

- 1/8 teaspoon black pepper
- 2 tablespoons olive oil

Preparation

1. Steam carrots in a steamer set over boiling water, covered, until tender, 5 to 7 minutes.
2. While carrots are steaming, toss together parsley, garlic, zest, salt, and pepper in a large bowl to make gremolata. (cont.)
3. Add hot carrots and oil to bowl and toss.

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

Lemon-Herb Roasted Beets - 4 servings, about 2/3 cup each

Ingredients

- 1 1/2 pounds golden or red beets, trimmed and cut into 1-inch pieces or wedges
- 4 teaspoons extra-virgin olive oil or canola oil
- 2 tablespoons chopped fresh or 2 teaspoons dried herbs, such as marjoram, oregano and/or rosemary
- 1 teaspoon freshly grated lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon lemon juice, (optional)

Preparation

1. Position rack in lower third of oven; preheat to 450°F.
2. Combine oil, herbs, lemon zest, salt and pepper in a large bowl. Add beets; toss to coat with the seasoning mixture.
3. Spread the beets evenly on a rimmed baking sheet.
4. Roast, stirring once or twice, until the beets are tender and browned, 20 to 25 minutes. Toss the roasted vegetables with lemon juice, if using.

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

Scallion-Dill Potato Salad - 4 servings

Ingredients

- 1 1/2 pounds unpeeled red or yellow potatoes, halved or quartered
- 3/4 cup nonfat plain yogurt
- 4 scallions, sliced
- 3 tablespoons minced fresh dill
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper

Directions

1. Bring 2 inches of water to a boil in a large pot fitted with a steamer basket. Add potatoes, cover and cook until tender, 12 to 15 minutes. Let cool to room temperature.
2. Combine yogurt, scallions, dill, salt and pepper in a large bowl. Add the cooled potatoes and toss to coat.



Sisters Hill Farm

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Potluck Picnic August 30th, 5PM! Bob and the Boys will be playing again! Join the fun!

Field notes from Hannah

Last week, Farmer Dave wrote in response to the article “Don’t let Your Children Grow Up to Be Farmers”, composed for the New York Times by shellfish farmer Bren Smith. Farmer and blogger Jenna Woginrich also wrote a response to Bren’s article, which was published online in the Huffington Post. Jenna wrote that all Bren’s points were correct, save for one: *let your children grow up to be farmers*. We three apprentices read both articles in our cozy apartment, and in conclusion we agreed with Jenna; the title of Bren’s article was completely wrong.

The heart of Bren’s message was that there is no money to be made in farming, and if you want your child to lead a financially successful and sustainable life, you don’t let them head out to the fields. This, however, is not a solution to the systemic food issues our nation battles. Change in our food system must be pushed forward by more small scale production farms, but if we don’t let our children grow up to be farmers, where will this change come from? And where will our food come from? Fortunately, there are farms like Sisters Hill providing the next generation of farmers with hands on, practical training. Alison, Audrey and I are lucky enough to have received this experience early on in our careers.

The difficulties surrounding a farming lifestyle are well told from generations before us: little to zero income, an aching back and knees before 40, frozen extremities in April and a constant, peeling sunburn in July. All are reasons to “get our education” and sit in one of those ergonomic office chairs with fun wheels. As farmers-in-training, we are no strangers to the nightmare of a bank account in the red or a bad back. But there is a side of farming that goes untold; under the calloused and chapped hands of manual labor there is beauty and joy beyond measure. A warm, steamy greenhouse in March, smelling of potting soil and spring’s first growth. A spicy nibble of arugula or the satisfying crunch of a green bean mid-harvest. The glimpse of the first blushing tomato, the contrast of a dark sky heavy with rain against the lush green of a cover crop. The fatigue of a long, physical day easing you into your deepest slumber.

Farming certainly isn't for everyone, and so I believe that the broader message is this: We must let our children grow up to be passionate. Rather than show them all the negative behind a bad decision, show them the positive behind good one. Let them work hard to achieve their dream. Let them rant and rave and cry on our shoulders when the going gets tough, and let them cheer and dance and buy us a drink when they make a breakthrough. Let them be curious and bold. Let them wake up each and every day never longing for something different. Let them choose *their* path. For some, it will be farming. For others, it may be music, figure skating, auto mechanics or medicine. There is a definite lack of happiness in our world today, and letting our children decide who they want to be will help ameliorate that. It will help us all continue to eat better, too.

