

heat the oil. Working in two batches, add the carrots, season with salt, and cook, stirring occasionally, until golden brown and crisp-tender, 10 to 12 minutes. Transfer the carrots to a plate.

2. Add the garlic and scallion whites to the skillet and cook, stirring, until the garlic is golden brown, 1 to 2 minutes. Add the mirin and 1/4 cup water and bring to a boil. Cook until thickened and reduced by half, 1 to 2 minutes. Reduce the heat to medium-low, and add the miso, whisking until smooth. Add the butter, a few pieces at a time, whisking to incorporate into a thick sauce, 2 to 3 minutes. Stir in the vinegar.
3. Return the carrots to the skillet and toss to coat with the glaze. Taste and adjust seasoning. Sprinkle remaining scallion greens.

\*\*\*\*\*From *Epicurious.com*\*\*\*\*\*

## Roasted Acorn and Delicata Squash Salad

### Ingredients

- 1 medium acorn squash (1 1/2 lb), quartered lengthwise, seeded, cut into 1/3" slices
- 1 medium delicata squash (1 lb), halved lengthwise, seeded, cut into 1/3" slices
- 2 tbsp plus 1/4 cup extra-virgin olive oil, divided
- sea salt and freshly ground black pepper
- 4 tsp unpasteurized apple cider vinegar
- 1/2 cup cooked wheat berries, drained, cooled
- 2 oz small red or green mustard leaves (about 4 cups, loosely packed)
- 2 oz arugula leaves (about 4 cups, loosely packed)
- 1/4 cup thinly sliced red pearl onions or shallots
- 4 oz aged goat cheese, rind removed, shaved
- 1/4 cup Spiced Pumpkin Seeds

### Preparation

1. Preheat oven to 400°. Line 2 rimmed baking sheets with parchment paper. Place acorn squash slices on 1 tray and sliced delicata on the other. Toss each with 1 Tbsp oil, 1/4 tsp salt, and a pinch of pepper.
2. Place in oven and roast for 30 minutes; flip squash, rotate the trays, and roast for another 10-15 minutes or until just beginning to brown. Remove from oven and set aside to cool.
3. Whisk vinegar, 1/4 cup oil, 1/4 tsp salt, and pepper to taste in a bowl; stir in wheat berries.
4. Spread half of greens over a serving platter or bottom of a wide bowl, then add half of acorn squash, delicata squash, pearl onions, goat cheese, and pumpkin seeds. Drizzle with half of dressing; repeat with remaining ingredients and dressing. Toss lightly; serve immediately.



# Sisters Hill Farm

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

November 07, 2015  
November 10, 2015

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

Edited by: Bob & Joan Cohen  
[cohenrd98@comcast.net](mailto:cohenrd98@comcast.net)  
845-724-3518

### Notes from our apprentice Katherine

I'm very excited for this newsletter's topic, but before I get into it, let me get my goodbye over with, this being the final newsletter of the season. (I hate goodbyes!) It's been an incredible season here at Sisters Hill. As I head back down to the Bronx for the winter, I don't think I fully appreciate yet just how much I've learned and grown during my apprenticeship at Sisters Hill. Many CSA members have asked where each of us is headed next, and I so appreciate how much you care about our journeys as the people who have had the privilege to grow your vegetables this season. From this experience, I am inspired to continue farming and am looking for the farm where I can continue next season to build on the amazing training I've had here. It's a challenging search--something I remember talking about with the other apprentices very early on in the season is how Sisters Hill would ruin us in a way. D. and I especially felt this way, as this was the first full season on a rural production farm for both of us. Farmer Dave not only focuses on education and food production in equal measure; he sees a rigorous training of his apprentices as an integral part of achieving quality and efficiency at Sisters Hill. How would anywhere else be able to compare? It is hard to find a farm and a mentor who strikes that balance and who is so invested in building up the next generation of farmers. But as scary as it is to leave Sisters Hill, it is just as exciting to look ahead and see all the possibilities for the future. I thank Dave and Sister Mary Ann for giving me the opportunity to be a part of this special place this season, Dave for teaching me so much up through our last days of harvest, for TRUSTING me and also allowing me to make many mistakes along the way, my co-apprentices Dev and D. for being smart, supportive and silly co-workers, and of course our CSA community, for supporting us all along the way.

The feeling of community is so strong here at Sisters Hill, and I feel so lucky to have been able to be a part of it this season. It is truly awesome that there are members who are coming back this season who have been a part of the farm for 17 years now, and it's just as wonderful to hear from new members who just joined this season that they are planning to return next year. Forming a community, along with a love of food and the opportunity to grow good food for people are definitely top motivations for farming for me. When I was looking at farms last season, in addition to everything else that impressed me about Sisters Hill, I was impressed by its commitment to being accessible to people coming from a range of financial situations. Now that I've seen how this plays out in practical terms, I can tell you that of course, this being Sisters Hill, there are systems in place to make sure this

happens.

