

1. In a large skillet cook the bacon over medium heat until crisp, turning occasionally. Remove bacon, reserving 2 tablespoons drippings in skillet. Drain bacon on paper towels.
2. Meanwhile, precook green beans in a small amount of boiling salted water for 4 minutes; drain.
3. Add the partially cooked green beans, carrots, margarine or butter, and garlic to reserved bacon drippings in skillet. Cook and stir over medium-high heat about 5 minutes or until vegetables are crisp-tender. Crumble bacon; stir bacon and pepper into vegetable mixture. Remove from heat. Transfer to a serving bowl.

*****From *Better Homes and Gardens Cookbook******

Summer Squash au Gratin – 4 Servings

Ingredients

- 2 medium zucchini and/or yellow summer squash, sliced (2 1/2 cups)
- 1 tablespoon margarine or butter
- 2 teaspoons all-purpose flour
- 1/8 teaspoon pepper
- 1/2 cup milk
- 1/2 cup shredded Gruyère cheese (2 ounces)
- 1/4 cup crumbled feta cheese (1 ounce)
- 2 green onions, thinly sliced (1/4 cup)
- 1/4 cup fine dry bread crumbs
- 1 tablespoon snipped parsley
- 1 tablespoon margarine or butter, melted

Directions

1. Cook zucchini and/or yellow summer squash, covered, in a small amount of boiling salted water for 3 to 5 minutes or till crisp-tender. Drain well.
2. In a medium saucepan melt 1 tablespoon margarine or butter. Stir in the flour and pepper. Add milk all at once. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Add the Gruyere and feta cheeses, stirring till almost melted. Stir in the cooked zucchini and green onion.
3. Transfer to a 1-quart casserole. Combine bread crumbs, parsley, and 1 tablespoon melted margarine or butter. Sprinkle over zucchini mixture. Bake in a 350° oven for 20 to 25 min-utes or till crumbs brown slightly.

Note: A combination of zucchini and yellow squash is fine for us.



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Notes from Our Apprentice Audrey.

Hello Sisters Hill Farm Members,

Since I last wrote in the newsletter, I had the pleasure of hosting a local farmer mixer. It was an event meant to bring beginning and experienced farmers together with the intention of getting them out of the fields and into the mix, socializing with each other and connecting face to face in order to strengthen our agricultural communities. We had a great turn out: many local farmers came and so did a few apprentices working on farms in the area. In order to make the event happen, I reached out to farmers asking for food donations, and I was overwhelmed by the bounty donated by each farmer and their willingness to support such an event. I'm so thankful for the generosity and support of my fellow farmers, and it reminded me of one of the big reasons that got me into farming to begin with.

For the past seven years I was living in NYC, where I went to college and worked. The city is a very large place with so many people, but within my school and workplace, I carved out a place for myself with a group of people whom I felt lucky to know. But something gnawed at me a little and it was the feeling that there were thousands of people I passed by each day whom I could never know. Even my neighbors were people I hardly ever saw; I couldn't really imagine knocking on their door and asking to borrow a cup of flour. I struggled with not having a local community that I could depend on and yearned for a time and place where it would be different. Since moving to Stanfordville to apprentice at Sisters Hill, I've made a solid effort to meet the people in this community, be it farmers, local shop owners, or our CSA members. The open arms and generosity that's been reciprocated has really touched me to my core and is a complete 180° to what I experienced living in the city. Searching for community wasn't a new challenge for me, since my family moved to Chicago in the early '80's from the USSR and had to build their lives over in America from scratch. As a result I've struggled with finding a place where I feel truly a part of the community, where people are accountable for their actions and willing to help each other in whatever way they can. It's the desire to contribute to something larger than oneself that I feel so much of here and it's extremely inspiring.

My dream of starting my own farm someday is heavily rooted in the desire for a place to cultivate community. To have members that would support the farm is one thing, but for them to eat the food that I would grow... Holy cow! When I think about it, I can't help but smile from ear to ear. So when I'm inside the distribution area and I see you all chatting with one another, admiring the produce that week, and telling me how you were thinking about us in the rain, I can't help but feel overwhelmed with joy at the

prospect of replicating that scenario on my own. Growing great food in a sustainable way is one challenge, but rallying up the community to consume that bounty is a whole other level in my eyes, and I can't wait to make that dream a reality. In the meantime, I'll just keep on harvesting with the crew and soaking up all the skills and knowledge that I can, trusting that if I grow it, they will come.

