

- 1 medium Fuji apple, cored and thinly sliced
- Kosher salt and freshly ground black pepper
- 8 oz. Brie, thinly sliced

Directions

Position a rack 6 inches from the broiler and heat the broiler to high.

Put the bread slices on a rimmed baking sheet and set under the broiler.

Broil until nicely toasted, 1 to 2 minutes.

Remove the pan from the oven, flip the bread over, and spread 1 tsp. of the mustard evenly on each untoasted side. Top with the arugula and then the apple slices. Season lightly with salt and pepper, and then arrange the Brie slices in a single layer over the apples.

Broil just until the Brie starts to melt, 1 to 2 minutes (don't let it melt too much or the apple will get warm and the arugula will wilt). Sprinkle with a little black pepper.



Sisters Hill Farm

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

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Field notes from Farmer Dave



I'd like to start out this week by introducing this season's farm apprentices. Returning we have Stefan Streit. You may remember that Jen Stewart was supposed to return as well, but as fate would have it she fell head over

heels for a chap in New Zealand and wanted to stay there for a while and see how the relationship developed... It is still going strong, however she is temporarily back in the states, so we have the pleasure of her company as both a member and a regular volunteer!

Joining Stefan and I, we have Anna Metscher and John Crooke. Anna has a soil science degree and experience on two CSA's of similar size. John grew up on a dairy farm and most recently was working with farmers in Paraguay for the Peace Corp. As you can well imagine, they are a wonderful group of people to work with. They're all great fun, very eager to learn, and have excellent work ethics.

As you know, it's been an unusual spring but the weather this year has been mostly cooperative. It started out very dry and hot so we had to set up our irrigation earlier than ever. Then things turned more to what I am used to--mostly wet. Because it's been wet and warm, things are growing fast and well. The only problem is getting ground prepared and planted while it is dry enough to work without hurting the soil structure. Yesterday was a marathon planting effort for just that reason; the soil finally dried up enough for us to rototill and mark planting beds throughout the farm. So, after harvesting for most of the morning we proceeded to plant out all of this seasons peppers, half of the melons, 2 week's worth of lettuce, a third of the tomatoes, a week's worth of fennel, and a bed each of beets, carrots, leeks, and beans. We all felt very satisfied at the end of the day knowing we had almost caught up with our planting plan.

On a farm, the "to do list" is always longer than you can imagine and the hardest part is prioritizing what it is that is most important to do next. Yesterday we had to prioritize keeping up with planting over harvest for this morning; so some of us will be out in the field during distribution getting a bit more produce to fill out the share. It was defi-

nately the right decision though, since it rained hard last night watering in our new babies in the field, but also preventing us from planting further. Making judgment calls like this, and teaching apprentices how to make them, are one of the things that I enjoy most about farming. Because of the time crunch yesterday I'm up at 5 this morning writing this newsletter, and I was on the tractor at 8:30 last night tilling one last patch of ground before the rain so it could be planted later next week, but I have that relaxed peaceful feeling of knowing things are on track and going well.

I really hope you enjoy the fruits (make that veggies) of our labors!

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

Pasta alle Erbe - 8 servings, about 1 cup each

Ingredients

- 1 ½ pounds quick-cooking leafy greens (about 2 bunches), such as chard, spinach or beet greens
- 6 tablespoons extra-virgin olive oil, divided
- 4 plump cloves garlic, peeled and thinly sliced
- 1 ½ teaspoons kosher salt
- ½ teaspoon crushed red pepper, or to taste
- 1 cup hot water
- 2 tablespoons tomato paste
- 1 pound dry whole-wheat fettuccine
- 1 cup freshly grated Grana Padano or Parmigiano-Reggiano cheese, plus more for serving

Directions

1. Put a large pot of water on to boil.
2. Wash greens, then pat dry on towels. Remove tough stems and coarsely chop the leaves into strips. You should have 10 to 15 cups of chopped greens, depending on the type.
3. Heat 4 tablespoons oil in a large skillet over medium-high heat. Add garlic and cook until starting to color, 30 seconds to 2 minutes. Add greens a few handfuls at a time, stirring to wilt and fit into the pan. Season with salt and crushed red pepper and stir to coat with oil. Cook, stirring once or twice, until all the greens are wilted, 1 to 3 minutes (or longer, depending on the type of greens you're using).
4. Whisk water and tomato paste in a bowl. Pour into the skillet and bring to a boil. Cover and adjust the heat to maintain a steady simmer. Cook until the greens are tender and the sauce is reduced slightly, 10 to 15 minutes.
5. Meanwhile, add pasta to the boiling water, stirring and separating the strands. Return the water to a boil over high heat and cook the pasta until barely tender, 6 to 8 minutes.

6. Reserve about 1 cup of the cooking water; drain the pasta. Add the pasta to the greens and toss together for a minute or two, until the pasta is coated and fully cooked. If the pasta is too dry, thin the sauce with as much as 1 cup of the reserved pasta water; if too soupy, increase the heat and cook until the sauce thickens.
7. Remove from the heat. Sprinkle cheese over the pasta; toss well. Drizzle with the remaining 2 tablespoons oil and toss again. Serve immediately, with more cheese, if desired.

Nutrition

Per serving : 356 Calories; 14 g Fat; 3 g Sat; 9 g Mono; 9 mg Cholesterol; 47 g Carbohydrates; 14 g Protein; 9 g Fiber; 539 mg Sodium; 609 mg Potassium

Garlic Scapes

Use garlic scapes as you would scallions or shallots, or in any dish that could use a garlicky taste. Blend raw scapes into hummus, bean dips, salad dressing or even softened butter to spread over grilled vegetables of baked potatoes.

*****From FineCooking.com*****

Garlicky Tortellini, Spinach & Tomato Soup - Serves 2-3

Ingredients

- 2 Tbs. unsalted butter
- 6 to 8 cloves garlic, chopped
- 4 cups (1 qt.) homemade or low-salt chicken broth
- 6 oz. fresh or frozen cheese tortellini
- 14 oz. canned diced tomatoes, with their liquid
- 10 oz. spinach, washed and stemmed; coarsely chopped if larger
- 8 to 10 leaves basil, coarsely chopped
- Grated Parmesan cheese, preferably parmigiano reggiano

Directions

1. Melt the butter in a large saucepan over medium-high heat. Add the garlic and sauté until fragrant, about 2 min. Add the broth and bring to a boil. Add the tortellini and cook halfway, about 5 min. for frozen pasta, less if using fresh. Add the tomatoes and their liquid, reduce the heat to a simmer, and cook just until the pasta is tender. Stir in the spinach and basil and cook until wilted, 1 to 2 min. Serve sprinkled with the grated cheese.

*****From FineCooking.com*****

Open-Face Brie, Apple, and Arugula Sandwiches – serves 4

This quick, easy sandwich pairs the peppery kick of arugula with sweet apples and mellow, creamy melted brie on top. A cup of hot soup turns it into a meal.

Ingredients

- 8 slices rustic artisan bread (about 2-1/2 by 6 inches and 3/4 inch thick)
- 8 tsp. Dijon mustard
- 4 cups packed baby arugula