

Directions

1. Combine 2 1/2 cups broth and 1 cup water in a small saucepan. Bring to a boil. Slowly whisk in cornmeal and pepper until smooth. Reduce heat to low, cover and cook, stirring occasionally, until very thick and no longer grainy, 10 to 15 minutes. Stir in Gorgonzola; remove the polenta from the heat.
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add garlic and cook, stirring constantly, until fragrant, 30 seconds to 1 minute. Stir in zucchini and squash and cook, stirring occasionally, until starting to soften and brown in places, about 5 minutes. Sprinkle flour over the vegetables; stir to coat. Stir in the remaining 1 cup broth and bring to a boil, stirring often. Reduce heat to medium-low and simmer, stirring occasionally, until thickened and the vegetables are tender, 1 to 3 minutes. Stir in basil; serve the sauté over the polenta.

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

Sautéed Broccoli & Kale with Toasted Garlic Butter - 12 servings

Ingredients

- 2 bunches kale (about 1 1/2 pounds), preferably lacinato
- 1 cup water, divided
- 2 large heads broccoli, trimmed and cut into florets (about 12 cups)
- 2 tablespoons extra-virgin olive oil, divided
- 4 tablespoons unsalted butter
- 5 cloves garlic, thinly sliced
- 1/4 teaspoon crushed red pepper, plus more for garnish
- 3/4 teaspoon fine sea salt
- Maldon sea salt (optional)

Directions

1. Remove tough stems and ribs from kale; coarsely chop the greens. Cook the kale in 1/2 cup water in a large skillet over medium-high heat, covered, until barely tender, 2 to 3 minutes. Transfer to a colander. Cook broccoli the same way with the remaining 1/2 cup water. Transfer the kale to a large bowl; drain the broccoli in the colander. Wipe the pan dry.
2. Heat 1 tablespoon oil in the pan over medium-high heat. Add the kale and cook, stirring often, until tender and browned in spots, 4 to 6 minutes. Transfer to the bowl. Heat the remaining 1 tablespoon oil in the pan. Add the broccoli and cook, stirring often, until tender and browned in spots, 4 to 6 minutes. Transfer to the bowl.
3. Heat butter, garlic and crushed red pepper in the pan over medium heat until the butter is melted. Cook, stirring constantly, until the garlic is light brown, 1 to 2 minutes. Drizzle the butter over the vegetables and sprinkle with 3/4 teaspoon salt; gently toss to combine. Serve topped with a sprinkling of Maldon sea salt and crushed red pepper, if desired.



Sisters Hill Farm

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<https://sistershillfarm.org>

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**July 4th: Garlic Harvest: What a great time we had!
Thanks to all who came out and helped!**

There's still time to lend a hand tomorrow night...

**July 6th: Wine-ing and Weeding—6:30-8 PM. Work
hard, then play hard!**

Comments from Apprentice Sam Allison

On Thursday, a volunteer named Jacob from New York City came and worked with us for the day. He helped prune and clip the hoop house tomatoes with Dave, thin beets with Dev and me, and stake and trellis field tomatoes with the whole team. He was incredibly helpful and his presence made me appreciate all of the support we get every week from our unbelievable volunteers.

Our regulars are Pam, Judy, Adrienne, Martha, and Katherine. The work they do for us on Tuesdays is indispensable. Pam and Judy are in charge of weighing out bags of greens and packing the boxes for the Bronx. Martha is great in the field harvesting turnips or scallions and Adrienne's versatility in the field, wash area, and pack area is impressive. Katherine's enthusiastic personality (and endless array of delicious baked goods) helps keep energy up on some of the crazier harvest days. While all these wonderful volunteers keep things running smoothly in Stanfordville, another team of volunteers makes the Bronx pick ups a breeze. Every week an eager group greets us in the Bronx ready to help unload the van, clean bins, and lend a hand in any way possible.

These consistent, dependable volunteers are truly crucial to the success of the farm every Tuesday, but equally important are the other volunteers that have helped thus far: Isabelle, Ellie, Helen, and Martha's children, Amanda and Nathaniel. Isabelle has kept pace with us in the fields with us for a few days in recent weeks and is a dynamite broccoli catcher. Ellie, Helen, Amanda, and Nathaniel have been a great help on Tuesdays with harvesting and cleaning.

