

- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper

Directions

1. Toss cabbage, bell pepper, onion, vinegar and oil in a large bowl. Season with salt and pepper; toss again to combine.

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

Roast Beef & Beet Nosh - 2 dozen

Ingredients

- 2 tablespoons reduced-fat sour cream
- 1 tablespoon prepared horseradish
- 24 slices pickled beets, halved if large
- 4 slices Jewish rye bread, toasted and each cut into 6 pieces
- 4 slices roast beef (about 4 ounces), cut into 24 pieces
- 24 fresh parsley leaves for garnish

Directions

1. Combine sour cream and horseradish in small bowl. Place a piece of pickled beet on each rye toast. Place a folded piece of roast beef on the beet. Top with a generous 1/4 teaspoon horseradish-sour cream. Garnish with a parsley leaf.

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

Pickled Beets (over)

Ingredients

- 1 cup cider vinegar
- 1/2 cup water
- 1/2 cup sugar
- 1/8 teaspoon pickling spice
- 1/4 teaspoon mustard seeds
- 1/4 onion, halved
- 1 small bay leaf (not California)
- 3/4 teaspoon whole black peppercorns
- 1/4 bunch fresh dill
- 3 beets (1 pound without tops)

Directions

1. Bring all ingredients except beets to a boil in a 2- to 3-quart saucepan, stirring until sugar is dissolved. Cover and simmer 30 minutes.
2. Cool marinade, then chill, covered, 1 day to allow flavors to develop. Pour through a fine sieve into a bowl.
3. Cook beets in a saucepan of boiling salted water until tender, 1 to 1 1/4 hours. Drain and cool. Slip off skins and cut into 1/2-inch pieces.
4. Stir together beets and marinade, then marinate, covered and chilled, 1 day.



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Field notes from Farmer Dave

I've come to realize that life is not simply good or bad, hard or easy, tranquil or harried. Life is ... defined by how we interpret what actually happens.

I learned this lesson partly from an exceptional children's book called *Zen Shorts* that I used to read to my kids when they were younger. The protagonist in the stories is a giant panda named Stillwater that shares traditional tales from Zen Buddhist literature to three young siblings. One tale, "The Farmer's Luck" spoke to me. Here's that story... *There was once a farmer who had worked his crops for many years. One day, his horse ran away. Upon hearing the news, his neighbors came to visit. "Such bad Luck," they said sympathetically. "Maybe," the farmer replied. The next morning the horse returned, bringing with it two other wild horses. "Such good luck!" the neighbors exclaimed. "Maybe," replied the farmer. The following day, his son tried to ride one of the untamed horses, was thrown off, and broke his leg. Again, the neighbors came to offer their sympathy on his misfortune. "Such bad luck," they said. "Maybe," answered the farmer. The day after that, military officials came to the village to draft young men into the army to fight in a war. Seeing that the son's leg was broken, they passed him by. "Such good luck!" cried the neighbors. "Maybe," said the farmer...*

The point is, maybe good luck and bad luck are all mixed up. You never know what will happen next.

This season has been a wonderful illustration of this confusion. As you all know it was a very cold winter and a colder than normal spring. For a little while I was concerned that our crops might not be ready for the first pickup. Knowing that good luck and bad luck are all mixed up, I just rolled with it, and what do you know---we had plenty of food for the first pickup! In fact, the mild weather continued well into and throughout June, when the temperatures normally rise into the 80's and the spring greens wither and bolt. This year that didn't happen and we had our strongest spring ever.

I think of this story not only in terms of good luck or bad luck, but in being open to new possibilities and viewpoints. As you may imagine farm work as we do it

at Sisters Hill is pretty demanding physically. People are often surprised when they find out that my favorite way to unwind after a long hot day of strenuous farm work is to go for a run, bike ride, or swim. Lately my calendar has been a little too full to get many good workouts in. Despite this, for the first time in a long time, I haven't felt a sense of loss because of it. I've come to peace with the fact that there is only so much I can accomplish in a day, and right now other pursuits are of greater importance to me. Some of the other things that have pulled me lately are; building a chicken coop with my sons for their new egg business, hosting out-of-town family for my brother's wedding, and being a single parent for a week while my wife joined her mother on a trip to Ireland. All of these things were much more important to me, and to those that I love, than preparing for my next athletic endeavor. For me it's all about balance and being at peace with the decisions you make and responding appropriately to those things which you cannot control...

Being a farmer, and having to deal with the weather, diseases, and insects has taught me that lesson well. When the weather report is just scary, as it often is, I try, and I try to teach apprentices—to just take it one day, one moment, at a time. Not to *anticipate* the scorching heat to come, and get all worked up thinking about it—that just makes it worse. We plan, yes, and do all we can to prepare and ameliorate. But *we don't sweat it*.

This past week's weather called for torrential rain—and it didn't disappoint; we got over 6 inches! But we rolled with it. I had to work a lot harder protecting some crops, but looking on the bright side--the hard work was difficult enough to count as a workout! Also on the plus side, the extra moisture in the soil helped some of our cover crop decay into the soil a little sooner, so our fall broccoli and cabbage planting could stay on schedule.

So the next time you are faced with a situation that seems just awful or too good to be true, think of the story of "The Farmer's Luck," be patient and wait to cast judgment on the situation.

***** 2 recipes From Member Donna Ferry *****

Stewed Cabbage with or without sausage

Ingredients

- ¼ cup extra virgin olive oil
- 1 medium cabbage shredded
- 1 large onion chopped
- 4 cloves of garlic sliced or crushed
- 1 cup thinly sliced celery
- 2 cups broth (veggie, chicken or beef)
- 2 14oz cans of organic stewed tomatoes
- 2 14oz cans of black beans

- 1 tsp Rosemary
- 1 tsp fennel seeds
- 1lb Italian Sausage (optional)

Directions

1. Put olive oil in a frying pan. Saute onions, celery, garlic until soft.
2. Add cabbage, Rosemary, and fennel seeds and continue to cook until cabbage is wilted.
3. Add broth and stewed tomatoes, simmer 15 minutes
4. (If using sausage,, broil until brown but do not overcook. Cut each sausage into three pieces on the diagonal and add to pan.)
5. Continue to cook another 20 minutes or until most of the liquid is absorbed. Add black beans, and heat through. Serve with rye bread.

Corned Beef and Cabbage Pizza

Ingredients

- ¼ cup extra virgin olive oil
- 1 medium cabbage shredded
- 1 large onion chopped
- 1 cup thinly sliced celery
- 4 cloves of garlic sliced or crushed
- 1 tsp caraway seeds
- Dijon Mustard
- 1/3 lb swiss cheese
- 1/3 lb deli corned beef
- 1 large pizza crust

Directions

1. Put olive oil in frying pan.
2. Add onions, celery, garlic and caraway seeds. Sauté until soft.
3. Add cabbage and cook until wilted
4. Stretch pizza dough onto a stone or pizza pan.
5. Spread cabbage mixture evenly onto dough.
6. Spread Dijon mustard over cabbage.
7. Cover with slices of corned beef. Top with swiss cheese.

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

Cabbage Slaw - 4 servings, about 1/2 cup each

Cabbage slaw is an essential ingredient when making fish tacos - a great stand alone slaw as well

Ingredients

- 2 cups finely shredded green cabbage
- 1/2 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red onion
- 2 tablespoons seasoned rice vinegar