

minutes. Add tomatoes, salt, nutmeg and pepper and continue cooking, stirring often, until the tomatoes are just starting to break down, 1 to 2 minutes. Stir in Parmesan and parsley. Add the gnocchi and toss to coat. Serve immediately.

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

**Carrot Cake Smoothie - 1 serving**

*A quick cool snack*

**Ingredients**

- 1 cup chopped carrot
- 1/2 cup chopped apple
- 1 teaspoon vanilla extract
- 1/4 teaspoon pumpkin pie spice
- 3/4 cup unsweetened coconut milk beverage
- 1/2 cup frozen pineapple chunks
- 1/4 cup old-fashioned oats
- 1 pitted date
- 2-4 ice cubes
- 1 tablespoon unsweetened flaked coconut, toasted (optional)

**Directions**

1. Combine carrot, coconut milk beverage, apple, pineapple, oats, date, vanilla, pumpkin pie spice and ice cubes in a blender. Puree until smooth. Top with coconut, if desired.

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

**Summer Tomato, Onion & Cucumber Salad – 6 servings**

**Ingredients**

- 3 tablespoons rice vinegar
- 1 tablespoon canola oil
- 1 teaspoon honey
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper, or more to taste
- 2 medium cucumbers
- 4 medium tomatoes, cut into 1/2-inch wedges
- 1 Vidalia or other sweet onion, halved and very thinly sliced
- 2 tablespoons coarsely chopped fresh herbs, such as flat-leaf parsley, chives and/or tarragon

**Directions**

1. Whisk vinegar, oil, honey, salt and pepper in a large shallow bowl.
2. Remove alternating stripes of peel from the cucumbers. Slice the cucumbers into thin rounds. Add the cucumber slices, tomatoes and onion to the dressing; gently toss to combine. Let stand at room temperature for at least 30 minutes and up to 1 hour.
3. Just before serving, add herbs and toss again.
4. Make Ahead Tip: Prepare through Step 2 up to 1 hour ahead.

Note: I add small cubes of mozzarella cheese for a special twist.



*Sisters Hill Farm*

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**Come out for our onion cleaning party this Monday,**



**August 15th from 6:30-8 PM. Good**

**work, good fun, good company!**



\*\*\*\*\*  
 \* **Join us for our final picnic of the season Saturday,** \*  
 \* **August 27th at 5 PM featuring the amazing band** \*  
 \* **“Bob and the Boys!” We’ll be grilling up burgers** \*  
 \* **and dogs so bring a side dish or dessert to share!** \*  
 \*\*\*\*\*

*Comments from Apprentice Breezy*

Strapping on boots and snugging caps onto our heads, we step out to greet the dewy morning. Gray skies obscure the rising sun and distort time. The forecast calls for rain starting around 11AM, and we have a long to-do list. We jump right into planting lettuce transplants and sowing a few beds of spinach with the hopes that the coming rain will sufficiently water them and make them happy. The three of us work in tandem. One plucks lettuce starts from the tray and drops them on the grid imprinted in the bed. Another follows behind, plunges their fingers into the earth to create small holes for the starts, and tucks them in with a pinch. The third person works in the next beds using a walk-behind seed planter that is over one hundred years old. The seed planter is a beautifully simple tool: a front wheel engages the mechanism that drops seed at the desired rate into a small furrow created by a shoe. Then the seed is covered with soil and pressed lightly by a rear wheel.

It is nearing 9AM when ominous clouds roll in. The leaves of the trees rustle in the wind, and we can hear the ambient orchestra of rain heading our way. We continue plodding through the beds as the sky opens up above us. After all, farm work doesn't stop for the weather! But soon the rain is coming down hard, and we need to leave the field to avoid soil compaction. Luckily we finish our transplanting and seeding tasks just in time. But what do we do now?

