

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

Sesame Roasted Mushrooms & Scallions - 6 servings, about 2/3 cup each

Roasting brings out the natural sweetness of mushrooms. Here they are paired with full-flavored sesame oil, ginger, garlic and scallions. Using a variety of mixed mushrooms makes this dish special (and delicious). Serve with Ginger-Steamed Fish with Troy's Hana-Style Sauce and rice noodles.

Ingredients

- 2 tablespoons toasted sesame oil
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon grated fresh ginger
- 1 tablespoon minced garlic
- 4 teaspoons rice vinegar
- 1/2 teaspoon freshly ground pepper
- 1 1/2 pounds mixed mushrooms, such as shiitake (stemmed), oyster and white, thickly sliced
- 2 bunches scallions, cut into 2-inch pieces
- 1 tablespoon toasted sesame seeds, (see Tip)

Directions

1. Preheat oven to 450°F.
2. Combine oil, soy sauce, ginger, garlic, vinegar and pepper in a large bowl. Add mushrooms and scallions and toss to coat. Transfer to a roasting pan.
3. Roast, stirring once or twice, until browned and cooked through, about 25 minutes. Sprinkle with sesame seeds.

Tips & Notes

Tip: To toast sesame seeds, heat a small dry skillet over low heat. Add seeds and stir constantly, until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

We invite Sister's Hill members to share their special recipes with us. Just email the recipes to the editor's address shown on the first page.

Save the Date!

Join us for fun games and tasty food at our first picnic of the season on July 11th at 5 PM.



Sisters Hill Farm

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

June 13, 2015

June 16, 2015

<https://sistershillfarm.org>

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Field notes from our new apprentice "Dev"

Working my way through the garlic beds this afternoon pushing away on the wheel hoe it finally hit me that summer was really here. With the scent of freshly picked garlic scapes still lingering on my fingers and the sweat adding up as I worked up and down those beds I could only smile and look around at just how beautiful the farm had become. Garlic is by far one of my favorite crops; not only for its ability to make almost any dish taste that much better, but also for the time and care you have to give it over its relatively long lifetime. Coming to Sisters Hill just over two months ago you could just barely see the little green starts of garlic coming to life. Over the past two months we've been in and out of the garlic a few times, hand weeding, cultivating with the tractor, wheel hoeing, and spreading fertilizer to make it the big green beauty it is now. Walking, or more like running down the lanes of the garlic today, to snap the scapes into our buckets, I couldn't help getting so excited to see just the start of the hard work we'd put into this crop. With only a few more weeks until we harvest the bulbs its nice to think back at all we've put into making this great crop what it is today!

While we've been able to see the garlic grow up over the past two months, it's been fun as well to see how the fields have transformed alongside it. Once all alone in Field B, the garlic has acquired an array of neighbors from sunflowers, to leeks, to a mix of herbs, and this week the winter squash will be moving in! Though it feels hard to think of roasted delicata or butternut squash soup on this sunny afternoon, it's exciting to do one of our last larger plantings and see the fields become nearly all filled with crops. I think one of the most exciting and challenging parts of farming is balancing timing and trying to see the big picture. Though it can be difficult to think of all the preparation we have to do for the fall when there's big beautiful lettuce heads ready to harvest, it's important to work on seeing how the farm will progress. Luckily for us, Dave is teaching us the importance of taking advantage of little perfect pockets of time to work, as well as working with us to understand how the whole farm functions and operates together. As we walk the fields together, figuring out where to weed, what to harvest, and when to plant, we're beginning to see the fields through his eyes, and see how everything on the farm works together.

