

- the week.
2. Put the beans in a large bowl, add enough cold water to cover the beans by
 3. 3 inches, and soak for 4 to 12 hours.
 4. Drain and rinse the beans and transfer them to a 3- or 4-quart saucepan. Add the garlic clove, bay leaf, and 6 cups cold water. Partially cover and simmer gently, stirring every 20 to 30 minutes, until the beans are tender and almost creamy inside, without being mealy or mushy, 1 to 1 1/2 hours. When the beans are about three-quarters done, season with 3/4 tsp. salt. If at any time the liquid doesn't cover the beans, add 1 cup fresh water. Drain the beans, reserving the cooking liquid, and discard the bay leaf. If you cook the beans in advance (up to 1 day ahead), refrigerate the beans and the cooking liquid separately until you make the soup.
 5. Heat the olive oil or butter in a 4- to 5-quart soup pot or Dutch oven over medium heat. If using the sausage, add it now. Cook, stirring often, until the fat is rendered and the sausage begins to brown, 5 to 6 minutes. Pour the meat and fat into a small strainer set over a bowl, and set the meat aside. Spoon 2 Tbs. of fat back into the pot, and return it to medium heat.
 6. Add the onion and celery and season to taste with salt and pepper. Cook, stirring frequently, until they begin to soften but not brown, 4 to 6 minutes. Stir in the rosemary, thyme, and tomato paste (if using), and cook until fragrant, 1 minute.
 7. Add the cabbage and potatoes, stirring to incorporate with the rest.
 8. Add 2 cups of the broth, partially cover, and simmer until the vegetables are just barely tender, 10 to 20 minutes.
 9. Add the beans and then 3 cups of broth and 1 cup of the reserved bean-cooking liquid. If you have less than 1 cup bean liquid left, adjust the broth for a total of 4 cups liquid.
 10. Return the cooked sausage to the pot, if using. Stir to combine and simmer, partially covered, for 10 minutes to meld the flavors. Taste the soup and add salt and pepper to taste. Sprinkle with some of the parsley, reserving some to sprinkle on top of each serving, if you like

Tip: Add daikon radishes to your stir-fries and your roasted veggies for different taste and texture.



Sisters Hill Farm

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

October 6, 2012
 October 9, 2012

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Final farm picnic October 20th 3pm. Join us!



Notes from Apprentice John

A few weeks ago my mother called and read to me this poem by John Keats (1795-1821). His "Ode to Autumn" captures the season so well with images of the ripened harvest and the morning mists. The latter is significant to me because I remember waking up early in the fall on my parent's farm to milk the cows and seeing the mists recede into the woods as the sun came up. While autumn is upon us I am happy to be on this farm too, where the fruits of the season are gathered and shared.

Ode to Autumn

Season of mists and mellow fruitfulness!
 Close bosom-friend of the maturing sun;
 Conspiring with him how to load and bless
 With fruit the vines that round the thatch-eaves run;
 To bend with apples the mossed cottage-trees,
 And fill all fruit with ripeness to the core;
 To swell the gourd, and plump the hazel shells
 With a sweet kernel; to set budding more,
 And still more, later flowers for the bees,
 Until they think warm days will never cease,
 For Summer has o'erbrimmed their clammy cells.

Who hath not seen thee oft amid thy store?
 Sometimes whoever seeks abroad may find
 Thee sitting careless on a granary floor,
 Thy hair soft-lifted by the winnowing wind;
 Or on a half-reaped furrow sound asleep,
 Drowsed with the fume of poppies, while thy hook
 Spares the next swath and all its twined flowers;
 And sometimes like a gleaner thou dost keep
 Steady thy laden head across a brook;
 Or by a cider-press, with patient look,
 Thou watchest the last oozings, hours by hours.

Where are the songs of Spring? Ay, where are they?
 Think not of them, thou hast thy music too, -

While barred clouds bloom the soft-dying day
And touch the stubble-plains with rosy hue;
Then in a wailful choir the small gnats mourn
Among the river shallows, borne aloft
Or sinking as the light wind lives or dies;
And full-grown lambs loud bleat from hilly bourn;
Hedge-cricket sing, and now with treble soft
The redbreast whistles from a garden-croft;
And gathering swallows twitter in the skies.

