

will hang over the sides. Spoon the vegetable mixture on top of the cheese, mound-ing it slightly in the center. Fold the edge of the dough over the edge of the filling to create pleats that are 1 1/2 inches wide. Brush the pleated dough with the beaten egg.

2. Bake until the crust, including the pleats, is golden brown, 35 to 45 minutes.
3. Transfer to a rack and let cool on the baking sheet for at least 10 minutes before serving.

*****From Fine Cooking Magazine*****

Spiced Parsnip Soup

Quick and easy (add) half and half and chicken broth until smooth.

Toss chunks of cored parsnip with a big pinch of ground ginger, a small pinch of ground cardamom, plenty of salt and pepper, and olive oil; roast until tender. Puree in a blender with half-and-half until smooth, then gently reheat and serve.

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

Mashed Potato, Rutabaga and Parsnip Casserole with Caramelized Onions—Serves 8 to 10

Ingredients

- 7 cups canned low-salt chicken broth
- 3 pounds russet potatoes, peeled, cut into 1 1/2-inch pieces
- 1 1/2 pounds rutabagas, peeled, cut into 1/2-inch pieces
- 1 1/4 pounds parsnips, peeled, cut into 1 1/2-inch pieces
- 8 garlic cloves
- 1 bay leaf
- 1 teaspoon dried thyme
- 3/4 cup (1 1/2 sticks) butter, room temperature
- 3 large onions, thinly sliced

Directions

1. Butter 13 x 9x2-inch glass baking dish. Combine first 7 ingredients in large pot; bring to boil. Reduce heat, cover partially and simmer until vegetables are very tender, about 30 minutes. Drain well. Transfer vegetables to large bowl. Add 1/2 cup butter. Using electric mixer, beat mixture until mashed but still chunky. Season with salt and pepper. Transfer mashed vegetables to prepared dish.
2. Melt remaining 1/4 cup butter in heavy large skillet over medium-high heat. Add sliced onions and sauté until beginning to brown, about 5 minutes. Reduce heat to medium-low and sauté until onions are tender and golden brown, about 15 minutes. Season with salt and pepper. Spread onions evenly over mashed vegetables. (Casserole can be prepared up to 1 day ahead. Cover and refrigerate.)
3. Preheat oven to 375° F. Bake casserole uncovered until heated through and top begins to crisp, about 25 minutes



Sisters Hill Farm

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Today is our last regular pickup of the season! Thanks for a great year! Be sure to renew before the 15th, so you can get our bonus share on Saturday the 22nd from 8-11AM!

Closing notes from Sister Mary Ann

Great News! We have reached a farm milestone-

1 million pounds of vegetables harvested!!

Congratulations to Dave, apprentices, and all who have made this possible – a great achievement!

As we approach the Thanksgiving holiday, we at Sisters Hill Farm have much to be thankful for. We had a wonderful farm season, and my heart is filled with gratitude.

Thank you to:

Dave, our “renaissance” farmer whose commitment to the farm’s mission and to sustainable agriculture helped make this bountiful harvest possible...

Audrey, Alison, and Hannah - our apprentices - for all their hard work, enthusiasm, and inspiring essays...

Our shareholders who each year support us in our mission, and whose generous donations help to provide vegetables for those in need...

Joan and Bob whose weekly efforts bring us a great newsletter and wonderful recipes...

All our volunteers who help us plant, weed, harvest, pack bins for the Bronx distribution, and who do so many other things around the farm....

The Sisters of Charity, who sponsor the farm and faithfully support us each year with their generosity and prayers...

Let us be grateful for all of the gifts we have received, and for the gift we are to each other.

May our farm always be a place of peace and serenity for all.

It’s more than vegetables!

End notes from Audrey

I'm sorry to say, but this will be my last newsletter at Sisters Hill Farm. As the season draws to a close, I am thankful that I can look back on a year and a half spent on the farm -- who I was when I came here and who I am now. I don't believe in luck, but I do believe that in my life, I've been fortunate to have what seems like a good many events turn out in my favor -- what some may call serendipity. Stumbling upon Sisters Hill Farm was a BIG event. In the winter of 2012 I was looking for an apprenticeship and applied here. Turns out Dave had already hired three apprentices but each one of them ended up backing out for various reasons. When I applied he was looking for the next batch of folks to hire on for the 2013 season and I happened to be one of them. I'm thankful it all worked out because two seasons later, I feel confident and empowered to further my sustainable agriculture education and ultimately make my way towards farm ownership.

