

Once they are ready, just refrigerate the beans in the brine. They will continue to ferment in the fridge, but at a much slower rate.

4. Eat within a couple of months

Submitted by our apprentice Katherine Chiu from thekitchn.com

Preserving parsley in the freezer

This method also works well with cilantro!

Directions

1. Wash parsley in a colander, then pick off the leaflets (leaving stems behind) and put the foliage in a salad spinner to dry thoroughly. Wet foliage doesn't freeze nicely.
2. Put a lot of clean, dry leaflets in a freezer Ziploc bag. Push the leaves towards the bottom of the bag, packing them tightly to compress them into a log shape.
3. Roll the bag from the bottom up towards the zipper end, squeezing out air as you go.
4. Seal the zipper end and use a couple rubber bands to keep the bag in log shape. Place in the freezer.
5. As needed, take out your parsley log from the freezer and slice off pieces from the end into your winter cooking. Great in eggs, soups and stews.
6. Rewrap the remainder tightly, moving the rubber band in from the edge to eliminate air pockets, and return quickly to the freezer.
- 7.

****** From Your Editor ******

Joan's Sloppy Eggplant Sandwiches

The measurements listed will provide enough filling for two large sandwiches. Adjust to meet your needs.

Ingredients

- 1 Tbs. olive oil more if needed
- 1/2 large sweet onion chopped
- 1 small (regular) eggplant small dice
- 2 cloves garlic minced
- 1 cup your favorite tomato sauce
- 4 slices mozzarella cheese
- 2 large rolls

Directions

1. Sauté: onion
2. Add: garlic stir 1-2 minutes until fragrant
3. Add :eggplant continue to sauté until it begins to soften
4. Add: the tomato sauce
5. Simmer: until thick enough to fill rolls
6. Top: mixture with cheese slices



Sisters Hill Farm

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

July 15 2015
July 18, 2015

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

Edited by: Bob & Joan Cohen
cohenrd98@comcast.net
845-724-3518

Join us for our final picnic of the summer on Saturday, August 29th at 5PM. Come for good tunes, tasty food, and friendly faces! Bring a side dish or dessert to pass!

A big thanks to everyone who helped with the onion cleaning these past two weeks and for our other volunteers throughout this past week. Your help is always appreciated!

Field notes from our apprentice Katherine Chiu

One of our long-time volunteers, Pete, asked me the other day what we do without TV in the apprentice house. Rest assured, I told him, the three of us get our fill of TV and movies on our computers. But working outdoors in the same fields each day gives us a front-row seat and a more attuned eye to the ever-changing nature show. There are the tiny thrills, like yesterday when we were kneeling in the broccoli beds and weeding, and Dev watched as a dragonfly landed on her and proceeded to devour a fly it had caught, using the front of her shirt as a picnic blanket. There's the weeks of anticipation and final pay-off, like watching this past Tuesday's forecast for the chance of rain creep up and up, wondering how much precipitation we might actually get after two weeks of dry weather, then celebrating as an inch of rain finally came down around us all morning as we gathered our harvest. And then there are the little day-to-day changes, seeing and feeling the passing of the seasons marked in such small increments of time: the sun rising earlier and earlier each day, and now later and later as the peak of summer has passed.

A couple days ago, I stood outside our walk-in cooler about to take inventory, wearing a hoodie in the cold early morning and wondering about the mornings to come when it will feel just as warm inside the cooler as outside it. As the warm July days flew by, it had felt to me like summer might just last forever this time around, and thinking about those cold days ahead, I wanted this beautiful summer weather and all its crops that were now in that cooler to stick around forever.

Even while the leaves on the trees are still green and the weather forecast shows 90-degree days ahead, to me, all signs point towards fall. The fall brassicas have been transplanted into the field and are

flourishing, and the wide-spreading leaves of the rutabaga and daikon have successfully shaded out and outcompeted the weeds growing underneath them. In field W1, all our spring greens that were planted there—arugula, Asian greens, spinach—have been long harvested, and the spent beds have been tilled in, leaving a sole bed of celeriac that continues to plug along to be harvested later this season. Today we weeded our beds of arugula and spinach that you'll be getting later this fall. In one way it does feel as though we are coming full circle, but in another, it's a reminder that winter will be here before we know it.

