

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

Loaded Spinach Salad

Like many spinach salads, this one features lots of chopped-up hard-boiled egg. But since most of the calories in an egg are in the yolk, this recipe uses just two whole eggs, plus the whites from six additional eggs, for a satisfying spinach salad that keeps the calories in check.

Ingredients—Creamy Blue Cheese Dressing

- ½ cup low-fat mayonnaise
- ½ cup buttermilk or nonfat milk
- ½ cup nonfat plain yogurt
- 2 tablespoons tarragon vinegar or white vinegar
- 1 tablespoon Dijon mustard
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ cup crumbled blue cheese

Ingredients—Salad

- 8 large eggs
- 6 cups baby spinach
- 4 tablespoons Creamy Blue Cheese Dressing, divided
- 1 8-ounce can beets, rinsed and sliced
- 1 cup shredded carrots
- 2 tablespoons chopped pecans, toasted (see Tip)

Directions

1. To prepare dressing: Whisk mayonnaise, buttermilk (or milk), yogurt, vinegar, mustard, salt and pepper in a medium bowl until smooth. Add cheese and stir, mashing with a spoon until the cheese is incorporated.
2. To prepare salad: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low, cover and cook at the lowest simmer for 10 minutes. Pour off the hot water and run cold water over the eggs until they are completely cooled. Peel the eggs; discard 6 of the yolks. Chop the remaining yolks and whites.
3. Toss spinach and 2 tablespoons of the dressing in a large bowl. Divide between 2 plates. Top with the chopped eggs, beets, carrots and pecans. Drizzle with 2 more tablespoons dressing. (Refrigerate the extra dressing for up to 1 week.)

Make Ahead Tip: The recipe makes 1¼ cups dressing (Step 1); cover and refrigerate extra dressing for up to 1 week. Stir before using.

Tip: To toast chopped nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.



Sisters Hill Farm

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

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Save the date: **Saturday June 24th at 5PM will be our first farm picnic** of the season! We'll be celebrating Sister Mary Ann's retirement. We'll have great live music, barbecued local meats, and lots of good food, games and conversations to share!

The Apprentice Perspective

Why, who makes much of a miracle?

As to me I know of nothing else but miracles[...]

- Walt Whitman

Today the weather has alternated unpredictably between overcast skies, sudden rain showers, and moments of bright sunlight. As the sun waned in the early evening, the trees began to toss in gusty winds and thunder rumbled in the distance. I ran toward the hoop house to close the doors and protect our young tomatoes from the wind. By the time the hoop house was secured and the tomatoes were safe and sound, I was soaked.

As I walked back toward the barn moments later, the sun began to appear amidst the rain. I looked up to the slate-colored sky to see a vibrant double rainbow arcing over the back fields of Sisters Hill Farm. I smiled with delight and breathed in that sweet moment, my weariness from the day's work fading away as the fresh scent of rain and the beauty of color washed over me.

Someone asked me the other day why I farm, and seeing that rainbow is a perfect example of something that is so hard to put into words. In that moment, I witnessed a miracle. Perhaps some would not see it as such, but I can find no better way to describe it. Indeed, part of the joy of farming is witnessing small miracles all the time—and never ceasing to wonder at them.

It starts from the very beginning in the greenhouse. We carefully sow seeds in soil, trusting that with water and warmth they will germinate. And despite the countless seeds I have sown over the years, I am still surprised and delighted to return several days later and discover two tiny green leaves breaking through the soil where each seed was placed.

This wonder continues as our plants mature. For example, about a week and a half ago—days before we would be harvesting for the first CSA pickup—we carefully rolled back the row covers from the field in front of the barn. Many of our crops had suffered early in their life due the relentlessly cool, wet weather

and the resulting presence of detrimental pests. Yet seemingly overnight, these crops had recovered beautifully and were thriving. We were overjoyed to be reminded of the resilience of our crops even in the face of challenging circumstances, and we were thrilled to have beautiful produce to share with you!