Rainy days can throw a wrench into a day's plan, but it reminds you

that there is always work to be done somewhere else on the farm. Sopping wet soils may prevent certain field work activities, but there are always other to-do's that don't feel threatened by a little rain. So we break up and move onto other tasks. A dead tree has fallen on the fence in the far field and needs to be removed. The tomatoes in the hoop house need to be pruned, lowered, and leaned. The onions in the greenhouse need to be cleaned. And there are always weeds that can be pulled.

The rain comes down hard, and by lunch we have about seven-tenths of an inch. At first I feel thankful for the rain because it breaks the heat, waters our plants, and allows us to focus on some other projects we may have otherwise pushed to another day. But there are some down-sides to rain as well. When the rain comes down fast and heavy, the water may pool or run off the soil's surface. This could pose a risk for the spinach we just seeded, as it may be washed away. Looking ahead in the forecast, we see that the rest of the week calls for heat, humidity, and rain. These are prime conditions for the spread of fungal diseases, especially if the weather doesn't allow for periods of sun and dry. Working through a field of tomatoes or beets while the leaves are wet is a sure way to spread disease. And while the beans and melons plump up beautifully with the rain, so do the weeds.

So you could say that farmers have a complicated relationship with rain. On the one hand, it is a necessary and beneficial occurrence for healthy and abundant crops. On the other hand, it is unpredictable and potentially harmful. But if there is one thing rain teaches us it is that we work with Mother Nature, and not the other way around. She may be fickle, and mysterious, and difficult to work with at times, but she is a great teacher.

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

### **Watermelon Salsa**

#### **Ingredients**

- 3 cups finely diced seedless watermelon, (about 2 1/4 pounds with the rind) (see Tip)
- 2 jalapeno peppers, seeded and minced (see Ingredient note)
- 1/3 cup chopped cilantro, (about 1/2 bunch)
- 1/4 cup lime juice
- 1/4 cup minced red onion, (about 1/2 small)
- 1/4 teaspoon salt, or to taste

#### **Directions**

1. Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well to combine. Season with salt. Serve at room temperature or chilled.

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

### **Slow-Cooker Quinoa-Summer Squash Casserole -10 servings**

#### **Ingredients**

- 12 ounces tomatillos, husked, rinsed and chopped
- 1 pint cherry tomatoes, chopped
- 1 poblano or bell pepper, chopped
- 1/2 cup finely chopped white onion
- 1 tablespoon lime juice
- 1 teaspoon salt
- 1 cup quinoa
- 1 cup crumbled cotija or feta cheese, divided
- 2 pounds small yellow summer squash, cut into 1/4-inch slices
- 2 tablespoons chopped fresh oregano

#### **Directions**

1. Combine tomatillos, tomatoes, pepper, onion, lime juice and salt in a medium bowl.
2. Coat a 5- to 6-quart slow cooker with cooking spray. Layer quinoa, 1/3 cup cheese and all of the squash in the slow cooker. Top with another 1/3 cup cheese. Spread the tomatillo mixture on top, but don't stir the ingredients together. (Refrigerate the remaining cheese to use for the topping.)  
Cover and cook on Low for 4 hours. Serve sprinkled with oregano and the remaining 1/3 cup cheese.

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

### **Gnocchi with Zucchini Ribbons & Parsley Brown Butter – serves 4**

#### **Ingredients**

- 1 pound fresh or frozen gnocchi
- 2 tablespoons butter
- 2 medium shallots, chopped
- 1 pound zucchini, (about 3 small), very thinly sliced lengthwise (see Tip)
- 1 pint cherry tomatoes, halved
- 1/2 teaspoon salt
- 1/4 teaspoon grated nutmeg
- Freshly ground pepper, to taste
- 1/2 cup grated Parmesan cheese
- 1/2 cup chopped fresh parsley

#### **Directions**

1. Bring a large saucepan of water to a boil. Cook gnocchi until they float, 3 to 5 minutes or according to package directions. Drain.
2. Meanwhile, melt butter in a large skillet over medium-high heat. Cook until the butter is beginning to brown, about 2 minutes. Add shallots and zucchini and cook, stirring often, until softened, 2 to 3