

\*\*\*\*\*From Cold-Weather Cooking\*\*\*\*\*

### Italian Rosemary Potatoes - Makes 8 servings

#### Ingredients

- 8 large russet potatoes, scrubbed
- 1/2 cup fruity olive oil
- 4 large cloves garlic, peeled and cut into thin slivers
- Kosher (coarse) salt and freshly ground black pepper to taste
- 3 tablespoons chopped fresh rosemary or 1 tablespoon dried

#### Directions

1. Cut each potato lengthwise into 8 wedges or spears. Place in a mixing bowl and toss with the olive oil, garlic, salt, and pepper. Let marinate at room temperature 30 minutes.
2. Preheat the oven to 350T.
3. Spread the potatoes in a roasting pan and bake 45 minutes, tossing them occasionally with a spoon. Sprinkle with the rosemary and continue roasting until the potatoes are crusty golden brown on the outside and tender inside, another 15 to 20 minutes. Let cool for a few minutes before serving.

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

### Steak with Cheddar Roasted Cabbage - 4 servings

#### Ingredients

- 2 medium red onions, cut into 8 wedges each
- 1/2 medium cabbage, cored and sliced 1/2 inch thick
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon dried thyme
- 3/4 teaspoon salt, divided
- 3/4 teaspoon ground pepper, divided
- 1/4 pounds boneless strip steak (about 1 inch thick), trimmed
- 1/2 cup shredded sharp Cheddar, Gruyère or fontina cheese

#### Directions

1. Preheat oven to 450°F.
2. Combine onions, cabbage, 2 tablespoons oil, thyme and 1/2 teaspoon each salt and pepper in a large bowl. Transfer to a large rimmed baking sheet. Roast, stirring twice, until the vegetables are tender, 25 to 30 minutes.
3. About 10 minutes before the vegetables are done, pat steak dry and cut into 4 equal portions. Sprinkle with 1/4 teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat until very hot, but not smoking. Add the steaks and cook until browned on the bottom, 2 to 4 minutes. Turnover, reduce heat to medium-low and cook to desired doneness, 3 to 5 minutes for medium-rare. Transfer to a plate and loosely cover with foil.
4. Push the vegetables into 4 mounds. Sprinkle 2 tablespoons cheese on each and return to the oven until melted, about 2 minutes. Serve the steaks with the vegetables



# Sisters Hill Farm

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<https://sistershillfarm.org>  
845-868-7048

Edited by: Bob & Joan Cohen  
cohenrd98@comcast.net  
845-724-3518

### Field notes from our apprentice Dev

Just about a year ago, on a similarly windy stormy night I remember being curled up in a tiny library in Wadhams NY deep in the mountains of the Adirondacks where I started my job search. I had graduated college the previous May and had been working on a 30+ acre organic vegetable farm in the Adirondacks. Over the course of that season I had created a family within the crazy crew of my coworkers. Big shared lunches to get you through the day, late night baking and board game sessions, and long, sweaty, and even frustrating days seemed to bring us closer and closer as the seasons changed (and a seemingly endless keg didn't exactly hurt the process either...). But with November right around the corner, work slowing, and the snow about to fall, I knew I needed to not just find another job, but to find another home, a community, a family.

Through some searching I came across Sisters Hill. Applying, interviewing, going through the whole process was new and exciting to me. Hearing the job offer made the whole thing that much sweeter but I knew I still had the winter to worry about. Looking further I decided to switch coasts and spend my winter in the hazy mountains of Humboldt County California working on a different vegetable farm. After a drizzly and relatively isolated winter I joyfully headed back to the chilly Northeast to start my first full season at Sisters Hill. Of course I was excited but I didn't know fully what to expect. I was used to living and working and cooking and eating and drinking and brushing my teeth with a group of ten or so people all day every day on this bigger and more boisterous farm so moving in with only two other roommates initially seemed so quiet and odd to me. Was this going to be my new family? How will I create community here? After a strangely isolated winter I had very well learned the importance of community in my life and just how much it meant to me to be able to connect and share and learn from those around me.

After a bountiful and rewarding season despite the strange challenges that came with it, I think the greatest thing that I have been able to experience here is the overwhelming warmth of the community that has both been created and makes up Sisters Hill Farm. In my previous farming experiences I had felt a strong connection and sense of community from within the farm and my fellow coworkers, but never had I felt it coming from off the farm into our lives and bringing grower and eater closer together. This feeling made me truly appreciate what it meant to be a Community Supported Agriculture farm. It sounds silly, I mean community is right in the name itself, but despite working on a CSA farm before this feels completely differ-

ent. I loved being able to get to know each of you throughout the course of the season. Between sharing recipes, meeting family members at picnics, sweating together at a volunteer party or any of the little and large encounters throughout the season I feel like I've really been able to connect with many of you. For me, this comes down to the very core reasons as to why farming spoke to me and why I feel so passionately about what I do. It is so incredibly rewarding to grow food not just for people that I now know, but people that also share this passion, show such deep appreciation, and through their actions show time and again the deep commitment they have made to the this farm and its success.

