

Spinach Sautéed with Brown Butter and Garlic—SERVES 2

Ingredients

- 2 tablespoons unsalted butter
- 2 cloves garlic, gently crushed and peeled (try using garlic scapes for the 2 garlic cloves)
- 1 large bunch spinach (10 to 12 ounces), thick
- stems trimmed, leaves washed and dried well Salt and freshly ground black pepper
- 1 lemon, halved

Directions

In a large sauté pan over medium heat, melt the butter with the garlic until the butter is golden brown and smells nutty; make sure the garlic doesn't burn. Raise the heat to high and add the spinach, in batches if need be, flipping and stirring, until just barely wilted, about 1 minute. Take the pan off the heat; remove the garlic. Season the spinach with salt, pepper, and a squeeze of lemon. Toss and serve immediately

Other recipe ideas

ASIAN SPINACH SALAD WITH TOASTED CASHEWS

Toss spinach with a soy-ginger vinaigrette, shredded cooked chicken, and toast cashews for a quick Asian salad.

TORTELLINI SOUP WITH SPINACH AND TOMATO

Stir a chiffonade of spinach into a soup made from tortellini cooked in chicken broth and canned tomatoes.

GREEK FRITTATA WITH SPINACH AND POTATO

Fold chopped cooked spinach into a frittata, along with some crumbled feta, chopped fresh dill, and diced cooked potato.



Sisters Hill Farm

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

June 9 2012
June 12, 2012

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Notes from Apprentice Stefan



The 2012 season! There's been much talk of the world ending in 2012. I don't think I'll hold my breath, but if everything comes crashing down this year, I shall be pleased to be growing lettuce when it happens. Really no place I'd rather be. It feels like the season is just beginning, but Dave tells us that, as of a week ago, we had already harvested more than 2,700 pounds of produce.

Evidently, we're on pace for a record-breaking season. Keep rooting for those vegetables!

I'm pleased to be back at Sisters Hill for the 2012 season. I passed a very fun and fulfilling winter living at the St. Joseph Catholic Worker House down in the Bowery in Manhattan. It's a hospitality house operated by roughly 8 resident volunteers -- my role for the winter -- which houses about 15 folks who would otherwise have no place to live and serves meals to 150 - 200 people each weekday. I learned some of the ins and outs of making soup from donated vegetables in a 50-gallon pot and how much dry rice will cook up to serve sixty for dinner. (A bit more than a gallon, it turns out.) Along the way, I danced to the blues most Fridays, sat zazen with some of my old Zen compatriots on the upper east side, and admired the beauty of this Catholic Worker community that does its best to treat each person like a real person.

Plenty of new features around the farm this season! A shiny white farm van; a Facebook page! Two new apprentices: John and Anna, who bring their energy, experience, and passion for responsible food systems to Sisters Hill this year. I am enjoying getting to know them, and we are collectively enjoying the process of settling into the newly-expanded apprentice apartment. Many of you have noticed that our distribution space in the front barn shrank significantly over the winter. That floor space morphed into a much more comfortable living space including the addition of a living room and a small mudroom. It's wonderful that we now have room for three apprentices on the farm ... and an indoor living room for those times when the weather doesn't jive with hanging out on the porch ... AND, the precious luxury of a washer and dryer. Sure beats driving to Millbrook to do laundry!

We also built a set of new produce display tables to revamp our distribution setup. They allow us to make the most of the smaller distribution space and help us create a good flow and an attractive presentation of the shares. Plus, from the apprentice perspective, they were fun to build. It's a treat when we get to work with Dave on these design and construction projects. I learn a lot -- not only about specific tools and construction techniques, but about the

great value of always continuing to examine how our work could be done better. Could we make a tool that would improve this process? Could we design a better system? Could it be easier? Quicker? More beautiful? I'm inspired to see that Dave's still questioning and making significant improvements to the farm in his 14th season. No matter how well we set up everything, it can always be improved. And it's always worth improving.

I reflect on how these improvements help the farm to attract quality apprentices year after year. When I applied for farm apprenticeships in the fall of 2010, I applied to roughly 14 different farms and visited seven. Sisters Hill really does stand out in terms of the high quality of the apprentice experience it offers: The working hours are fewer than many of the farms in our region; the stipend is among the highest; the living accommodations are clean and comfortable; and Dave shows a clear commitment to education. Because the farm runs so professionally, delivers a top-notch share, and takes good care of its apprentices, it attracts first-rate applicants each year. This positive spiral benefits us all, and I'm grateful to the Sisters and to Dave for setting the farm on this course. I'm looking forward to the rest of this great season!

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

Crunchy Bok Choy Slaw - 8 servings

Ingredients

- 1/4 cup rice vinegar
- 1 tablespoon toasted sesame oil
- 2 teaspoons sugar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 6 cups very thinly sliced bok choy, (about a 1-pound head, trimmed)
- 2 medium carrots, shredded
- 2 scallions, thinly sliced

Directions

1. Whisk vinegar, oil, sugar, mustard and salt in a large bowl until the sugar dissolves. Add Bok Choy, carrots and scallions; toss to coat with the dressing.

Roasted Baby Bok Choy - 4 servings — *From EatingWell.com*

Ingredients

- 4 heads baby bok choy, (1 1/4 pounds), trimmed, leaves separated
- 4 teaspoons canola oil
- 1 clove garlic, minced

- 1/4 teaspoon kosher salt
- 1/2 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 1 1/2 teaspoons chopped fresh tarragon or 3/4 teaspoon dried
- 1 teaspoon mirin, (see Note)
- Freshly ground pepper, to taste

Directions

1. Preheat oven to 450°F. Toss bok choy, oil, garlic and salt in a roasting pan. Roast on lowest rack, stirring twice, until wilted and tender-crisp, about 6 minutes. Whisk lemon zest and juice, tarragon, mirin and pepper in a small bowl. Drizzle over the roasted bok choy.
- 2.

Bok Choy: *Try chopping Bok Choy—sauté with minced garlic in small amount of olive oil, add dried sour cherries. Sauté just to crisp tender.*

Kohlrabi: *a member of the Brassica family contains the early sweetness of cabbage and the crunch bite of a turnip, with just a hint of radish like heat.*

How to use Kohlrabi: They add a crunch to slaws and salads. They can be cooked in a variety of ways: sautéed or roasted when cut into thin slices or bite sized wedges. They can also be added to braises and stews. The leafy tops can be used as you would Kale or collard greens. The greens are a good addition to soups. Add the last 15 minutes.

Kohlrabi Fritters: shred Kohlrabi, bind with an egg and some flour, season and fry in hot oil. Try snipping some garlic scapes into the Kohlrabi mixture before you fry the fritters.

New Ideas for Turnips:

Think of turnips as you would most root vegetables—good for mashing, braising, roasting, or adding to stews and soups. Roasting brings out their sweetness. Small turnips are delicious raw, either grated or cut into thin slices, they'd make an earthy—sweet change of pace on a crudité platter or as part of a salad paired with radishes.

Lamb stew with Turnips and Fennel

Add baby turnips or turnip chunks to a spring lamb stew, along with fennel and new potatoes

Spinach Another Way

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