

### Directions

1. Preheat oven to 450°F.
2. Combine radishes, oil, salt and pepper in a large roasting pan.
3. Roast for 10 minutes. Stir in leek. Continue roasting until the radishes are lightly browned and tender, 10 to 15 minutes more. Stir in butter and thyme; serve warm.

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

Broccoli rabe (pronounced “rob”), aka broccoli raab or rapini, was brought by Italian immigrants to the U.S. in the 1920s. This member of the Brassica family is made up of long, edible leafy greens and tight broccoli-like florets. And despite its name and appearance, it is more closely related to turnips than to broccoli. Your first bite of broccoli rabe might catch you off guard. It’s one of the more bitter vegetables, a characteristic some people love and others...not so much. Briefly cooking broccoli rabe in boiling water (blanching) helps remove some of its bitterness, making it more palatable to those who prefer a milder green. To blanch broccoli rabe: Cook in a large pot of boiling water until bright green and barely tender, 1 to 2 minutes. Like all cruciferous vegetables, broccoli rabe is rich in isothiocyanates, compounds that amp up the body’s natural detoxifying enzymes. Plus 1 cup provides more than 100% of the daily value of vitamin K, which some -research shows may help build and maintain strong bones.

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

**Grilled Broccoli Rabe** 4 servings, about 2/3 cup each.

Although somewhat unconventional, grilling dark leafy greens like broccoli rabe is a fun way to add subtle smokiness. Here, we bump up the flavor by tossing it with a garlic-rosemary vinaigrette.

### Ingredients

- 1 bunch broccoli rabe (about 1 pound), trimmed
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons red-wine vinegar
- 1 teaspoon garlic powder
- 1/2 teaspoon chopped fresh rosemary
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper

### Preparation

1. Preheat grill to medium-high.
2. Cook broccoli rabe in a large pot of boiling water until bright green and barely tender, 1 to 2 minutes. Drain in a colander and rinse with cold water; drain well.
3. Combine oil, vinegar, garlic powder, rosemary, salt and pepper in a large bowl.
4. Grill the broccoli rabe, turning once, until tender and the leaves are just beginning to char, 1 to 2 minutes per side. Toss the broccoli rabe with the reserved dressing.

\*\*\*\*\*From *the Editor*\*\*\*\*\*

We invite everyone to share your tips on how you store and prepare your veggies. If you can or freeze them those ideas and recipes would be great also. Please call or e-mail 845-724-3518 or grandma.joan1@comcast.com.



## Sisters Hill Farm

127 Sisters Hill Road, Stanfordville, NY 12581

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### Save the Date

Our first **potluck picnic** of the season will be **Saturday June 14th at 5PM!**

Join us for a **tour** of the farm, fun farm **games**, and a **live musical performance** featuring **“Bob and the Boys”**

### *Field notes from Farmer Dave*

Welcome both new and returning members to Sisters Hill Farm’s 16th season! Those of you that know me, know that I’m a fairly upbeat individual. But I have to say that I’m even more excited than usual about the upcoming season. You might wonder, after 17 years as an organic vegetable farmer what I have to be excited about. There is so much, it’s hard to know where to begin. First, there are the things I have always loved; working outside in cooperation with nature, the sheer beauty of the fields, the pleasure of creating something that is both miraculous and tangible, the chess match that is working with the ever changing weather, mentoring the best of our next generation of farmers, and of course—feeding all of you!

But beyond that—this season we are embarking on a few new projects that keep me up at night brainstorming about the possibilities. For the longest time I have felt compelled to share what I have learned about farming with those who are on the earliest steps of a journey similar to my own. I have treasured my role as a mentor to the apprentices who have cut their teeth here at Sister Hill, and I have always loved sharing the successful methods and tools I have developed with other farmers and apprentices through farm tours and farming workshops. For years we have talked about how wonderful it would be if we could have a professional film maker shadow us in the fields. Lay people would see the beauty that is a diversified organic farm, and farmers would be able to see our scale appropriate tools and methods at work.

Well, fast forward to this season and we still don’t have a filmmaker following us around in the fields, but we have come up with ways to do the filming ourselves without it being too obtrusive and time consuming. This winter we purchased both a Go-Pro camera that we can wear on our heads (or mount elsewhere) and a time-lapse camera that we can set up to show the progression of work in the fields. We are slowly becoming our own experts and will soon be making polished videos about all aspects of sustainable farming. You can check out our earliest videos on YouTube at this address <https://www.youtube.com/user/smallfarmsolutions/feed>

A second project that we have undertaken this year is an extension of our mission, which has always been to grow healthy food which nurtures bodies, spirits, communities and the earth. We are now working on the healthy bodies and communities part—by encouraging exercise among our members and friends. We as farm-

ers and volunteers, are creating a series of trails in the woods here at the farm. We'll use these trails to get together and exercise on a regular basis. Like with our filming, this project has already begun and we now have over a half mile of trail laid out. We'll have a sign up sheet in the barn if you are interested in helping and/or walking, hiking, running, or biking with us.