One system is in the membership structure itself. As you all know, the membership fee is on a sliding scale, and each member chooses what they feel they can pay. Not all farms offer this and will just give one set price. The beauty of this approach is that it not only gives people flexibility in what they can pay, but it allows members who choose to pay at the higher end of the sliding scale to support the farm's ability to offer membership at the lower end of the scale and even donate produce. Sisters Hill was able to donate shares to 12 families this season.

Another system is the charity donation program. Every Tuesday, in addition to bringing down shares to our CSA members who pick up in the Bronx, we also bring produce for that week's charity who will also pick up from our Bronx site. There are three groups, all sponsored by the Sisters of Charity of New York, who rotate pick-ups week to week: Casa Esperanza in the Bronx, the Handmaids of Mary in Harlem, and Part of the Solution, or POTS., also in the Bronx. As we apprentices have taken turns managing the farm under Dave's supervision, one responsibility has been to make sure that we have a good variety and amount of produce for each week's charity donation. It's the same food that we grow for CSA, stored in the same cooler, but we keep all the bins going to charity in one corner of the cooler--this allows us to keep an eye on the "charity stack," as we call it, and be able to easily eyeball whether we need to move additional harvest into the stack.

When I got the apprenticeship, I was especially excited to learn that I'd be helping to grow food for POTS. Before farming, I had worked desk jobs at several different nonprofits, including one that funded POTS, and it seemed very inspiring to me that I'd have the chance to work with POTS from a different angle. This past Tuesday we sent down, among other veggies, lots and lots of potatoes, and it's good to know that they will end up in many happy bellies.

Because this is an integral part of what the Sisters of Charity, Sister Mary Ann, and Farmer Dave have been so committed to over the years, and because it is at the same time a side of the farm that many members might not get to see or hear about, I wanted to learn more about it myself. I talked with the emergency food program director at POTS, Taina Rodriguez, to ask her about how POTS uses the produce that they get from Sisters Hill. Here are some quick facts she wanted to share with us:

- POTS serves people in crisis in the South Bronx and offers an array of services to take them on the path towards self-sufficiency. These services include a medical clinic, a dental clinic, mailbox services, haircuts, showers, and a closet for work clothes.
- 80% of the food that comes from Sisters Hill goes towards their community kitchen program--not your traditional soup kitchen, but a dining program that is run restaurant-style. Diners can come to be served a hot lunch, 7 days a week.
- 20% of the food from Sisters Hill goes towards their food pantry program. Patrons of the food pantry program are allowed to "shop" from the pantry and choose what they'd like to take, with a set number of points assigned to each item. Fresh produce is assigned a lower point value, to encourage visitors to take more fresh veggies!

- Peppers, onions, kale, "all the leafy greens," are some favorites of POTS' kitchen staff and clients. We'll do kale chips and people won't even realize! We're like, "Look, you just had a healthy snack!"
- "We would love for Sisters Hill's CSA members to know how much of an impact this actually has for our community. This transforms lives. This reduces their health conditions. It opens their minds. It teaches them. The thing about access to healthy food is you are doing a lot more for people than you can ever know. And I would like them to thank them and ask them to just continue supporting us!"

\*\*\*\*\*From *Epicurious.com*\*\*\*\*\*

## Beet Chutney

### Ingredients

- 1/4 cup extra-virgin olive oil
- 1 3/4 cups chopped red onion
- 1 2-inch-diameter beet, peeled, cut into 1/4-inch cubes
- 1/2 cup water and 1/2 cup red wine vinegar
- 3 tablespoons raisins and 3 tablespoons sugar
- 2 teaspoons chopped peeled fresh ginger
- 1 teaspoon yellow mustard seeds, pinch of cumin seeds

### Directions

1. Heat olive oil in heavy medium saucepan over medium heat. Add chopped red onion and beet cubes. Cook until onion is tender but not brown, stirring frequently, about 8 minutes.
2. Add 1/2 cup water. Increase heat to high and boil until mixture is thick, about 5 minutes. Add vinegar, raisins, sugar, ginger, mustard seeds, and pinch of cumin seeds. Reduce heat to medium-low and simmer until beet cubes are tender and chutney is thick, stirring often, about 8 minutes.
3. Season to taste with salt and pepper. Cool.
4. DO AHEAD: Can be made 1 week ahead. Cover and chill.

\*\*\*\*\*From *Epicurious.com*\*\*\*\*\*

## Pan-Roasted Carrots with Miso-Butter

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 lbs carrots, preferably small young ones, peeled, split crosswise
- Kosher salt
- 2 garlic cloves, chopped
- 2 scallions, thinly sliced, white and green parts separated
- 1/4 cup mirin (Japanese rice wine)
- 2 tablespoons white or yellow miso paste
- 2 tablespoons unsalted butter, diced
- 2 tablespoons rice vinegar

### Directions

1. In a large cast-iron or heavy-bottom skillet over medium-high heat,