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

Celeriac & Yukon Gold Purée - Serves 8

Ingredients

- 1-1/2 lb. celeriac (1 large or 2 small), peeled and roughly chopped
- 1-1/2 lb. Yukon Gold or russet potatoes, peeled and cut into chunks
- 1 Tbs. plus 1-1/2 tsp. coarse salt
- 3/4 cup milk or half-and-half
- 3 Tbs. unsalted butter
- 2 Tbs. grated fresh or prepared horseradish, or to taste
- Fresh lemon juice to taste (I use 1 scant tsp.)
- Freshly ground white pepper

Directions

1. Put the celeriac and potatoes in a pot, cover with water by at least an inch, and add 1 Tbs. of the salt. Bring to a boil. Reduce the heat to medium, cover partway, and cook until very tender, 20 to 25 min.
2. Drain. Return the vegetables to the pot and set it over medium heat for 1 to 2 min., shaking and stirring to evaporate any excess water. Rinse a small saucepan in cold water (this will make the pan easier to clean later); pour in the milk (or half-and-half).
3. Bring to just below a simmer over medium heat; set aside. Force the vegetables through a ricer or food mill and return them to the boiling pot. Beat in the butter with a wooden spoon. Add the milk to the potatoes a little at a time, beating vigorously after each addition.
4. Stir in the horseradish and lemon juice. Add the remaining 1-1/2-tsp. salt, season with pepper, and serve.

Tip: Celeriac needs to be peeled with a knife, rather than a vegetable peeler

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

Caramelized Cabbage on Creamy Polenta - serves 6.

Ingredients

- 2 Tbs. extra-virgin olive oil
- 1/4 lb. chopped pancetta
- 2 cloves garlic, minced
- 1 small sprig rosemary, chopped
- 2 lb. green, white, or Savoy cabbage, cored and thinly shredded
- 2 tsp. salt; more to taste
- Freshly ground black pepper to taste
- About 3 Tbs. dry white wine (or water); more if needed

- A few drops balsamic vinegar
- 1 cup medium-coarse cornmeal, preferably organic stone-ground
- 4 cups water
- 1/2 tsp. olive oil
- 1 Tbs. butter
- 2 oz. finely grated Asiago or Pecorino Romano

Directions

Prepare the cabbage:

Heat the 2 Tbs. extra-virgin olive oil in a wide, deep saucepan over medium heat. Add the pancetta, garlic, and rosemary and sauté until the pancetta and garlic soften, about 4 minutes. Add the cabbage, 1/2 tsp. of the salt, the pepper, wine, and 1/4 cup water; toss to coat thoroughly. Cover and cook over medium heat for about 1 hour, adding a little more water or white wine whenever the cabbage seems too dry or begins to brown too fast, checking about every 5 minutes (the cabbage should stew slowly and brown lightly). After about 1 hour, uncover and cook, stirring, until the cabbage is meltingly tender, lightly caramelized, medium brown, and somewhat dry to the touch, about 5 to 10 minutes. Add the balsamic vinegar, taste, and adjust seasonings.

Meanwhile, prepare the polenta:

Heat the oven to 350°F. In an oiled 3-qt. nonstick ovenproof skillet, combine the cornmeal, 4 cups water, the 1/2 tsp. olive oil, and the remaining 1-1/2 tsp. salt; stir briefly. Bake uncovered for 40 minutes. Remove the pan from the oven, give the polenta a good stir, and return the pan to the oven to bake another 5 minutes. Stir in the butter and half of the cheese. Pour the polenta into a greased 9-inch heatproof dish, cover evenly with the cabbage, and scatter the remaining cheese on top. Bake until the tips of the cabbage are brown and crisp, 10 to 15 minutes. Serve hot.

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

Cabbage and white bean soup - Serves 6

This recipe can be transformed by using variations of different veggies and beans.

Ingredients

- 8 oz. (1¼ cups) dried cannellini, Great Northern, or navy beans, sorted and rinsed
- 1 medium clove garlic, smashed and peeled
- 1 bay leaf kosher salt
- 2 Tbs. extra-virgin olive oil or unsalted butter
- ¼ lb. fresh Italian sausage, out of its casing and crumbled (optional)
- ¾ cup chopped onion
- ¾ cup chopped celery
- 2 tsp. chopped fresh rosemary 1 tsp. chopped fresh thyme 1 Tbs. tomato paste (optional)
- 1 ½ cups thinly sliced green cabbage
- 1 ½ cups peeled and diced red or white potatoes
- 5 to 6 cups homemade or lower-salt chicken or vegetable broth
- Freshly ground black pepper
- 1/3 cup chopped fresh flat-leaf parsley

Directions

1. This soup, in which the beans remain whole, can be transformed into endless variations by using different types of beans and vegetables. Make a big pot on Sunday and enjoy the leftovers for lunch or dinner throughout