There's a lot more happening than this, but I'm quickly running out of space here to tell you about it. If you're active on Facebook, be sure to look us up and "like" the farm. That way you'll get our updates, like the time-lapse videos of our onion planting from April or the picture of our lettuce harvest today that was viewed by more than 1,800 people!

As many of you know Audrey has returned for a second year as our assistant farm manager! Audrey and I are joined in the fields and barn by our new apprentices Hannah Blackmer and Alison Smith! Be sure to say "hello" when you meet them at distribution. I am so pleased to have such a terrific, enthusiastic, and productive crew. The quality of your shares this year will surely show the quality of their collective character!

### *From the Director's Desk*

Sisters Hill Farm welcomes back all our former shareholders and extends a special welcome to our new shareholders. Many new things are planned for this season, and we look forward to sharing them with you, and to your participation. It's more than vegetables!

Farmer Dave and the apprentices have been working very hard to grow the crops for this season- we know that you will not be disappointed.

I look forward to seeing you when I return from my retreat. Enjoy the veggies!  
Sr. Mary Ann

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

#### **Coconut Creamed Spinach** Serves 8 as a side dish

Coconut milk adds a barely there sweetness to this classic side, while toasted cumin gives it an earthy flavor. Serve this with beef or lamb, or top with a fried egg for a vegetarian meal.

#### **Ingredients**

- 2 Tbs. canola oil
- 1 tsp. whole cumin seeds
- 1 medium yellow onion, chopped
- Kosher salt
- 20 oz. (20 packed cups) baby spinach
- 3/4 cup well-shaken coconut milk
- 2 Tbs. all-purpose flour
- 1/4 cup plain Greek yogurt

#### **Directions**

1. Heat the oil in a wide 6-quart pot over medium-high heat until shimmering hot. Add the cumin seeds and toast, stirring constantly until fragrant and a shade darker, about 1 minute. Add the onions and 1/2 tsp. salt, and cook, stirring occasionally, until softened, 3 to 4 minutes.
2. Pile the baby spinach on top of the onions without tossing, cover, and cook for 1 minute. Uncover and cook, tossing often, until completely wilted,

about 2 minutes.

3. Meanwhile, whisk together the coconut milk, flour, and 1 tsp. salt in a medium bowl. Add the coconut milk mixture to the spinach and cook, stirring, until very thick, about 2 minutes. Remove from the heat, stir in the yogurt, and serve.

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

#### **Spinach and Mushroom Salad with Miso-Tahini Dressing** Serves 4

#### **Ingredients**

- 1/4 cup tahini
- 3 Tbs. fresh lemon juice
- 2 Tbs. white miso
- 1/2 tsp. sweet paprika
- 1/2 tsp. granulated sugar
- Kosher salt
- 8 oz. (8 packed cups) baby spinach
- 8 oz. (4 cups) thinly sliced cremini mushrooms
- 1 cup flat-leaf parsley leaves
- 1 cup coarsely chopped, roasted, unsalted cashews

#### **Directions**

1. Blend the tahini, lemon juice, miso, paprika, sugar, 1/8 tsp. salt, and 1/4 cup water in a blender until smooth. In a large bowl, toss the spinach, mushrooms, parsley, and cashews with the dressing. Serve.

\*\*\*\*\**From The Beekman 1802 Heirloom Cookbook*\*\*\*\*\*

#### **Radishes**

Radishes should be set free from salads. The French enjoy theirs as an appetizer, smeared with butter and sprinkled with coarse salt. We sometimes grate them into stir-fries or serve them as a simple side dish, as here. And it's not just the root that's worth celebrating. The leaves can be added to spring salads, and if you leave them in the garden long enough to bolt, their seedpods are delicious in salads or even pickled.

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

Radishes are a member of the Brassicaceae family-cousins to broccoli, cauliflower, and horseradish. They're low in calories high in vitamin C and also contain fiber and folate.

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

#### **Roasted Radishes & Leeks with Thyme** 4 servings

Radishes become sweet and tender when roasted in a hot oven in this easy radish recipe. If the roasting doesn't mellow the bite of the radish enough, stir in a sprinkle of sugar or honey along with the butter and thyme.

#### **Ingredients**

- 2 bunches radishes (about 1 pound), halved if small, quartered if large
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 large leek, white and light green part only, halved and thinly sliced
- 1 tablespoon butter
- 1 teaspoon finely chopped fresh thyme or 1/4 teaspoon dried