For now, as we've hit our summer stride, we continue to enjoy the huge bounty of summer harvest, and all of you as CSA members see and enjoy the changing of the seasons along with us in your shares. Tomatoes! Cukes! Beans! Peppers! It has put a smile on my face these past couple weeks when I've seen someone's eyes widen or heard them exclaim at the sheer amount of veggies we have ready for them as they pick up their share. We weigh everything we bring in for distribution to our CSA members, and it's fun to see our totals now shooting up as the heavy stuff starts coming in: onions, potatoes, melons, and later this season, all that winter squash.

Over the past few weeks, I have been taking a class on food preservation as part of the urban agriculture and food justice certificate program I am participating in as a Farm School NYC student. (Apprentice D. also happens to be a graduate of this program, and I am in my second year and finishing up.) Through the class, I've been learning about several different methods for storing and preserving fruits, vegetables and herbs to "extend" the season, so to speak. As hard as it is for us right now to imagine those winter months ahead when fresh veggies and herbs will be fewer in variety and in short supply, this is the time of the season when people used to be frantically "putting by" the summer's bounty to make it through the winter. For those of you who might find a week's share overwhelming to finish, or if you wish you could enjoy some of our summer harvest in the coming winter months, incorporating food preservation techniques into your week's routine with your CSA share can be a great solution. I know many of you already practice this and have loads of knowledge around freezing (such as member Katherine and her basil pesto), pickling (Pete and his neighbor's vinegar cuke pickles), and fermentation (Gail and Judy and their fermented pickles). I've included a couple preservation recipes here, too. Because many of you know so much and have a depth of knowledge to share, rather than attempt to go into too much detail on the topics of canning and fermentation, I will just share a couple resources that I'd recommend to those of you who are beginners and would like to give some of the more involved preservation techniques a try.

For some canning basics (and pretty food photos), try the website foodinjars.com. On the menu on the left-hand side, click on "Canning 101."

For a history lesson, basic principles and recipes for fermentation,

try the classic book *Wild Fermentation* by Sandor Katz.

Please report back if you give any new preservation techniques a try, and please send in your recipes and techniques as well!

Submitted by our apprentice Katherine Chiu from Food52.com*

Fantastic Fermented Green Beans - Makes 3 quarts

Lightly adapted from Kevin West's Saving the Season. A note on salt: volume measurements for salt vary dramatically from brand to brand, so weighing the salt is your best bet. That said, the 6 ounces called for here will equal about 3/4 cup of Morton's coarse flakes. On weighing: the crucial thing in fermentation is not to have the vegetables exposed to the air; you want them fully submerged in the brine. As West suggests, the easiest, least expensive way to do this is simply to fill a Ziploc bag with extra brine (a 5 percent salt-to-water ratio, just in case it leaks) and use the bag to push the beans down under the brine. It works surprisingly well.

Ingredients

- 1 gallon bottled water
- 6 ounces salt
- 2 pounds small green beans
- 6 garlic cloves, crushed
- 4 flowering dill heads, or 4 to 6 dill fronds plus 2 tablespoons dill seeds (optional)

Directions

1. Heat the water just until the salt dissolves. Cool to room temperature.
2. Trim the stem ends from the beans. Then layer them and the other ingredients in either a 2-gallon crock or a couple of 1-gallon jars. Cover with the brine. Weigh the beans down -- see note above -- and place the crock or jars in a relatively dark place at room temperature. The crock or jars should be covered, but not tightly sealed, so that gases produced during fermentation can escape. If using a crock without a lid, cover it with a plate or board and drape with a clean dish towel. If using jars, screw lids on loosely or remove the rubber seal (if using the style of jar pictured).
3. Bubbles will appear in 4 or 5 days. Skim any floating scum off the surface daily. (It's supposed to be there; don't let it worry you.) Taste occasionally. The beans should be fully pickled in about 2 weeks.