And last, but most certainly not the least, is our one and only Pete. No one can really compare to his diligence or work ethic (but he's only a young 84 after all). Most mornings are started with the slow grumble of the tractor

as Pete sets off to tackle a new and hairy patch of weeds, or an open field teeming with rocks to be picked. His consistency has rescued patches of the farm we wouldn't have time to save and his kind spirit always makes him a pleasure to have around.

For these volunteers, helping out at the farm is far more than just the work they provide. It is a social gathering; a safe space to share stories, thoughts, ideas, politics, philosophy, recipes, anything that comes up. For us, along with much needed ready hands, volunteers bring a change of pace. A new face or a familiar one we don't see often with stories we haven't heard or a new recipe to try. They remind us of why we do what we do.

The volunteers are emblematic of the community established by this farm. Without all of you, we wouldn't be. On a "Farmer to Farmer" podcast I heard recently, the interviewee said the most satisfactory feeling that he derives from farming is not the fruits of his labor, but the fact that the fruits of his labor get consumed. I love this. What would we do with thousands of pounds of produce if there were no community to eat it all?

Volunteering is a unique opportunity to see all the work that goes into your share each week. All this to say, if you've never volunteered, I urge you to come help out with the garlic harvest on July 4. If you can't make it on that date, we are having a weeding and wine party on July 6. If that doesn't work for you either, please come whenever you're available. (Tuesdays and Fridays are big harvest days!) We always need the help and it is a rewarding experience for all involved.

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

Roasted Beet & Barley Salad - 6 servings, about 1 1/4 cups each

Ingredients

- 1 1/4 pounds baby beets (10 to 15, depending on size)
- 6 cups water
- 3/4 cup pearly barley, rinsed
- 1 1/4 teaspoons salt, divided
- 1/4 cup cider vinegar
- 2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons whole-grain mustard
- 1 tablespoon honey or agave nectar
- Freshly ground pepper to taste
- 1 cup thinly sliced celery
- 1 cup thinly sliced radishes
- 1/4 cup thinly sliced scallions
- 1/4 cup slivered fresh basil
- 1/2 cup walnuts or pecans, toasted (see Tip), coarsely chopped

Directions

1. Preheat oven to 400°F.
2. Scrub beets under running water. Wrap the damp beets in heavy-duty foil (or a double layer of foil), crimping it closed to make a packet. Place in the oven and roast the beets until tender when pierced with a fork, 1 to 1 1/2 hours, depending on the size. Unwrap; when cool

enough to handle, slip off the skins with your fingers. Cut the beets in quarters lengthwise.

3. Meanwhile, combine water, barley and 3/4 teaspoon salt in a large saucepan. Bring to a boil over high heat. Reduce heat to maintain a bare simmer and cook, uncovered, until the barley is tender, but still chewy, 40 to 50 minutes. Drain well and spread out on a baking sheet to cool.
4. Whisk vinegar, oil, mustard, honey (or agave), pepper and the remaining 1/2 teaspoon salt in a large bowl. Add the beets, celery, radishes and scallions; toss to coat. Let the vegetables marinate in the dressing for about 15 minutes. Stir in the barley.
5. Just before serving, stir in basil and top with nuts.

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

Roasted Beet & Horseradish Relish - 8 servings

Ingredients

- 4 medium beets, scrubbed
- 2 ounces fresh horseradish root, peeled, or 1/3 cup prepared horseradish
- 3/4 teaspoon salt

Directions

1. Preheat oven to 375°F. Wrap beets in foil. Roast until a paring knife inserted into the center comes out easily, 1 to 1 1/2 hours. Unwrap the beets; when cool enough to handle but still warm, slip the skins off with your fingers.
2. Shred the beets through the large holes on a box grater. Shred fresh horseradish (if using) through the fine holes on the grater. Combine the beets, horseradish and salt in a medium bowl. Serve at room temperature.

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

Creamy Gorgonzola Polenta with Summer Squash Sauté - 4 servings, 3/4 cup polenta & 1 cup vegetables each

Ingredients

- 2 14-ounce cans vegetable broth, or reduced-sodium chicken broth, divided
- 1 cup water
- 3/4 cup cornmeal
- 1/2 teaspoon freshly ground pepper
- 2/3 cup crumbled Gorgonzola cheese
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons minced garlic
- 2 small zucchini, halved lengthwise and sliced
- 2 small yellow summer squash, halved lengthwise and sliced
- 2 tablespoons flour
- 1/4 cup chopped fresh basil