

1. To prepare braised greens: Strip leaves from stalks. Stack and slice the leaves into 1-inch strips. Thinly slice the stems into ¼-inch pieces. Keep leaves and stems separate.
2. Heat 3 tablespoons oil in a large Dutch oven over medium heat. Add leeks and the chopped stems and cook, stirring, until softened, 4 to 5 minutes. Stir in ¼ teaspoon each salt, pepper and crushed red pepper. Add the sliced greens and broth. Reduce heat to low, cover and cook, stirring occasionally, until the greens are very tender, 20 to 25 minutes. Uncover. If there's any liquid left in the pan, continue cooking for another minute or two until it is nearly gone.
3. To prepare bean spread: Meanwhile, heat 2 tablespoons oil in a medium saucepan over medium heat. Add onions (or shallots) and garlic and cook, stirring occasionally, until tender, 2 to 3 minutes. Add wine and cook until most of it is evaporated, 3 to 6 minutes. Stir in beans and 1/8 teaspoon each salt and pepper; cook until heated through, 1 to 2 minutes. Puree the bean mixture in a food processor until almost smooth. (Use caution when pureeing hot foods.)
4. To prepare panini: Coat one side of each slice of bread with cooking spray. With the sprayed side down, spread equal portions of the bean puree on 6 slices of bread. Top each with equal portions of the braised greens. Top with the remaining pieces of bread, sprayed-side up. Press in a panini maker until hot and crispy. (No panini maker – see tip)

Make Ahead Tip: Cover and refrigerate braised greens and bean spread in separate containers for up to 3 days.

Tips: To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil. Drain. Repeat until no grit remains.

Tips: No panini maker, use a medium non stick skillet and a 15 ounce weight on sandwich. Use 1 teaspoon of oil in skillet. Flip when first side is golden brown.

Nutrition

Per serving: 381 calories; 12 g fat (2 g sat , 9 g mono); 0 mg cholesterol; 52 g carbohydrates; 1 g added sugars; 11 g protein; 8 g fiber; 710 mg sodium; 322 mg potassium.



Sisters Hill Farm

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From the Director's Desk



Farmer Dave and I extend a warm welcome to all as we begin our 14th season. We are grateful to you for joining us in our mission “ *to grow healthy food which nourishes, bodies, spirits, communities and the earth,* ” and for your gener-

ous donations which enable us to share a portion of the harvest each week with those who are less fortunate.

We have been blessed with wonderful apprentices over the years, and this year we have added a third apprentice. We welcome Stefan back and are happy to introduce Anna and John. All three have been working very hard preparing for this season while enjoying their newly renovated apartment (one of the improvements we made at the farm this winter).

Be sure to pick up a newsletter each week where you will find notices of farm events as well as great recipes. We are grateful to our newsletter editors Bob and Joan Cohen. Please contact them if you would like to write an article or contribute a recipe.

Building community is an important aspect of Community Supported Agriculture and it has been wonderful to see this develop at Sisters Hill Farm. We have some pot luck picnics and volunteer evenings planned and hope you will join us. I especially extend an invitation to our “city” shareholders to join us and visit the farm.

The mystery of the seed and the mystery of life abound at the farm these days as life bursts forth as lettuce, spinach, radish, turnip... May Sisters Hill Farm be more than just a place to pick up your weekly share . May it be a place of peace and serenity,

where you experience a deep sense of connectedness with all of creation. IT'S MORE THAN VEGETABLES!

—Sister Mary Ann Garisto

Now on to your shares this week... You will be getting a lot of greens for a while and throughout the season we will try to give you lots of lettuce to make salads with each week. If you don't already own a salad spinner, I suggest you get one. I regularly bring home a couple of heads of lettuce, rip them up, wash them in the sink, and then spin them in the salad spinner. I then just stick the salad spinner in the fridge and pull it out as needed for salads at meals. It couldn't be simpler.

If you are new to the farm, we may be introducing you to a number of unfamiliar greens. Almost all of them can be eaten raw in salads or on sandwiches. If they're spicy, the heat can be tempered by cooking them quickly in a hot pan until they wilt down a bit. Most are great with olive oil or butter, salt and pepper. For a while we will be giving garlic scapes, which are a great addition to any cooked greens. Just dice them up and add them to the oil or butter in the pan before you toss in the greens.

This week we will also be giving you Pac Choi. It is great with tamari or soy sauce and garlic and oil. Add the stems to the pan first since they take a few more minutes to cook than the leaves do. You'll also get Hakuri turnips this week. They are very sweet and tender and do not need to be cooked. I like them sliced in salads or on sandwiches for a wonderful crunch. The greens are excellent cooked as well.

Finally, here are several items to make note of... The traffic pattern at the farm is one way; please enter near the Sisters Hill Farm Sign and exit out the stone driveway. Please bring your own bags to pack your shares into. In consideration of others, please no pets at the farm distribution; if they come along for the ride keep them in your car. Also please refrain from smoking or using your cell phone in the barn or pick your own areas. Thanks so much for your cooperation! Here's to a great season!

—Farmer Dave

Spring is here!! How wonderful.

It's time to plan for really fresh greens.

When you plan your green salad remember:

1. Handle them with care
2. Wash and dry them well—dressing won't cling if they are too wet.
3. Focus on the greens—don't weigh them down with what

you add.

4. Use a light hand with the dressing and toppings.
5. Toppings should be sliced paper thin — fresh herbs should be snipped, toasted nuts and dried fruit add with a light hand. A small amount will add a pleasing crunch.

Remember amounts can be adjusted to what you need or what you have. Experiment with different greens.

*****From *Fine Cooking.com******

Mixed Green Salad with Red-Wine & Dijon Vinaigrette.

Ingredients

- 1 Tbs. red-wine vinegar
- 3/4 tsp. Dijon mustard
- 1/4 tsp. minced garlic
- 3 Tbs. extra-virgin olive oil
- Kosher salt and freshly ground black pepper

Directions

Combine the vinegar with the mustard and garlic in a small bowl and whisk in the olive oil. Season with salt and pepper to taste.

*****From *EatinWell.com******

Braised Greens & Cannellini Bean Panini - 6 servings

A creamy spread of cannellini beans cooked with onion, garlic and white wine is the perfect match for tender braised greens. Press the two between pieces of crusty whole-wheat bread and you have an outstanding vegan panini.

Ingredients

Braised Greens

- 1 ½ pounds (about 2 bunches) hearty greens, such as kale or collards
- 3 tablespoons extra-virgin olive oil
- 2 large leeks, sliced 1/4-inch thick (see Tips), white and light green parts only
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon crushed red pepper
- 1 cup vegetable broth

White Bean Spread & Sandwich

- 2 tablespoons extra-virgin olive oil
- 3 spring onion bulbs or 3 shallots, thinly sliced
- 2 cloves garlic, thinly sliced
- ½ cup dry white wine
- 1 ½ cups cooked cannellini beans or one 15-ounce can, rinsed
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 12 slices crusty whole-wheat bread
- Olive oil cooking spray

Directions