

3. Add the vinegar. Bring to a simmer and add the cabbage and bacon. Sauté briefly and serve warm.

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

Thai Grilled Chicken & Broccoli on Napa Cabbage—4 servings

Ingredients

- 3 tablespoons reduced-sodium chicken broth
- 3 tablespoons lemon juice
- 1 tablespoon fish sauce, (nam pla)
- 1 tablespoon chopped fresh lemongrass, or 1 teaspoon freshly grated lemon zest
- 2 teaspoons Thai hot chile sauce, or chile-garlic sauce
- 2 teaspoons honey
- 2 teaspoons grated fresh ginger
- 2 cloves garlic, finely chopped
- 1 tablespoon peanut oil, divided
- 1 pound chicken tenders, tendons removed, cut into 1 1/2-inch pieces
- Salt, to taste
- 8 ounces broccoli florets
- 6 thick scallions, trimmed and cut into 2-inch lengths
- 4 cups shredded napa (Chinese) cabbage
- 1 small cucumber, peeled, seeded and thinly sliced
- 1/4 cup sliced radishes
- 2 tablespoons chopped roasted peanuts

Directions

1. Whisk together broth, lemon juice, fish sauce, lemongrass or lemon zest, chile sauce or paste, honey, ginger, garlic, and 1 1/2 teaspoons of the oil in a small bowl. Pour about half of this marinade into a shallow dish just large enough to hold chicken. Add the chicken, stirring to coat. Whisk the remaining 1 1/2 teaspoons oil into the remaining marinade and season with salt to use as salad dressing. Cover the chicken and the dressing and refrigerate for 1 hour, stirring the chicken once or twice.
2. Prepare a medium-hot barbecue fire or preheat a gas grill. Remove the chicken from the marinade. Add broccoli and scallions to the dish, turning to coat with the marinade. On 4 long or 8 short skewers, alternate the broccoli, scallions and chicken. Grill, turning once or twice, until the chicken is browned and cooked through, about 6 minutes. Toss cabbage in a bowl with all but 1 tablespoon of the reserved dressing. Transfer to a serving platter and arrange the skewers on top. Drizzle with the remaining dressing. Garnish with cucumber slices, radishes and chopped peanuts.

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

Broccoli with Creamy Parmesan Sauce - 4 servings

Ingredients

- 1 pound broccoli



Sisters Hill Farm

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

June 22, 2013

June 25, 2013

The Farm's phone 845-868-7048

<http://sistershillfarm.org>

Edited by: Bob & Joan Cohen

cohenrd98@comcast.net

845-724-3518

From the Apprentice Perspective



Summer is finally upon us. Gone are late night frost scares, and evenings spent scurrying to beat the dropping temperatures, hopping out of bed to save the basil or tomatoes, and covering them in a warm blanket of Reemay. My black knit beanie rests at the bottom of my drawer, replaced by a wide brim sun hat. And my freckles have nearly quadrupled.

Around the farm, Nature has broken out her paint brush. Beds of spring greens have taken a backseat to rainbow hued Swiss chard and yellow summer squash with ends dipped in pale green. Strokes of broccoli florets and curly Starbor kale add texture to the work. Even insects provide accent, like the three neon caterpillars we spotted crawling among the parsnips while weeding.

Yet the true picture of the farm continues to evolve as its bounty grows. Just as we've mastered zipping down a bed of spinach, Dave lends his expertise to teach us new techniques to keep pace with the harvest. This week we focused on the art of cutting and carting giant heads of Chinese cabbage and how best to nip a zucchini from its stem; a favorite sound being the satisfying "thud" of zucchini landing in a harvest bin.

With so much left to learn, I feel a sense of excitement about the summer. And not only because I've finally gained the upper hand on the weeds growing in my section of the apprentice garden. The longer days offer a chance to savor the moments here, like the baby swallow we watched drop from the nest in the back barn and take its first flight, or the horses out to pasture on Duell Road that stare as I run by in the evening, wondering why I eavesdrop on their private banter.

And of course, more time to savor the food. While my mouth waters thinking about the watermelons to come, it's the *now* I most want to hold on to. Meals like Friday night, when Audrey, Rose, and I prepared a summer solstice dinner of lasagna with fresh zucchini and a salad of farm fixings. Months from now the same fields we sat overlooking will lay covered with snow, but for now the food is fresh, and the moments are ripe for the taking. Bite into a summer that's worth savoring.