******From Fine Cooking in Season Cookbook******

Zucchini and Summer Squash Gratin with Parmesan and Fresh Thyme

Serves 6 TO 8

Ingredients

FOR THE ONIONS

- 2 tablespoons olive oil
- 2 medium onions (14 ounces total), thinly sliced
- 2 cloves garlic, minced

TO ASSEMBLE THE GRATIN

- 1 1/4 pounds ripe red tomatoes, cored and cut into 1/4-inch slices
- 3/4 pound zucchini or other green summer squash (about 2 Small), cut into 1/4-inch slices on the diagonal
- 3/4 pound yellow summer squash or golden zucchini (about 2 small), cut into 1/4-inch slices on the diagonal
- 3 tablespoons olive oil
- 1/4 cup fresh thyme leaves 1 teaspoon coarse salt
- 1 1/4 cups freshly grated Parmigiano-Reggiano Freshly ground black pepper

Directions

1. Cook the onions: In a medium skillet, heat the olive oil over medium heat. Add the onion and sauté, stirring frequently, until limp and golden brown, about 20 minutes. Reduce the heat to medium low if it's browning too quickly. Add the garlic and sauté until soft and fragrant, 1 to 2 minutes. Spread the onion and garlic evenly in the bottom of an oiled 2-quart shallow gratin dish (preferably oval). Let cool.
2. Assemble the gratin: Heat the oven to 375 ° F. Put the tomato slices on a shallow plate to drain for a few minutes and then discard the collected juices. In a medium bowl, toss the squash and zucchini slices with 1 1/2 tablespoons of the olive oil, 2 tablespoons of the thyme, and 1/2 teaspoon of the salt. Reserve half of the cheese for the top of the gratin. Sprinkle 1 tablespoon of the thyme over the onions in the gratin. Starting at one end of the baking dish, lay a row of slightly overlapping tomato slices across the width of the dish and sprinkle with a little of the cheese. Next, lay a row of zucchini, overlapping the tomatoes by two-

thirds, and sprinkle with cheese. Repeat with a row of squash, and then repeat rows, sprinkling each with cheese, until the gratin is full.

3. Season lightly with pepper and the remaining 1/2 teaspoon salt. Drizzle the remaining 1 1/2 table-spoons olive oil over all. Combine the reserved cheese with the remaining 1 tablespoon thyme and sprinkle this over the whole gratin. Cook until well browned all over and the juices have bubbled for a while and reduced considerably, 65 to 70 minutes. Let cool for at least 15 minutes before serving.

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

Zucchini Bread Breakfast Pancakes—5 servings

Ingredients

- 2 cups shredded zucchini
- 1 1/4 cups white whole-wheat flour or all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon pumpkin pie spice blend
- 1/4 teaspoon salt
- 2 large eggs
- 1 cup plus 2 tablespoons low-fat milk
- 2 tablespoons melted butter
- 2 tablespoons light brown sugar
- 1 teaspoon vanilla extract
- 1/2 cup toasted pecans (see Tip), chopped

Directions

1. Put shredded zucchini in a clean kitchen towel and squeeze to remove as much moisture as possible.
2. Whisk flour, baking powder, pumpkin pie spice and salt in a large bowl. Whisk eggs, milk, butter, brown sugar and vanilla in a medium bowl. Make a well in the center of the dry ingredients, add wet ingredients and whisk until combined. Fold in the zucchini and nuts.
3. Coat a large nonstick skillet (or griddle) with cooking spray; heat over medium heat. Cook pancakes in batches, using a scant 1/3 cup batter for each and spreading it to make them about 4 inches wide. Cook until bubbles dot the surface, 1 to 3 minutes. Flip and brown on the other side, 1 to 2 minutes more. Reduce the heat if the pancakes are browning too quickly. Serve hot.

******From Epicurious.com******

Carrots with Gremolata—4 to 6 servings

Ingredients

- 2 pounds carrots, peeled and cut into 1/4-inch slices
- 1/4 cup finely chopped fresh flat-leaf parsley
- 2 teaspoons minced garlic
- 2 teaspoons finely grated fresh lemon zest
- 1/2 teaspoon salt