

Shrimp Fajitas With Peppers and Zucchini

Ingredients

- Zest of 1 lime (2 teaspoons)
- ¼ cup fresh lime juice
- Salt and pepper
- 2 teaspoons cumin seeds, lightly toasted and ground
- 1 tablespoon adobo sauce from canned chipotles in adobo
- ¼ cup plus 3 tablespoons extra-virgin olive oil
- 4 large garlic cloves, minced
- 1 ½ pounds medium or large shrimp, shelled and deveined
- 1 large red or yellow onion, halved and sliced
- 1 red bell pepper, seeded and sliced 1/4-inch thick
- 1 jalapeño or 2 serrano chiles, minced
- 1 large zucchini, halved lengthwise and sliced
- 1 cup fresh or frozen corn kernels (from 1 large ear of corn)
- ¼ cup chopped cilantro
- 1 romaine heart, sliced crosswise
- 4 large flour or 8 corn tortillas
- Quick green salsa, for serving (see recipe)
- Queso fresco, for sprinkling

Directions

1. In a small bowl, combine lime zest and juice, 1/2 teaspoon salt, 1 teaspoon ground cumin, the adobo sauce, 1/4 cup olive oil and half the garlic. Reserve 2 tablespoons marinade.
2. Season shrimp with salt and pepper and place in a resealable bag. Pour in marinade and seal bag. Move shrimp around to coat well, place bag in a bowl and refrigerate for 30 minutes. Flip bag over periodically to redistribute marinade.
3. Heat a large, heavy skillet over medium-high heat and add 2 tablespoons oil. When oil is hot, add onions and cook, stirring often, until they soften and begin to color, 3 to 4 minutes. Stir in bell pepper and chile and cook, stirring often, until peppers begin to soften, 3 to 4 minutes.
4. Stir in zucchini and corn, and turn heat to medium. Add remaining garlic, cumin and salt to taste. Cook, stirring often, until the zucchini is tender and peppers are nicely seared, softened and beginning to caramelize, 5 to 8 minutes.
5. Pour in reserved 2 tablespoons marinade and scrape bottom of pan with wooden spoon to deglaze. Stir in half the cilantro. Taste and adjust seasoning. Remove from heat but keep warm.
6. Wrap tortillas in foil and warm in the oven, or wrap in a towel and warm in a steamer or in the microwave.
7. Transfer shrimp, with marinade, to a bowl. Remove shrimp from marinade and blot briefly on paper towels. Reserve marinade.
8. Arrange lettuce on a platter. Heat remaining 1 tablespoon oil over medium-high heat in a large, heavy skillet, preferably cast-iron, or a wok. Add shrimp and let sear; when they begin to turn pink, after about 1 minute, add drained marinade. Cook, stirring, until cooked through, 3 to 4 minutes. Using tongs, transfer shrimp from pan to platter. Turn up heat, reduce liquid in pan by half, and pour over shrimp.
9. Arrange vegetables on platter with shrimp, or serve separately. Sprinkle with remaining cilantro and serve, with warm tortillas, salsa and crumbled queso fresco.



Sisters Hill Farm

127 Sisters Hill Road, PO Box 22, Stanfordville, NY

July 22, 2017

July 25, 2017

<https://sistershillfarm.org>

845-868-7048

Edited by: Bob & Joan Cohen

cohenrd98@comcast.net

845-724-3518

Field notes from Farmer Dave

I know many of you like to hear how we do things on the farm and what a typical day is like. So, here's a brief synopsis of how today (Friday July 21) went for me. My alarm sounded at 5:30 and I awoke to get ready for work. I arrived at 6:30 and met with the crew in the farm office to outline a plan for the day. Since Friday is a harvest day, we reviewed our harvest sheet and got straight to it. We almost always start with leafy greens so that we can cut them while it is still cool and their leaves are turgid. Today that meant harvesting and washing 242 heads of lettuce, totaling 96 pounds. Next, we moved on to beets, pulling, topping, and washing 120 pounds. Then we had a 10-minute break where we ate homemade carrot cake (thanks Adrienne!) on the steps of the office. Next, we dug carrots, harvesting, topping, and washing 291 pounds. This brought us to lunch time—35 minutes to run home, grab a bite, and race back. After lunch, it was a quick succession of some heavy and satisfying crops! We started with eggplant—our first harvest of the season. Betsy, Isabel, and Matt walked up the 3 beds clipping fruit and throwing it to me to catch as I counted aloud and pulled a cart filled with 8 cases alongside them. In no time at all we had 379 beautiful eggplant (205 pounds) in all shapes and shades of purple. Next, we moved on to peppers—we harvested 240 of those (61 pounds). We drove back to the barn and washed those up. Then we loaded up the van once again and set off to get summer squash and cucumbers. This time the totals were 260 cucumbers (133 pounds) and 237 summers squash (194 pounds). Next, we strode out to the hoop house to pick tomatoes. This time we picked 136 pounds between slicers and cherries. Finally, we took down 120 garlic bulbs from the rear barn and clipped and cleaned those. All told we picked and packed over 1,200 pounds of vegetables. It was now 3:30, time to go home. It was also 90 degrees and we were ready for our work day to end!

