



Sisters Hill Farm

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

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Garlic Harvest Report

A big thank you goes out to the many wonderful volunteers who helped out with our garlic harvest this year! We celebrated Independence Day in true Sisters Hill Farm style, pulling up thousands of garlic plants, tying them into beautiful bunches, and hanging them up in the rafters of the back barn to dry. Now it looks like our tractors are parked in a beautiful, garlic-scented cave... We broke some speed records, too: 5,540 heads of garlic traveled from soil to barn in just one hour and thirty five minutes!

A letter from the SHF Advisory Committee, soliciting volunteers

Dear Friends of Sisters Hill Farm,

In an effort to keep with the meaning of Sisters Hill Farm, we would like to include our shareholders in the continued success of this CSA. We are looking for members that could share some of their talents on committees established to realize the goals set forth in the Farm's Strategic Plan.

Below is a description of the committees we have established and are looking for volunteers to help obtain our objectives.

Communications Committee – the goal of the committee is to inform members and others of the happenings at the farm and at the Mount Saint Vincent site.

Looking for writers, poets, people who like to dabble on paper etc. to share information about the farm through our weekly newsletter, website and eventually the local press.

Members who are well versed in web maintenance and design would be a great asset.

Social Committee – the goal of this committee is to establish activities for members and non-members to see the farm and organize events at both pick-up locations.

Assist in social events such as the upcoming picnics on August 3 and October 12th; we need help planning these events.

Establish a list of volunteers whom can car pool people to events such as the picnics at the farm, bon fire, circus etc. once dates have been set.

Arrange for local chefs to teach others how to create great recipes with the foods of the farm at both locations.

Education Committee: the goal of this committee is to inform the members of what is taking place that affects our farming efforts and our communities as a whole.

Informing the farm community of the latest developments and educational opportunities in the areas of community support, sustainability, environmental issues, and food and nutrition topics through our website and/or newsletter.

Reporting on new Farm Bills.

Scheduling guest speakers

Please contact us via the email at shfarm@optonline.net or sign up at pick-up for one or more committees.

Thank you.

Sisters Hill Farm Advisory Committee

******From Nutrition Action Newsletter June 2013******

It's easy eating Green

All vegetables are good vegetables, but the leafy greens are superstars. Kale or chard are great. Just steam 2-3 minutes and top with one of these sautéed toppings. Total preparation time 10 minutes.

In a large skillet, sauté ½ lb. sliced cremini mushrooms in 2 Tbs. olive oil until well browned, 5-7 minutes. Add 1 Tbs. reduced-sodium soy sauce and 1 Tbs. balsamic vinegar and cook for another minute.

Slice a large onion, In a large skillet, saute the onion in 2 Tbs. olive oil until golden brown, 5-7 minutes. Season with 1 Tbs. balsamic vinegar, 1 1/4 tsp. salt, and freshly ground black pepper. Garnish with 1/4 cup walnut pieces.

Remove 4 oz. chicken or turkey sausage from the casing. Saute with 1 cup halved cherry or grape tomatoes in 1 Tbs. olive oil, breaking sausage up into small pieces, until browned and cooked through, 3-5 minutes. Season with freshly ground black pepper.

Whisk together 2 tsp. toasted sesame oil, 1 Tbs. reduced-sodium soy sauce, and 2 Tbs. balsamic vinegar. Garnish with 2 Tbs. sesame seeds and 2 tsp. grated ginger or a ½ inch piece of ginger cut into thin matchsticks.

*****From *Wild About Greens Cookbook******

Simple Garlicky Greens (with lots of variations) - 4 to 6 servings

Ingredients

- 1 good-size bunch (12 ounces to 1 1/4 pounds) greens of your choice — any variety of kale or chard
- 1 to 2 tablespoons extra-virgin olive oil
- 3 to 4 cloves garlic, crushed
- Juice of 1/2 to 1 lemon, or apple cider vinegar, to taste
- Salt and freshly ground pepper to taste

Directions

1. Cut leaves away from stems of chard or strip stems from the kale. If you'd like to use the stems from chard in this preparation, slice them thinly.
2. Heat the oil in a large steep-sided skillet or stir-fry pan. Add the garlic and sauté over low heat for 2 to 3 minutes, until golden.
3. Add the greens and cook over medium heat, stirring frequently until just tender.
4. Add small amounts of water, wine, or vegetable broth, if needed—just enough to keep the bottom of the pan moist. To cook until just tender but still nice and green, cook chard 5 to 7 minutes. The variables are how high your heat is and how thinly you've cut your greens.
5. Add the lemon juice or vinegar (for darker greens use balsamic vinegar in place of apple cider vinegar or lemon juice). Season with salt and pepper, and serve.

Sweet Additions

Once the greens are cooked, stir in 1/4 to 1/2 cup raisins, dried cranberries, currants, or sliced dried apricots or figs. Figs are especially good with chard. Caramelized onions and shallots add an earthy sweetness, as well.

Nutty Additions

Sprinkle 1/4 to 1/2 cup toasted nuts over the top of the greens in the pan prior to serving.

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

Beets & Greens Salad with Cannellini Beans - 4 servings

Sometimes beets have beautiful tender greens attached. When that happens, blanch the greens and toss with beans and vinaigrette, using some of the beets to garnish the salad, as in this recipe. Use the leftover cooked beets for other dishes.

Ingredients

- 2 bunches beets with greens, or 8 cups lightly packed beet greens
- 2 cloves garlic, crushed and peeled
- ½ teaspoon salt
- 3 tablespoons red-wine vinegar
- 1/3 cup extra-virgin olive oil
- 1 teaspoon dried oregano, or 2 teaspoons fresh oregano leaves, minced

- Freshly ground pepper, to taste
- 1 15-ounce or 19-ounce can cannellini beans, rinsed
- ¼ cup thinly slivered red onion, (1/2 small onion)

Directions

1. If using beets, preheat oven to 400°F. Cut greens from beets, leaving about 1 inch of stem attached; reserve about 8 cups greens, lightly packed. Wash and dry the beets. Wrap in foil and roast until tender, 1 ¼ to 1 ½ hours, depending on the size. (Alternatively, place beets in a microwave-safe dish, add ¼ cup water, cover and microwave on high for 20 to 25 minutes.) When the beets are cool enough to handle, peel 4 of them and cut into ½ -inch wedges. You should have about 2 cups. Place in a medium bowl. (Reserve the remaining beets for another use.)
2. Using a mortar and pestle or the side of a chef's knife, mash garlic and salt into a paste. Transfer to a large bowl. Add vinegar and whisk to blend. Add oil, oregano and pepper, whisking until blended. Measure out 1 tablespoon and add to the beet wedges; toss to coat. Add beans to the remaining dressing and toss to coat. Let marinate at room temperature until ready to use.
3. Place onion in a small bowl, cover with cold water and add a handful of ice cubes; let stand for 10 minutes, or until ready to use.
4. Meanwhile, bring 2 cups lightly salted water to a boil in a large wide pan. Wash beet greens in several changes of water; trim the stems. Add the greens to boiling water, cover and cook until tender, about 5 minutes. Drain well, pressing on the greens with the back of a spoon to remove excess moisture. Cut into 1-inch pieces.
5. Drain the onion. Add to the beans along with greens; toss to coat. Spoon the salad onto a serving platter or individual plates and garnish with the beets, if using. Serve immediately.