

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

Lentil & Bulgur Pilaf with Green & Yellow Squash

6 servings, 1 cup each

Ingredients

- 4 1/2 cups reduced-sodium chicken broth, or vegetable broth
- 1 1/4 cups brown lentils, rinsed
- 1 medium onion, chopped
- 1 bay leaf
- 1/4 teaspoon salt, or to taste
- 1/2 teaspoon ground allspice
- Freshly ground pepper, to taste
- 3/4 cup coarse bulgur, (see Ingredient note)
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 small zucchini, halved lengthwise and cut into 1/4-inch-thick slices
- 1 small yellow squash, halved lengthwise and cut into 1/4-inch-thick slices
- 1 clove garlic, minced
- 2 teaspoons freshly grated lemon zest
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh cilantro, or dill

Directions

1. Combine broth, lentils, onion, bay leaf, salt, allspice and pepper in a 3-quart saucepan. Bring to a boil over medium heat. Reduce heat to low, cover, and cook for 20 minutes. Add bulgur and cook until the lentils and bulgur are tender and the liquid is absorbed, 15 to 20 minutes more. Remove the pilaf from the heat, discard the bay leaf and stir in lemon juice.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add zucchini, squash, garlic and lemon zest; saute for 5 minutes. Stir in parsley and cilantro (or dill). Season with pepper. Stir into the pilaf. Serve hot.



Sisters Hill Farm

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Field notes from Audrey

Hello Sisters Hill Farm Members,

In this newsletter I wanted to spend some time talking about the apprenticeship program here at the farm and why I chose to join it.

It was in December of 2012 that I had decided that it was time for me to leave New York City and really try my hand at working on a production farm. Prior to then, I had worked informally on a couple farms for a month each. My time on them left me with a hunch that I wanted to farm, and I knew that if I wanted to pursue agriculture as a career path I would have to find myself an apprenticeship position. I started searching various agriculture related job sites that listed descriptions of many different farms, how they were structured, what they specialized in and who they were looking to hire. I got in touch with around 12 farms, heard back from a few and was asked to be interviewed by a couple. The process was similar to applying for most jobs; submit a resume, cover letter, references, then either interview by phone or in person. After interviewing with a couple farms, I decided to join the team here at Sisters Hill Farm and by March 31st of 2013, I was on the farm, bright-eyed and bushy-tailed, hungry to learn all that it takes to run a successful CSA farm.

Apprenticeship positions are similar to most other jobs in that one is paid for their work, except that they have a significant focus on education. Rather than being knowledgeable in farming, one would ideally possess skills that would make them a great future farmer. In working alongside a seasoned farmer, one would then begin the process of learning all that goes into running a farm, from start to finish. We are essentially learning a trade that can best be mastered through hands-on experience. Most apprenticeships run from April to November (for vegetable focused farms) and apprentices are paid a monthly stipend, and receive housing, in addition to the edible bounty that they produce. Given that small-scale organic agriculture isn't a common career choice these days, the community of farmers growing with these principles have cultivated a community built around skill-sharing, cooperative tendencies, and a generosity with knowledge of the trade. It is an inclusive group that strives hard to grow its herd of farmers each season -- every year Dave trains three new people that can hopefully go out there and create their own version of Sisters Hill Farm, designing an enterprise that highlights their

strengths and serves the needs of their local communities. I'm so thankful that an opportunity like this apprenticeship exists -- it is an altogether not so common occurrence these days that a professional will take a newbie under their wing, exhibit countless amounts of patience and generosity, and teach them the ropes of sustainable agriculture. A good many apprentices will work on farms anywhere from one to five years until they feel ready to go out on their own. In that time, they have to navigate the world of purchasing land, creating a business plan, and acquiring capital. It's nothing short of a tall order. Farmers need all the support they can get and apprenticeships open the door for so many looking to break into the world of small-scale farming.

*****From Joan your editor.com*****

Roasted Green Beans

Quick—and so good. We always enjoy the first green beans of the season this way.

Wash and trim as needed

Toss with salt, pepper, onion powder, and olive oil

Roast at 400° until crisp and tender. Check in 10 minutes. Timing depends on size of beans and your taste

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

Szechuan Tofu & Green Bean Stir-Fry - 4 servings, 1 1/2 cups each
Coating the tofu in cornstarch before you cook it gives it a light crust.

Ingredients

- 1/2 cup water, divided
- 1/4 cup reduced-sodium soy sauce
- 1 tablespoon tomato paste
- 2 teaspoons Chinkiang vinegar (see Note) or balsamic vinegar
- 2 teaspoons sugar
- 1/4-1/2 teaspoon crushed red pepper, or to taste
- 1 teaspoon plus 2 tablespoons cornstarch, divided
- 1 14-ounce package extra-firm tofu, drained
- 2 tablespoons canola oil, divided
- 4 cups green beans, trimmed and cut in half
- 4 cloves garlic, minced
- 2 teaspoons minced fresh ginger

Directions

1. Whisk 1/4 cup water, soy sauce, tomato paste, vinegar, sugar, crushed red pepper to taste and 1 teaspoon cornstarch in a small bowl. Set aside. Cut tofu into 1/2- to 3/4-inch cubes and pat dry. Toss the tofu in a bowl with the remaining 2 tablespoons cornstarch to coat.
2. Heat 1 tablespoon oil in a wok or large skillet over medium-high heat. Add the tofu and spread out across the surface of the pan. Let cook undisturbed for 2 minutes. Gently turn and stir. Continue cooking, stirring

occasionally, until lightly browned and crispy, 2 to 3 minutes more. Transfer to a plate.

3. Reduce heat to medium. Add the remaining 1 tablespoon oil to the pan. Add green beans, garlic and ginger; cook, stirring constantly, for 1 minute. Add the remaining 1/4 cup water, cover and cook until the beans are crisp-tender, 2 to 4 minutes. Stir the reserved soy sauce mixture and pour it over the green beans. Cook, stirring, until thickened, about 1 minute. Add the tofu and cook, stirring, until heated through, about 1 minute more.

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

Sweet & Sour Green Beans - 12 servings, 2/3 cup each

Ingredients

- 2 pounds green beans, trimmed
- 1/4 cup cider vinegar
- 1/4 cup sugar
- 1 ice cube
- 1 cup thinly sliced shallots (no shallots—use scallions)
- 2 tablespoons canola oil
- 1/2 teaspoon salt

Directions

1. Fit a large pot with a steamer basket, add 1 to 2 inches water and bring to a boil. Add green beans, cover and steam until tender-crisp, 5 to 8 minutes. Drain.
2. Meanwhile, heat vinegar and sugar in a small saucepan over medium heat, stirring occasionally, until the sugar dissolves, 1 to 2 minutes. Remove from the heat. Stir in ice cube until it dissolves. Whisk in shallots, oil and salt.
3. Transfer the green beans to a large bowl, pour the dressing over them and toss to coat.

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

String Beans & Summer Squash - 6 servings, about 3/4 cup each

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 pound green and/or yellow wax beans, trimmed and halved
- 1 large summer squash, halved lengthwise, then cut crosswise into 1/2-inch slices
- 2 medium cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup reduced-sodium chicken broth or vegetable broth
- 1 teaspoon dried marjoram or 2 teaspoons fresh chopped

Directions

1. Heat oil in a large skillet over medium-high heat. Add beans, squash, garlic, salt and pepper and cook, stirring occasionally, until the vegetables are beginning to brown, about 3 minutes.
2. Add broth, cover and reduce the heat to medium. Cook until the beans are tender-crisp, 4 to 5 minutes. Remove from the heat and stir in marjoram.