

\*\*\*\*\* From Epicurious.com \*\*\*\*\*

### Linguine with Chicken, Leeks and Tomatoes—4 servings

#### Ingredients

- 2 tablespoons olive oil
- 4 boneless skinless chicken breast halves
- 1/4 cup (1/2 stick) butter
- 2-3 leeks sliced thin (white and pale green parts only)
- 4 garlic cloves minced
- 1 28oz can of chopped plum tomatoes—drained
- 2 tablespoons dry vermouth
- 1 pound linguine, freshly cooked
- 1 cup grated Parmesan
- 1/4 cup chopped fresh basil

#### Directions

1. Heat oil in heavy large skillet over medium-high heat. Season chicken with salt and pepper. Add to skillet and sauté until just cooked through, about 5 minutes per side. Cool slightly. Thinly slice chicken cross-wise and set aside.
2. Melt butter in same skillet over medium-low heat. Add leeks and garlic and sauté until leeks are very tender, about 10 minutes. Stir in tomatoes, vermouth and chicken. Cook until mixture is just heated through, about 2 minutes. Season generously with salt and pepper. Combine chicken mixture, linguine in large bowl, toss well. Sprinkle with basil.

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### Kale Salad with Dates, Parmesan and Almonds

#### Ingredients

- Juice of 1/2 lemon
- 1/2 shallot, chopped
- 1 teaspoon honey
- 1/2 teaspoon kosher salt
- 1/4 teaspoon red pepper flakes
- 2 bunches kale, stems removed, leaves shredded or finely chopped
- 2 tablespoons extra-virgin olive oil
- 1/3 cup sliced almonds
- 8 dates, pitted and chopped
- 2 1/2 ounces Parmesan, shaved with a peeler

#### Directions

1. In a bowl, whisk juice, shallot, honey, salt and pepper flakes. Add kale; toss well. Let sit 20 minutes. Mix in oil. Refrigerate for up to 1 day, or serve immediately. In a dry pan, toast almonds over medium heat, tossing constantly, until color deepens, 1 to 2 minutes. Add almonds, dates and Parmesan to kale; serve.



## Sisters Hill Farm

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### The Apprentice Perspective

As we move into September and sweet, sweaty, melon season comes to a close, I can't really say I didn't get in my fair share of melon munching over the past month. Without fail nearly every afternoon after work D., Katherine, and I look at each other and not so slowly make our way to the cooler to pull out yet another crisp, sweet, cool cantaloupe to gorge on. As though we'd never tasted them before in our lives we exclaim in between slobbery bites just how much juicier and sweeter this one was from the last and how maybe we'd find an even sweeter one if we just tried another one or two...

After month of feeding my melon addiction, justifying my "melon a day keeps the doctor away" diet as a necessary form of hydration and healthy snack, I realized I didn't actually know what made these "healthy snacks" quite so healthy. Obviously fruits and vegetables do the body good, but I wanted to take a closer look at just what made these delicious fruits just so great (and find excuses to keep eating them in gigantic quantities).

A quick search on the Google led me to an interesting site called The World's Healthiest Foods (whfoods.com). Being somewhat of a nutrition nerd I eagerly started to explore the site and found their list of the 100 Healthiest Foods. I was thrilled (and not too surprised) to find cantaloupes and watermelons among the elite one hundred. As I read on I began to learn even more about these beloved fruits and how their wide variety of nutrients helped make our bodies even healthier.

Beyond the basic goodness of a high fiber content and chock loads of vitamin C and A, cantaloupes nourish our bodies in a multitude of other ways. For example, nutrients called polyphenols, an antioxidant, are abundant in cantaloupe (as well as many other fruits and vegetables) and play a strong role in preventing degenerative diseases like cancer. These same polyphenols also help to prevent a wide range of health issues caused by metabolic syndrome, like high blood pressure, high blood sugar, high blood fat, by working to reduce inflammation and oxidative stress in the body. Not only does the "meat" of these melons provide all kinds of health benefits, but their seeds do too! In just 24 watermelon seeds there's 1 gram of protein (not much, but hey, doesn't hurt either), and even better, these seeds contain a significant amount of omega-3 fatty acids that help with anything from reducing inflammation in the body, to Alzheimer's prevention, to even lowering levels of depression among others.

Clearly, this little bit of research not only completely justified my melon addiction, but it also rejuvenated my interest in nutrition, and reminded me again that at the core of our diets we must focus on whole body health. I think it's very easy to get bogged down with advertisements for fad diets or new

“health foods” making outlandish weight-loss claims or touting the health benefits of a new product void of fat, sugar, salt, or whatever new enemy might be lurking around the corner. This mentality of anti-this and that-free promotes a confused and overall unhealthy way of looking at food. Eating well should not be a war or a scary chase away from all that is “evil”. It should be a celebration of the seasons, of your body, and of course, of delicious foods as well. Eating well is a lifestyle and not a diet or temporary quick fix or elimination.