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

Watermelon Salsa - 8 servings

Sweet, savory and crunchy salsa accompanies grilled pork or chicken rather nicely. Try it with tortilla chips as a refreshing alternative to a tomato salsa.

Ingredients

- 3 cups finely diced seedless watermelon, (about 2 1/4 pounds with the rind) (see Tip)
- 2 jalapeno peppers, seeded and minced (see Ingredient note)
- 1/3 cup chopped cilantro, (about 1/2 bunch)
- 1/4 cup lime juice
- 1/4 cup minced red onion, (about 1/2 small)
- 1/4 teaspoon salt, or to taste

Directions

1. Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well to combine. Season with salt. Serve at room temperature or chilled.

Make Ahead Tip: Cover and refrigerate for up to 1 day.

• **Tip:** Melon selection & storage: Look for symmetrical unblemished melons, without flat sides, that have a creamy yellow spot on the bottom indicating ripeness. At 92% water, this fruit should feel heavy when you heft it. Precut melon flesh should be dense, firm and appear moist. Store in the refrigerator for up to a week or keep in a cool, dark spot. Cover the cut surface of melon with plastic wrap and refrigerate.

Ingredient Note: The seeds and surrounding membrane are the spiciest part of the chile pepper. To increase the heat of the salsa, use some or all of the seeds, depending on your preference, along with the flesh of the pepper

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

Melon & Chicken Pasta Salad - 6 servings

Ingredients

Dressing

- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/2 cup buttermilk
- 1/4 cup low-fat mayonnaise
- 3 tablespoons chopped fresh tarragon or 1 tablespoon dried
- 1 tablespoon distilled white vinegar

Pasta Salad

- 8 ounces (about 3 cups) whole-wheat bowtie pasta
- 2 cups cubed cantaloupe or honeydew melon

- 2 cups thinly sliced baby spinach
- 2 cups cubed or shredded cooked chicken
- 1/4 cup dried cranberries
- 1/4 cup chopped prosciutto (about 3 ounces)
- Freshly ground pepper to taste

Directions

1. To prepare dressing: Mash garlic and salt in a medium bowl with the back of a spoon into a chunky paste. Add buttermilk, mayonnaise, tarragon and vinegar; whisk until combined.
2. To prepare pasta salad: Cook pasta in a large pot of boiling water according to package directions. Drain, transfer to a large bowl and let cool. Add melon, spinach, chicken, cranberries, prosciutto, pepper and the dressing; toss to coat.

Note: In place of spinach use a romaine type of lettuce.

*****From Cape May Magazine*****

Asian "Grilled" Green Bean Packets

Ingredients

- 1 pound green beans, blanched and cut
- 1 Tbsp minced ginger
- 3 cloves sliced garlic % cup soy sauce
- 1/4 cup honey
- 2 tsp Sriracha chili paste
- 1 Tbsp sesame oil
- 1 Tbsp sesame seeds

Directions

1. Mix all ingredients except green beans. Whisk thoroughly.
2. Pour over green beans.
3. Tear off 2 notebook-sized pieces of aluminum foil. Crimp sides and ends up.
4. Place half of the green beans in each pouch with marinade.
5. Seal tightly. Grill for 12 minutes. Serve hot.

Tip: Blanch green vegetables in boiling, salted water to set color, then plunge in ice water. Don't let vegetables stay too long in ice water. You will drain them of nutrients.

*****From BetterHomesandGarden.com*****

Italian Green Beans with Bacon - Makes: 4 to 5 servings

Ingredients

- 4 slices bacon
- 3/4 pound Italian green beans, cut into 1-inch pieces (2-1/4 cups)
- 2 medium carrots, thinly sliced (1 cup)
- 1 tablespoon margarine or butter
- 1 clove garlic, minced
- 1/8 - 1/4 teaspoon pepper

Directions