*****From

*Ask.com******



Our summer solstice dinner

What is Chinese Cabbage?

Chinese cabbage is an oriental vegetable that has pale, tightly wrapped and succulent leaves. The two basic types of Chinese cabbage are firm-headed and loose-headed. The leaves and stalks are used in the preparation of salads, stews as well as soups. Napa, or Chinese, cabbage is also commonly available and can be used in most recipes that call for cabbage. Napa cabbage has ruffled, thin, light-green leaves that are as tender as lettuce and crunchy white stems that are similar in texture to green cabbage, with a hint of celery flavor. Napa's more delicate texture makes it a great choice for slaws and salads.

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

Napa Cabbage & Carrots with Rice Wine-Oyster Sauce

4 servings

Ingredients

- 2 tablespoons canola oil
- 1/4 cup thinly sliced shallot, (1 large)
- 2 teaspoons minced garlic
- 4 cups thinly sliced napa cabbage, (about 8 ounces)
- 1 cup thinly sliced carrot, (1 large)
- Rice Wine-Oyster Sauce, (recipe follows)
- 1 teaspoon sesame oil

Directions

1. Heat a 14-inch flat-bottomed wok or large skillet over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl canola oil into the pan, add shallot and garlic and stir-fry for 10 seconds.
2. Add cabbage and carrot and stir-fry until the cabbage just begins to wilt, about 1 minute.
3. Stir Rice Wine-Oyster Sauce and swirl it into the pan; cook for 30 seconds. Stir-fry until the cabbage and carrot are tender-crisp, 1 to 2 minutes. Stir in sesame oil. Serve immediately.

Rice Wine-Oyster Sauce

Whisk 1 tablespoon Shao Hsing rice wine, 2 teaspoons oyster-flavored sauce, or vegetarian oyster sauce or dry sherry, and 1/4 teaspoon sugar together for sauce.

*****From *AllRecipes.com******

Wilted Cabbage Salad with Bacon – servings 8

Ingredients

- 1/2 pound bacon
- 1 medium head cabbage, shredded
- 1 onion, chopped
- 1 clove garlic, minced
- 1/2 cup tarragon vinegar

Directions

1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove bacon, crumble and set aside. Reserve bacon fat.
2. Add the onion and garlic and fry in the bacon fat until browned.

- 1 tablespoon all-purpose flour
- 1 cup nonfat milk, divided
- 1/2 cup freshly grated Parmesan cheese
- 1/4 teaspoon salt
- Pinch of ground white pepper
- Pinch of ground nutmeg (optional)

Directions

1. Trim 1/2 inch off broccoli stalks; remove the tough outer layer with a vegetable peeler. Cut the broccoli lengthwise so the florets attached to the long stalks are 1 to 2 inches wide. Bring 1 inch of water to a boil in a Dutch oven fitted with a steamer basket. Steam the broccoli until tender, 5 to 7 minutes.
2. Meanwhile, whisk flour and 1/4 cup milk in a small bowl until smooth. Heat the remaining 3/4 cup milk in a saucepan over medium-low heat until steaming. Whisk in the flour mixture; cook, whisking, until thickened, 2 to 4 minutes. Remove from the heat; add cheese, salt, pepper and nutmeg (if using). Drizzle over the broccoli. Serve warm.

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

Pesto-Topped Grilled Summer Squash - 4 servings

Ingredients

- 1/2 cup chopped fresh basil
- 1/4 cup toasted pine nuts
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon grated Parmesan cheese
- 1 clove garlic, minced
- 2 teaspoons lemon juice
- 1/4 teaspoon salt
- 2 medium summer squash, (about 1 pound), sliced diagonally 1/4 inch thick
- Canola or olive oil cooking spray

Directions

1. Preheat grill to medium-high.
2. Combine basil, pine nuts, oil, Parmesan, garlic, lemon juice and salt in a small bowl.
3. Coat both sides of squash slices with cooking spray. Grill the squash until browned and tender, 2 to 3 minutes per side. Serve topped with the pesto.