It's been enriching for me to grow closer to Dave, Sister Mary Ann, to our members, volunteers, and neighbors, and to the two lovely women I was able to live, work and especially learn with *and* from. Having the chance to stay for a second season was integral in my maturation, both as a farmer and as a person. Not only was I able to learn without the glare of new things and ideas around me, but I could also dig a little deeper into my local community, as well as the Hudson Valley farming community. I feel as though I've found a place that I can call home. My journey into next season will continue on a friends start-up farm just outside of Hudson called Letterbox Farm Collective. We'll be growing a mixed diet CSA for about forty members and I'll be managing the vegetables. It will be an opportunity to test out what I've learned here but I'll also get the chance to see what it's like on a farm that's only two seasons in, as opposed to Sisters Hill with 16 seasons under its belt.

I know that it has all happened for a wonderful reason, and it's so that I may in the future start a farm and feed a community of folks nutritious food and take good care of a chunk of this earth. It is also my hope that I can one day pass on the skills I've learned to aspiring and bright-eyed beginning farmers. That I am and will continue to feed people, whether it be by my own hands or through my instruction of others, is a goal of mine I am thankful to have started to chip away at.

***** *From Fine Cooking Magazine* *****

Rustic Autumn Vegetable Tart - Serves 8

PICK YOUR FILLING

Choose one of the rootvegetable fillings below. For the vegetarian filling, use the omnivore ingredient list, omitting the prosciutto and adding the lemon zest and juice and fresh thyme listed below. Broccoli can replace the cauliflower.

Omnivore

Ingredients

- Olive oil, for the pan

- 1 1/2 cups 1/2-inch-dice butternut squash
- 3/4 cup sliced carrot (1/2-inch-thick half-moons)
- 3/4 cup sliced leek, white and light green parts only (1/2-thick rounds)
- 3/4 cup coarsely chopped red bell pepper
- 3/4 cup coarsely chopped cauliflower
- 1 Tbs. finely chopped fresh rosemary
- Kosher salt and freshly ground black pepper
- 4 oz. thinly sliced prosciutto, torn into bite-size pieces

Vegetarian

Ingredients

- 1 Tbs. finely grated lemon zest
- 1 Tbs. fresh lemon juice
- 2 tsp. finely chopped fresh thyme

Directions for filling

1. Position a rack in the center of the oven and heat the oven to 375°F. Lightly oil an 8x8-inch baking dish.
2. Toss the vegetables and rosemary with 3/4 tsp. salt and 1/2 tsp. pepper in the baking dish. Add the lemon zest, juice, and thyme, if using; toss to combine.
3. Cover with foil and roast until fork-tender, 30 to 40 minutes. Remove the foil and let cool.
4. Toss the vegetables with the prosciutto, if using, and set aside.

For the Crust

Ingredients

- 6 oz. (11/2 cups) unbleached all-purpose flour; more for rolling
- 6 oz. (3/4 cup) cold unsalted butter, cut into 1 -inch pieces
- 6 oz. cold cream cheese, cut into 1-inch pieces
- 3/4 tsp. kosher salt

Directions for Crust

1. Turn the oven temperature up to 400°F.
2. Pulse the flour (or flours and cornmeal), fats (butter and cream cheese, or shortening and cream cheese), and salt in a food processor until the dough begins to clump together, about fifteen 1-second pulses.
3. Transfer the dough to a well-floured work surface and gently knead once or twice to help it come together. Dust a 12x17-inch sheet of parchment with flour. Roll the dough on the parchment into a 16-inch round that's about 1/8 inch thick (two sides will go beyond the paper). It's OK if it's not a perfect circle and the edges look rough.

Assemble and Bake

To finish your tort, take your pick from the ingredients below, tailoring the cheese and what you brush on the crust to suit your diet.

Ingredients

- 4 oz. fresh goat cheese, softened
- 1 large egg, beaten

Directions

1. Spread the goat cheese on the dough, leaving a 1 1/2-inch border. Transfer the dough on the parchment to a 13x18-inch baking sheet; the edges