Farming involves a lot of hard physical work and a constant reminder that we lack control in many ways. But it also reminds us that miracles happen all the time, as long as we choose to look for them amidst our work. My ardent hope is that you, our CSA community, can taste the “miraculous” in the food you take home each week and experience part of what this wonder-filled process of growing fresh, nutritious food is all about. I also hope that you will take some time over the course of this season to walk around the farm, take in its beauty, participate in its community, and see what unexpected moments await you! -- Betsy

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

Basic Sautéed Kale

Ingredients

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 1-1½ pounds kale, ribs removed, coarsely chopped (see Tip)
- ½ cup water
- 2 cloves garlic, minced
- ¼ teaspoon crushed red pepper
- 2-3 teaspoons sherry vinegar, or red-wine vinegar
- ¼ teaspoon salt

Directions

1. Heat 1 tablespoon oil in a Dutch oven over medium heat. Add kale and cook, tossing with two large spoons, until bright green, about 1 minute.
2. Add water, reduce heat to medium-low, cover and cook, stirring occasionally, until the kale is tender, 12 to 15 minutes. Push kale to one side, add the remaining 1 teaspoon oil to the empty side and cook garlic and crushed red pepper in it until fragrant, 30 seconds to 1 minute.
3. Remove from the heat and toss together. Stir in vinegar to taste and salt.

Tip:

A 1- to 1½-pound bunch of kale yields 16 to 24 cups of chopped leaves. When preparing kale for these recipes, remove the tough ribs, chop or tear the kale as directed, then wash it—allowing some water to cling to the leaves. The moisture helps steam the kale during the first stages of cooking.

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

Simple Sautéed Spinach

Ingredients

- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- 20 ounces fresh spinach, (see Note)
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon crushed red pepper

Directions

1. Heat oil in a Dutch oven over medium heat. Add garlic and cook until beginning to brown, 1 to 2 minutes.
2. Add spinach and toss to coat. Cover and cook until wilted, 3 to 5 minutes.

3. Remove from the heat and add lemon juice, salt and crushed red pepper. Toss to coat and serve immediately.

Note:

Baby spinach is immature or young spinach—it's harvested earlier than large-leaved mature spinach. We like the sturdy texture of mature spinach in cooked dishes and serve tender, mild-flavored baby spinach raw or lightly wilted. Baby and mature spinach can be used interchangeably in these recipes (yields may vary slightly); be sure to remove the tough stems from mature spinach before using.

*****From Farmer Dave*****

Farmer Dave's Simple Stir Fry

My wife and I share dinner duties. She usually cooks and I do the dishes. I cook two nights a week and when I do, this is my go-to recipe because it is simple, delicious, and works well with many of the vegetables I bring home from the farm—especially crops like Chinese cabbage and Bok Choi we give this time of year.

Ingredients

- Veggies—lots of them. My favorites are bok choy, Chinese cabbage, regular cabbage, carrots, broccoli, turnips, radishes, kohlrabi, in any combination. You can use an entire head of cabbage, or bok choy, since the veggies wilt down a good bit. And believe me you'll want more... this serves a very hungry family of 4.
- 2 cups rice—brown, white, jasmine, whatever you like best
- 4 cups water—or however much your rice choice calls for
- 2/3 cups soy sauce
- ¼ cup brown sugar
- 1 tablespoon corn starch
- Minced ginger—1-3 tablespoons depending on how much you like
- 1-2 cloves garlic minced
- ¼ to ½ teaspoon red pepper flakes
- A few tablespoons of sesame oil
- 1.5 pounds or so meat of your choice (I prefer boneless chicken thighs, or steak) cut into ¼ thick strips. If it's still a little bit frozen it's easier to slice.

Directions

1. Depending on how fast a cook you are start your rice
2. Combine soy sauce, brown sugar, corn starch, ginger, garlic, and red pepper flakes and stir until smooth. Add meat, stir and marinate for a while.
3. Chop up veggies of your choice, coarsely for bok choy stems, you'll want a little crunch.
4. Heat a tablespoon or two of sesame oil over medium high heat in a wok or very large pan. Cook the veggies until just tender—if on the thick side. Remove from pan
5. Add another tablespoon of sesame oil to the pan and add the meat, reserving liquid
6. Cook meat stirring often. When the meat is almost done add the rest of the marinade liquid, then add back the veggies and stir. Cook maybe 5 more minutes or so depending on how crunchy you like the veggies. Voila, it's dinner time!