Though the summer solstice hasn't come just yet, and the tomato sandwiches of my dreams aren't quite a reality, it really feels like summer is here to stay and I couldn't be happier. June can be a crazy month trying to balance the planting and weeding we've been working on this spring with the start of all the crazy

harvesting we're doing now but there are few things more rewarding than to harvest the delicious beautiful veggies we've tended to all spring. Between heads of lettuce much larger than my own, to the tender, juicy, and somewhat alien-like kohlrabi, to the vibrant and zesty Swiss chard, harvesting is just so much fun! So I hope you're enjoying all these different veggies as much as I am whether it's in ever-growing salad mixes, quick pickles, zesty pastas, or anything in between! Enjoy this week's share and don't be afraid to throw some garlic scapes in anything and everything you're making this week! From hummus, to pesto, to a big stir fry of the whole share, just chop em up and enjoy!

***** From Our Apprentice Dev *****

Garlic Scape Pesto

Ingredients:

- 3-4 cups fresh basil (try using kale or arugula for a more unique flavor)
- 2-3 garlic scapes
- ½ t. sea salt
- ½-¾ C. Extra virgin olive oil
- ⅓ C. Walnuts (try pistachios for a creamier flavor)

Directions

1. Throw all ingredients in a food processor and process until blended. Adjust oil depending on your desired consistency.
2. Enjoy on pasta, toast, or straight off the spoon!

***** From Our Apprentice Dev *****

Hakurei Turnip Pickles

Ingredients

- 1 bunch of Hakurei turnips
- 1 t. salt
- ½ C. rice vinegar
- 2 t. sugar
- ½ t. crushed black pepper
- ¼ t. red pepper flakes
- 3 slices fresh ginger

Directions

1. Cut tops off turnips and slice thinly (a mandolin works best).
2. Place in bowl with salt and let sit for 30 minutes. Drain the turnips and place into pint-sized jar.
3. Add the rest of the ingredients to the jar, cap, and shake to mix ingredients together.
4. Place in fridge for at least an hour before eating. Use on top of salads, stuffed in sandwiches, or as a great snack on their own!

***** From Fresh Food Nation Cookbook *****

What are Garlic Scapes?

GARLIC SCAPE This is the curly green stalk that grows out of a garlic plant in very early spring. Most farmers remove them, thinking the head will grow bigger with no scape to divert energy. Crunchy, with a mild garlic flavor, the scapes are

easy to cook with, though slightly fibrous on the outside. Cut into short pieces and sauté, roast, or add to soups, stews, risottos, or stir-fries.

GARLIC SCAPE BUTTER: Stew sliced garlic scapes in olive oil and a little water until very tender. Put a stick of softened butter in the bowl of a stand mixer; add the stewed scapes and some chopped fresh flat-leaf parsley, thyme, sage, chives, and chervil. Add a bit of coarse salt and lemon zest and mix until well combined. Use this to make the world's best garlic bread.

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

Garlic Scape Pesto - About 2/3 cup

Ingredients

- 1/2 cup chopped garlic scapes or garlic cloves
- 1/2 cup extra-virgin olive oil

Directions

1. Pulse garlic scapes (or garlic) in a food processor until well chopped. Add oil and process until somewhat smooth.

Great on roasted or grilled veggies

***** From Your editor *****

Joan's Turnips

Ingredients

- 1 bunch of turnips with greens
- 1/4 cup or so thinly sliced sweat onion
- 1-2 tsp olive oil

Directions

1. Slice turnips and chop greens coarsely
2. Sauté onion 2-3 minutes
3. Add sliced turnips and sauté until crispy tender
4. Add greens to wilt
5. Season with salt and pepper to taste

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

Scallion-Lemon Mayonnaise - About 1/2 cup

Use this tangy mayonnaise as a sandwich spread or as a dip for a platter of grilled summer vegetables.

Ingredients

- 1/4 cup nonfat sour cream
- 2 tablespoons low-fat mayonnaise
- 1 1/2 tablespoons chopped scallions
- 1/2 teaspoon freshly grated lemon zest
- 1 teaspoon lemon juice, juice
- Pinch of salt, or to taste
- Freshly ground pepper, to taste

Directions

1. Combine sour cream, mayonnaise, scallions, lemon zest, lemon juice, salt and pepper in a small bowl; whisk until blended.