

- 1/3 cup finely shredded Parmesan cheese

Directions

1. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until beginning to soften, about 3 minutes. Add zucchini, summer squash, oregano, salt and pepper and stir to combine. Reduce heat to low, cover and cook, stirring once, until the vegetables are tender-crisp, 3 to 5 minutes.
2. Stir in beans, tomatoes and vinegar; increase heat to medium and cook, stirring, until heated through, about 2 minutes. Remove from the heat and stir in Parmesan

***** *From Maine Ingredients Cookbook* *****

Hearty Potato Pancakes - Serves 6

Ingredients

- 5 to 6 medium potatoes
- ½ medium onion, coarsely grated
- 1 egg
- 5 to 6 tablespoons flour
- 6 tablespoons milk
- ½ teaspoon salt
- 1/8 teaspoon pepper
- ¼ cup vegetable oil
- Sour cream
- Fresh chives, chopped

Directions

1. Peel potatoes and coarsely grate. Combine with next 6 ingredients, mixing well and using enough flour to absorb moisture.
2. Preheat oil in a large non-stick skillet. When oil is hot but not smoking, add large spoonfuls of potato mixture, one at a time, flattening slightly to form a pancake shape. Fry 3 to 4 minutes until golden brown; turn and continue to cook until other side is brown and crisp.
3. Remove and drain on paper towels. Serve immediately or keep warm in a 200° oven until entire batch is done. Serve individually with a dollop of sour cream and sprinkling of fresh chives.



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September 29, 2012
October 2, 2012

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Notes from Apprentice Stefan



Hello again, dear Farm Members! I'm confident we can all agree that being part of a CSA is a lot about the food. Sure there are other things, too, but it's a lot about the food. It's fairly food-centric. ...and it is with that in mind that I submit as this week's newsletter the following highly subjective and unscientific list. Maybe it will spark an idea or two for you.

Top 10 Foods Created in the Apprentice Kitchen for 2012

#10. Thai - Style Curry

Creator: Stefan with a tip from Katherine. The Secret: Saute some diced onion and carrot. Cover those with coconut milk, add some red curry paste and soy sauce, and then add some diced sweet pepper and chunks of sweet potato or butternut squash (or pumpkin). Simmer until everything is a pleasant texture. The tip: Try including chopped kale (with the stems and ribs removed). The kale is hearty enough to maintain its texture through the simmering process. Yum!

#9. Quiche

Creator: Anna. The Secret: Farm-fresh eggs from our free-ranging chickens. They offer more than just a pastoral ambiance! And having farm-fresh arugula, spinach, and onions doesn't hurt either.

#8. Cranberry-Ginger-Zucchini Muffins

Creator: Stefan with contributions from his girlfriend, Meave. The Secret: Have someone special in your life gift you the leftover ginger from her homemade ginger ale project. This minced ginger has been boiled extensively in sugar water and makes a fabulous addition to muffins. (It helps if she also gifts you some craisins...)

#7. Eggplant Parmesan

Creator: John. The Secret: After you have sliced the eggplant, salt the slices so that they sweat out some of their liquid. Dab off this moisture with a paper towel before breading the slices. That way, the final product turns out nice and crispy. John's hearty homemade breading consists of cornmeal, sesame seed, wheat germ, dried oregano, paprika, and salt.

#6. Chevre

Creator: All three apprentices with tutelage and supplies from Gail. The Secret: We greatly enjoyed the fruits of our cheese-making adventures this year. It turns out to be quite simple to make a delicious soft goat cheese from fresh goat's milk. All you need is a bit of yogurt and an inexpensive box of rennet. Making your own goat's milk mozzarella is hardly any more complicated.

#5. Oat - Pecan Burgers

Creator: Stefan. The Secret: Half the secret is a recipe that I gleaned from an

anarchic vegan "deli" where I used to work. The other half of the secret is that veggie burgers are sometimes just a warm, hearty means by which to deliver condiments to your mouth -- slices of tomato and onion, cheese, ketchup and mustard and mayo, lettuce, maybe even one of Anna's home-canned dill pickles. Highly customizable.