If it sounds like an exhausting day, it was pretty difficult. But it was also filled with beauty, challenge, and comradery. I got home, relaxed, ate dinner and hydrated. Then as dusk approached I decided to go for a run up to the Stissing Fire Tower and a swim in Stissing Lake at sunset. You'd think I probably had enough exercise for one day, but I always find a run in the woods, and especially a swim, invigorates me and leaves me with more energy than it uses up.

Which brings me to my point—despite whatever setbacks this farm season may

bring, like the recent heat and humidity—I'm overflowing with a sense of gratitude lately. Maybe it's that a week ago I celebrated the anniversary of my back surgery—or in a couple of weeks, I'll be celebrating the 2-year anniversary of my shoulder reconstruction after crashing my mountain bike. As many of you know, it's been a tough couple of years for me health wise, so to be able to harvest these heavy crops all day long, then go for a run and a swim—it proves to me how resilient and wondrous our bodies are!

My recent injuries have changed my approach to exercise and life—at least a little, some positive changes are creeping in... My mantra lately on runs has been “enjoy don't strive.” Maybe some of you can relate? If you are someone who always wants to do better, to constantly be improving, it's hard to slow down and listen to your body and it's needs. If we are constantly pushing toward something in the future, we miss the beauty right here in front of our faces today.

Maybe it's also that my wife Margaret and I are soon to celebrate our 20th wedding anniversary. It's got me nostalgic and thinking about how much I appreciate the loving home and life we've built together. I also realize how wonderful this farm is, and I'm grateful each and every day for the opportunity I have to grow healthy delicious food with love and care for YOU my customers and friends!

*****From NYTimesCooking.com*****

Risotto With Eggplant and Tomatoes

Ingredients

- 1 pound eggplant (1 large or 2 small)
- 2 tablespoons extra virgin olive oil
- 1 small onion, finely chopped (about 1/2 cup)
- 1 pound tomatoes, grated, or peeled, seeded and chopped
- 2 garlic cloves, minced
- 1 teaspoon fresh thyme leaves or 1/2 teaspoon dried thyme
- Salt to taste
- 250 grams (1 1/2 cups) arborio rice
- 1/2 cup dry white wine
- 6 cups vegetable stock or chicken stock
- Freshly ground pepper
- 1 1/2 ounces Parmesan cheese, grated (1/3 cup)

Directions

1. Preheat the oven to 450 degrees. Line a baking sheet with foil, and oil the foil. Cut the eggplant in half lengthwise, and with the tip of your knife, make an incision down the middle of the cut sides that goes just about down to, but not through, the skin. Lay the eggplants on the baking sheet, cut side down, and place in the oven for 20 minutes, or until the skin has shriveled and the eggplants are beginning to collapse. Remove from the heat and allow to cool until you can handle them, then dice and set aside.

2. Heat 1 tablespoon of the olive oil in a large, wide skillet and add the onion. Cook, stirring often, until it is tender, about 5 minutes, and add the garlic. Cook, stirring, until the mixture is fragrant, about 30 seconds, then stir in the tomatoes, thyme, diced eggplant and salt to taste. Cook, stirring often, until the tomatoes have cooked down and smell fragrant and the eggplant is thoroughly tender, 10 to 15 minutes. Taste and adjust seasoning. Set aside.
3. Put your stock or broth into a saucepan and bring it to a simmer on the stove, with a ladle nearby or in the pot. Make sure that it is well seasoned. Heat the remaining olive oil over medium heat in a wide, heavy skillet or saucepan. Pour in the rice and stir just until the grains separate and begin to sizzle. Add the wine and stir until it is no longer visible. Stir in the tomato and eggplant mixture and cook, stirring, for about a minute, until the mixture is well combined and sizzling.
4. Begin adding the simmering stock, a couple of ladlefuls at a time. The stock should just cover the rice, and should be bubbling, not too slowly but not too quickly. Stir often, and when you see that the stock has been absorbed by the rice, add another ladleful. The rice will be cooked through but still chewy after 20 to 25 minutes of adding the stock in increments and stirring. When the rice is tender all the way through but still chewy, it is done. Add pepper, taste and adjust salt.
5. Add another ladleful of stock to the rice. Stir in the Parmesan and remove from the heat. The mixture should be creamy. Serve right away.

*****From NYTimesCooking.com*****

Grilled Eggplant Salad

Ingredients

- 1 large eggplant
- 1 plum tomato, diced
- 1 1/2 teaspoons red wine vinegar
- 1/2 teaspoon kosher salt, more to taste
- 1/2 teaspoon chopped fresh oregano
- 2 garlic cloves, finely chopped
- 3 tablespoons extra virgin olive oil
- 3 tablespoons chopped parsley
- Black pepper, to taste
- Capers, for garnish, optional
- Grilled pita bread, for serving

Directions

1. Heat grill to medium high. Prick the eggplant all over with a fork, put in on the grill and close the cover; cook, turning occasionally, until eggplant is very soft and skin is blistered, about 15 minutes.
2. When cool enough, scoop out the insides of the eggplant and coarsely chop. Transfer to a bowl and toss with tomatoes, vinegar, salt, oregano and garlic. Stir in oil and parsley; season with pepper and more salt if needed. Garnish with capers if you like them. Serve with warm pita bread.