On that note, I am very excited to announce that I will be spending another year here at Sisters Hill! I have had such incredible season and without doubt the various connections I have been able to form with not just this place but you, as members, as neighbors, and as friends have helped me to create a new sense of community in this area and I could not be more grateful. Not only am I excited to continue growing veggies for you and getting to know you all better, I am also very much looking forward to continuing learning with Farmer Dave into next year. I feel so grateful to have found such a willing teacher and look forward to many new lessons to be learned.

For example, just the other day we were digging potatoes, a crop we've been harvesting since August, but for the first time in a few diggings Dave had come down to the field to help us with the big haul. In my mind I thought this task showed a lot of different skills I've learned throughout the season. I had switched out implements on the tractor, driven it down to dig the potatoes and thought I had handled the task fairly well. However, seeing the row with his eyes it became clear that I, in fact, had not dug the potatoes quite as successfully as I had thought. Instead of the digging becoming some tedious task, it became a spontaneous new learning lesson for me and allowed Dave the chance to give me new pointers on how to adjust equipment and how to use it in the most effective manner. This made me all the more aware of just how much more there always is to learn. Times like those remind me of that Donald Rumsfeld quote that goes "There are known knowns. These are things we know that we know. There are known unknowns. That is to say, there are things that we know we don't know. But there are also unknown unknowns. There are things we don't know we don't know." Though this quote sounded confusing and odd to me at first, I think I'm beginning to appreciate just how many unknown unknowns are out there, and that makes me excited for all the more there is to learn.

As a final sign off I'd just like to say thanks to all of you wonderful members for an extremely rewarding season. I can't express how grateful I am to feel such a strong sense of community and warmth here and am very much excited to keep growing your veggies next season! Stay cozy this winter and eat up! —Devon Gingrich

\*\*\*\*\*Submitted by Our Apprentice Dev\*\*\*\*\*

### Maple Spiced Winter Squash Spread

*Similar to apple butter, this spread is great on toast, heated on top of ice cream, in hot cereal, or just by the spoonful.*

#### Ingredients

- 1 Winter Squash (Pumpkin, butternut, acorn, whatever is on hand)
- 1 Tablespoon Coconut oil
- ¼ - ½ cup Apple cider
- 1 Tablespoon molasses
- 1 teaspoon lemon juice or apple cider vinegar
- 2-3 teaspoon pumpkin pie spice
- Dash of salt
- ¼ cup maple syrup

#### Directions

1. Preheat oven to 425.
2. Cut squash in half, scoop out seeds (save to roast!), smear flesh with oil, and bake face down on a baking sheet for 30-45 min. or until soft.
3. Allow squash to cool, then scoop out flesh into food processor. Add cider and start to blend. Add remaining ingredients and adjust sweetness and spice to taste (will vary depending on squash). Add more cider for thinner consistency. Store in a jar in the fridge for about 2 weeks. Enjoy!

\*\*\*\*\*From Cold-Weather Cooking\*\*\*\*\*

### Comfort Carrots - Makes 6 to 8 servings

*This unusual method of parboiling carrots with a vanilla bean induces a magical and delicate flavor transformation in this most common of vegetables. The fluffy orange puree with wisps of bright green chive goes superbly with roast spring lamb or chicken.*

#### Ingredients

- 2 pounds of carrots, peeled and cut into 1-inch chunks
- 1 vanilla bean
- 2 tablespoons unsalted butter, at room temperature
- 2/3 cup light cream
- 1 tablespoon grainy mustard
- 2 tablespoons minced fresh chives, plus additional for garnish
- ½ teaspoon grated nutmeg
- Salt and freshly ground black pepper to taste

#### Directions

1. Place the carrots and vanilla bean in a saucepan and cover generously with water. Bring to a boil, then simmer uncovered until the carrots are very tender, 15 to 20 minutes. Drain well and discard the vanilla bean.
2. Place the carrots in a food processor, add the butter, and process to a smooth puree. With the machine running, slowly pour the cream through the feed tube and process until completely blended. Blend in the mustard. Add the chives, nutmeg, salt, and pepper; process just to combine.
3. Serve the puree immediately or gently reheat it in a double boiler over simmering water at serving time. Garnish with an extra sprinkling of snipped chives just before serving.