Ultimately to me, it is about focusing on a plant-based lifestyle. Rather than getting bogged down on fad diets or endless calorie counts it’s important to step back and just focus on the vegetables. Whether your dinner plate gets filled with steak or tofu next is up to you, but if you start with vegetables you can’t go wrong. To me, a CSA share provides the necessary tools to live a plant-based healthy lifestyle. Each week’s share celebrates the changing of the seasons and the healthy foods they provide to nourish our bodies and make them strong. By exchanging recipes, picking fresh herbs and tomatoes out in the fields, sharing dishes at the potlucks, and other experiences in between, we, as a community, make it not only possible, but also very much enjoyable, to live a happy and healthy life through the foods we grow, share, and eat together. I am so grateful to be a part of this amazing community and share such delicious and healthy food with all of you. So eat a melon (and the seeds) and cheers to your health!

\*\*\*\*\**From apprentice Devon*\*\*\*\*\*

### **Toasted Melon Seeds** (From thekitchn.com)

To roast melon seeds, rinse, drain, and pat them dry. Toss the seeds with olive oil, salt, or other seasonings and toast them in a skillet until crispy and golden. You can also use the oven; spread the seeds in a single layer on a baking sheet and roast at 325°F for 20-40 minutes. Enjoy!

\*\*\*\*\**From Member Gail Hass*\*\*\*\*\*

### **Beet and Goat cheese Terrine**

*This recipe is from the tasting Gail did last Saturday*

#### **Ingredients**

- 4-6 beets
- 1/2 - 1 lb goats cheese (cheve)
- herb of your choice- I used some thyme 1/2 teas.
- vinaigrette

#### **Directions**

1. Put beets in pot and cover with water and cook until you can stick a knife in easily. Cool and slip off skins, chill and slice thin
2. Line a bread pan ( or rectangular pan) with plastic wrap overlapping
3. Put in a single layer of beets, cover with a thin layer of goat cheese mixed with your herbs. You can heat up the cheese a little to make it easier to spread
4. Keep making layers until you reach the top or run out ending with beets
5. Fold the plastic wrap over the top to cover- add some weight to press the beets and cheese. Chill overnight.
6. Lift out using the plastic, flip onto a plate remove the plastic
7. Slice and drizzle on your salad dressing

\*\*\*\*\**From Epicurious.com*\*\*\*\*\*

### **Potato and Kale Cakes with Rouille**—makes 12

#### **Ingredients**

##### **Rouille:**

- 1/2 cup mayonnaise
- 1 tablespoon extra-virgin Olive oil
- 2 garlic cloves, pressed
- 2 teaspoons tomato paste
- 1/8 teaspoon smoked paprika
- Pinch of cayenne pepper

##### **Cakes:**

- 1 1/2 pounds unpeeled russet potatoes, scrubbed, cut into 1-inch cubes
- 1/4 cup whole milk
- 2 tablespoons (1/4 stick) unsalted butter
- 1 teaspoon coarse kosher salt, divided
- 3 1/2 tablespoons extra-virgin olive oil, divided
- 1 cup chopped onion
- 1 large garlic clove, finely chopped
- 1/2 pound kale, center rib and stem cut from each leaf, leaves coarsely chopped
- 1 tablespoon chopped fresh thyme
- 1/8 teaspoon ground nutmeg

#### **Directions**

1. **For rouille:**  
Whisk all ingredients in medium bowl. Season rouille to taste with salt and freshly ground black pepper. **DO AHEAD:** *Can be made 1 day ahead. Cover and chill.*
2. **For cakes:**  
Cook potatoes in large saucepan of boiling salted water until tender, about 25 minutes. Drain; return potatoes to same saucepan. Add milk and butter. Mash potatoes (with peel) until smooth. Season with 1/2 teaspoon coarse salt and 1/2 teaspoon pepper. Transfer 3 cups mashed potatoes to large bowl and cool (reserve remaining potatoes for another use).
3. Heat 1 1/2 tablespoons oil in large deep skillet over medium heat. Add onion and garlic. Sauté until onion softens, about 5 minutes. Increase heat to medium-high. Add kale and thyme. Toss until kale wilts, about 5 minutes. Add kale mixture, 1/2 teaspoon coarse salt, 1/2 teaspoon pepper, and nutmeg to potatoes; blend. Cool potato mixture 30 minutes.
4. Shape potato mixture by 1/4 cupfuls into 1/2-inch-thick patties. Arrange on rimmed baking sheet. **DO AHEAD:** *Can be made up to 2 hours ahead. Let stand at room temperature.*
5. Heat 2 tablespoons oil in large nonstick skillet over medium-high heat. Add cakes and cook, without moving, until cakes are brown and crispy on bottom, 3 to 4 minutes. Carefully turn cakes over. Cook until brown on bottom, 2 to 3 minutes longer. Transfer to plates. Top each cake with dollop of rouille.