

Directions

1. To prepare crust: Combine whole-wheat flour, all-purpose flour, thyme (or oregano), salt and 3/4 teaspoon pepper in a bowl. Make a well in the center and add 1/3 cup oil and 5 tablespoons water. Gradually stir the wet ingredients into the dry to form a soft dough. Knead on a lightly floured surface until the dough comes together. Wrap in plastic and chill for 15 minutes.
2. Preheat oven to 400°F. Coat a 9-inch tart pan with removable bottom with cooking spray.
3. Roll the dough into a 12-inch circle on a lightly floured surface. Transfer to the prepared pan and press into the bottom and up the sides. Trim any overhanging dough and use it to patch any spots that don't come all the way up the sides. Prick the bottom and sides with a fork in a few places. Bake the crust until firm and lightly brown, 20 to 22 minutes. Let cool on a wire rack for at least 10 minutes.
4. To prepare filling: Meanwhile, heat 2 teaspoons oil in a large skillet over medium heat. Add chard stems and cook, stirring, until just tender, about 2 minutes. Add garlic and cook, stirring, until fragrant, about 15 seconds. Add chard leaves and 2 tablespoons water and cook, stirring, until the leaves are just tender and the water has evaporated, 2 to 5 minutes. Transfer the greens to a sieve over a bowl and let drain and cool for 5 minutes. Whisk eggs, ricotta, lemon zest and 1/8 teaspoon pepper in a large bowl. Fold in the greens, olives and feta. Pour the filling into the crust. Bake the tart until the top is lightly browned and a knife inserted in the center comes out clean, 30 to 35 minutes. Let cool for 10 minutes before cutting into wedges.



Sisters Hill Farm

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

September 21, 2013
September 24, 2013

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Field Notes from Farmer Dave



Fall is will officially be here tomorrow; it's my favorite time of year. This past week the weather was amazing! There's a certain pleasure and rhythm in starting a workday bundled up on a cool crisp morning and slowly peeling layer by layer as the sun warms both your body and the earth. It just feels good. As autumn progresses, my "office" becomes more beautiful than ever, the trees turn to a kaleidoscope of colors and the humidity goes down which makes the colors more saturated. That contrasts beautifully with the lush green cover crops throughout the farm fields. Bountiful harvests of greens return and contribute to the bulky farm shares of early fall.

The apprentices are deep into their "final exam" time now, which means that it's time for them to put all that I have taught them into practice. Their exams consist of being in charge of the farm for a week. Each Sunday an Apprentice and I will separately walk around the farm making notes and plans for everything that needs to be harvested and accomplished that week. They share their plan with me and then we compare notes. I've been doing this for many years and it is one of the things that really set our apprenticeship apart from nearly every other. Most apprentices never get to practice being the farmer, the boss, the decider—whatever you want to call it. As such, they don't really have any clue at the end of a year of farming if they just like the work that farming entails, or they might actually like managing a farm some day. Coming up with a good plan, executing that plan, and leading a crew gives someone a much better sense of their strengths and weaknesses when it comes to a potential career in farming.

Having them take the reins also frees up a bit of my time so that I can step back from production and work on production capability; in other words, not just growing and harvesting food, but figuring out how to grow tastier food even more efficiently. It also gives me time to maintain and even repair stuff. One of the challenges in creating a true apprenticeship, where apprentices are exposed to everything they must know to run their own farm, is dealing with novice tractor drivers. Many farms simply don't let apprentices drive tractors; they feel the tractor is too valuable, the risk too great. I think that's a cop out. Despite the costs, I teach them to drive every tractor on the farm, because they need to get a

sense of the utility of each machine as well as its complexity so they can assess it's place (or lack thereof) on their future farm. The difficulty with this approach of course is that novice tractor drivers crash into things. Over the years I've had apprentices hit 3 fence gates, an untold number of fence posts, the greenhouse, the solar panels, wheel hoes, and even the broad side of a barn! Luckily this time of year provides me with the opportunity for repair work!

I hope you enjoy the the coming of Autumn as much as I do! Happy cooking!

PS. We'd love your autumn leaves for composting. If you have a way to get them here, ask me where you can drop them off? Thanks!

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

Crispy Potatoes with Spicy Tomato Sauce

If you're not in the mood for a spicy sauce, just add a tiny pinch of crushed red pepper or omit it altogether. The recipe makes lots of the zesty, lycopene-rich sauce—any leftover sauce will hold well for a few days.

4 servings, about ¾ cup potatoes & 2 tablespoons sauce **each**

Ingredients

- 1 teaspoon plus 2 tablespoons extra-virgin olive oil, divided
- 6 cloves garlic, minced
- 1 15-ounce can crushed tomatoes, preferably fire-roasted (see tip)
- ½ teaspoon smoked paprika
- ½ teaspoon crushed red pepper
- ½ teaspoon salt, divided
- 1 ½ pounds new or baby potatoes, scrubbed and cut into ¾- to 1-inch cubes
- ¼ teaspoon freshly ground pepper

Directions

1. Heat 1 teaspoon oil in a medium saucepan over medium heat. Add garlic and cook, stirring, for 1 minute. Add tomatoes, paprika, crushed red pepper and ¼ teaspoon salt. Adjust heat so the sauce is simmering and cook, stirring occasionally, until thickened to the consistency of ketchup, 16 to 20 minutes.
2. Meanwhile, toss potatoes, pepper and the remaining ¼ teaspoon salt in a medium bowl. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Reduce heat to medium, add the potatoes and toss to coat. Cook, stirring frequently, until the potatoes are dark golden brown and tender, 15 to 20 minutes. Serve the potatoes with the sauce for dipping.

Tip: To use fresh tomatoes peel and remove most seeds, if you like, use slightly more tomatoes. Cooking time will need to be increased.

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

Skillet Gnocchi with Chard & White Beans - 6 servings

*In this one-skillet supper, we toss dark leafy greens, diced tomatoes and white beans with gnocchi and top it all with gooey mozzarella. **Ingredients***

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 1 16-ounce package shelf-stable gnocchi (see Tip)
- 1 medium yellow onion, thinly sliced
- 4 cloves garlic, minced
- ½ cup water
- 6 cups chopped chard leaves, (about 1 small bunch) or spinach
- 1 15-ounce can diced tomatoes with Italian seasonings
- 1 15-ounce can white beans, rinsed
- ¼ teaspoon freshly ground pepper
- ½ cup shredded part-skim mozzarella cheese
- ¼ cup finely shredded Parmesan cheese

Directions

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.
2. Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

Tip: Use fresh tomatoes and add some Italian seasoning.

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

Chard & Feta Tart - 8 servings

Ingredients

Crust

- ¾ cup whole-wheat pastry flour
- ¾ cup all-purpose flour
- 1 ½ tablespoons chopped fresh thyme, or oregano
- ¾ teaspoon salt
- ¾ teaspoon freshly ground pepper
- ⅓ cup extra-virgin olive oil
- 5 tablespoons cold water

Filling

- 2 teaspoons extra-virgin olive oil
- 6 cups chopped chard, (about 1 bunch), leaves and stems separated
- 2 tablespoons minced garlic
- 2 tablespoons water
- 2 large eggs
- 1 cup part-skim ricotta cheese
- 1 teaspoon freshly grated lemon zest
- ⅛ teaspoon freshly ground pepper
- ½ cup chopped pitted kalamata olives
- ⅓ cup crumbled feta cheese