#4. Caprese

Creator: Everyone ... repeatedly, with gratitude to Donna for the mozzarella. The Secret: A slice of fresh mozzarella, a slice of tomato, a big basil leaf -- all drizzled with olive oil and balsamic vinegar. A little salt and pepper. Served by itself or on top of a slice of Italian bread. Delicious every time. And if you eat enough of them, it turns into an entire lunch!

#3. Cheddar and Arugula Sandwiches

Creator: John. The Secret: Just like it sounds. Don't be afraid to be generous with the arugula. Some folks like to add a big slice of tomato or a slathering of mayonnaise or a fried egg. Quick and portable!

#2. Ratatouille

Creator: Anna. The Secret: Cook all the vegetables separately before combining them in the final dish and baking them briefly together. This keeps the flavors separate so that each vegetable tastes like itself. A wide variety of vegetables can be incorporated in this dish: tomato, eggplant, peppers, summer squash, onions, and garlic.

#1. Pasta Alla Vodka

Creator: John's brother Matt. The Secret: Recipes for vodka sauce are common enough, but the secret is heavy cream and fresh diced tomatoes. Not exactly a low-fat food. Thanks to Matt for a truly delicious evening! Here's to the food!

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

Arugula Pesto - 8 servings, about 1 cup

Ingredients

- 1 clove garlic, peeled
- 5 cups baby arugula
- ½ cup finely shredded Asiago cheese
- ¼ cup toasted pine nuts
- ¼ cup extra-virgin olive oil
- ¼ teaspoon salt

Directions

1. With the motor running, drop garlic through the feed tube of food processor; process until minced.
2. Stop the machine and add arugula, cheese, pine nuts, oil and salt.
3. Pulse and then process, scraping down the sides as necessary, until the mixture is a smooth paste.

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

Carrot Sauté with Ginger & Orange - 4 servings

Ingredients

- 2 teaspoons canola oil
- 3 cups grated carrots, (6 medium-large)
- 2 teaspoons minced fresh ginger

- 1/2 cup orange juice
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper, to taste

Directions

1. Heat oil in a large nonstick skillet over medium-high heat. Add carrots and ginger; cook, stirring often, until wilted, about 2 minutes.
2. Stir in orange juice and salt; simmer, uncovered, until the carrots are tender and most of the liquid has evaporated, 1 to 2 minutes.
3. Season with pepper and serve.

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

Parsley Smashed New Potatoes - 6 servings

Ingredients

- 2 pounds new or baby red potatoes, (1- to 2-inch diameter), large ones quartered
- 2/3 cup low-fat plain yogurt
- 2 scallions, cut in half lengthwise and finely chopped
- ¼ cup finely chopped fresh parsley
- 2 tablespoons butter, softened
- ¾ teaspoon salt
- White or freshly ground black pepper, to taste

Directions

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add potatoes, cover and steam until very tender when pierced with a fork, 20 to 25 minutes. (Check the water level near the end of steaming to be sure the pan doesn't boil dry. Add more boiling water as needed.)
2. Meanwhile, combine yogurt, scallions, parsley, butter, salt and pepper in a large bowl.
3. Mix the cooked potatoes into the yogurt mixture, breaking them up with a fork until they crumble apart and lightly clump together.

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

Summer Squash & White Bean Sauté - 4 servings, about 1 1/4 cups each

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, halved and sliced
- 2 cloves garlic, minced
- 1 medium zucchini, halved lengthwise and sliced
- 1 medium yellow summer squash, halved lengthwise and sliced
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 15- or 19-ounce can cannellini or great northern beans, rinsed
- 2 medium tomatoes, chopped
- 1 tablespoon red-wine vinegar