Freshly grated Parmigiano-Reggiano (optional)

Directions

1. Prepare a medium-hot charcoal fire or heat a gas grill for 20 minutes on high.
2. In a bowl, mix the olive oil, basil, garlic, walnuts, and 1 tsp. salt. Brush the eggplant, tomato, and onion with more olive oil, season with salt and pepper, and put them on the grill. Grill the tomato, turning only once, until the skin is blistering and the flesh looks mushy and cooked, 15 to 25 minutes.
3. Grill the onion until soft and blackened on both sides, about 15 minutes. Grill the eggplant until golden brown and tender, 10 to 25 minutes. Coarsely chop the eggplant, tomato, and onion; put them in a large bowl along with their juices.
4. Meanwhile, bring a large pot of well-salted water to a vigorous boil and add the spaghetti. Cook until al dente; drain well. Toss the pasta with the vegetables and the basil mixture. Sprinkle with pepper; toss again and serve immediately, with freshly grated Parmigiano, if you like.

******From The Ball Blue Book******

How I plan to use some of my tomatoes takes some work but the end result is great

Tomato Ketchup - Yield: about 3 pints

Ingredients

- 4 quarts chopped, peeled, cored tomatoes (about 24 large)
- 1 cup chopped onion (about 1 medium)

- 1/2 cup chopped sweet red pepper (about 1/2 medium)
- 1 1/2 teaspoons celery seed
- 1 teaspoon whole allspice
- 1 teaspoon mustard seed
- 1 stick cinnamon
- 1 cup sugar
- 1 tablespoon salt
- 1 tablespoon paprika
- 1 1/2 cups vinegar

Directions

1. Combine tomatoes, onion and pepper in a large saucepot. Cook until tomatoes are tender. Puree using a food processor or food mill.
2. Cook puree rapidly until thick and reduced by one-half. Tie whole spices in a spice bag. Add spice bag, sugar, salt and paprika to tomato mixture.
3. Simmer 25 minutes, stirring frequently. Add vinegar; simmer until thick. As mixture thickens, stir frequently to prevent sticking. Remove spice bag.
4. Ladle hot ketchup into hot jars, leaving 1/4-inch headspace. Adjust two-piece caps. Process 10 minutes in a boiling-water canner.

******From Maine Ingredients Cookbook******

Summer Squash Tart - Serves 3 or 4 as a light lunch or side dish

Ingredients

- 2/3 cup freshly grated Parmesan cheese
- 1/4 cup mixed, chopped fresh herbs such as savory, thyme, parsley, basil and oregano
- 2 tablespoons unsalted butter, melted
- 2 tablespoons canola oil
- 12 sheets phyllo dough, defrosted
- 6 teaspoons wheat germ
- 1/2 sweet red onion, chopped fine
- 1 medium zucchini, thinly sliced
- 1 medium summer squash, thinly sliced
- 2 medium tomatoes, thinly sliced

Directions

1. Preheat oven to 400°. Place cheese and herbs in a small bowl and set aside.
2. Combine melted butter and oil and, with a pastry brush, lightly grease a baking sheet. Place 2 sheets of phyllo, one on top of the other, on the baking sheet. Brush lightly with the oil and butter mixture. Sprinkle with 2 tablespoons of the herb-cheese mixture and 1 teaspoon of wheat germ. Repeat 5 more times, until all the sheets have been used, ending with a layer of phyllo. Brush this top sheet with the oil and butter.
3. Leaving a 1 1/2-inch border free, sprinkle the onion on the top sheet. Place the zucchini and squash, in alternating rows, overlapping as necessary. Top with sliced tomato. Sprinkle with remaining cheese, herbs and wheat germ. Drizzle with any remaining oil and butter.
4. Bake 15 to 20 minutes or until phyllo is lightly browned and the cheese has