

# Sisters Hill Farm



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

July 23, 2016  
July 26, 2016

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## Field Notes from Farmer Dave

So, as most of you know I recently had back surgery to clean up a ruptured disk in my lower back that was compressing my sciatic nerve. The procedure went very well. The pain I had been experiencing for over 4 months—sciatica radiating down my entire left leg to my heel—was gone the moment I woke up! If you remember my broken collar bone/shoulder separation surgery from last summer, you know it's been a very unlucky year for me health wise! I'm thankful the pain and suffering are coming to an end and I'm looking to do everything in my power to make sure I never have another year like this.

As for the farm, I'm so fortunate that Devon wanted to return this season to be my assistant manager. It puts my mind at ease to know that I have her leadership to depend on while I mend. She, along with Sam and Breezy, have been rocksteady throughout this season. Thanks guys! I also want to extend a huge "thank you" to the many folks who are volunteering for the first time, as well as our regulars who are helping to pick up the slack as I recover. In the past 17 years we've created quite a community, and I'm truly feeling the love and support from all of you. I have received countless prayers (which I'm sure contributed to my surgical success) in addition to flowers, cards, baked goods, care packages, vitamins, phone calls, and so much more. I feel so supported and loved-- what a great healing environment!

All this goodwill directed my way has me thinking a lot lately about what CSA really means. There was an article a few days ago (July 19<sup>th</sup>) in the New York Times entitled "When Community-Supported Agriculture Is Not What It Seems"? It discussed the prevalence of organic food delivery services co-opting the term CSA for their own marketing means.

The basic working definition of CSA is-- a mutually beneficial relationship between farmers and consumers—eliminating the middleman. These new companies like Blue Apron, Fresh Direct, and Peapod are the new middlemen posing as CSA's. I'm obviously an advocate of getting organic food into the mouths of more people, and these companies do offer convenience,

- 4 thin slices provolone cheese

### Tomato-Olive Relish

- 1 small tomato, finely diced
- 1 small red onion, finely diced
- 6 Kalamata olives, pitted and diced
- 1/4 cup coarsely chopped fresh basil
- 2 cloves garlic, minced
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon freshly ground pepper

### Directions

1. Preheat oven to 450°F. Coat a baking sheet with cooking spray. Coarsely grind coriander seeds in a spice grinder or blender. Transfer to a shallow dish.
2. With a pastry brush, lightly coat both sides of eggplant rounds with oil, then dredge in coriander to lightly coat. Season with salt and pepper. Arrange the eggplant in a single layer on the prepared baking sheet.
3. Bake the eggplant until tender, 20 to 25 minutes.
4. Meanwhile, to prepare relish: Combine tomato, onion, olives, basil, garlic, vinegar and pepper in a small bowl. Taste and adjust seasoning. Refrigerate until ready to use.
5. Set the bottom half of each baguette piece on a square of foil. Layer with arugula (or watercress), relish, eggplant and cheese and cover with the top half of the baguette. Wrap the sandwiches in foil and bake until heated through, 5 to 7 minutes. Serve immediately.

**Note:** Prepared mild salsa (1 cup) may be used in place of Tomato-Olive Relish

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

### Oven-Fried Zucchini Sticks - 4 servings

#### Ingredients

- Canola or olive oil cooking spray
- 1/2 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 2 tablespoons cornmeal
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 1/2 pounds zucchini, (about 3 medium), cut into 1/2-by-3-inch sticks
- 2 large egg whites, lightly beaten

#### Directions

1. Preheat oven to 475°F. Coat a large baking sheet with cooking spray.
2. Combine flours, cornmeal, salt and pepper in a large sealable plastic bag. Dip zucchini in egg white, shake in the bag to coat, and arrange, not touching, on the baking sheet. Coat all exposed sides with cooking spray.
3. Bake on the center rack for 10 minutes. Turn the zucchini and coat

but they don't represent what CSA's are really supposed to be about. And they are extremely expensive!

We've been around a while—since 1999. We haven't changed much because we still believe in the principles in which our farm was founded. First that delicious high quality food should be available to all people regardless of their income. (feeding the hungry has been part of the Sisters of Charity's mission for over 200 years!) Second, that we will grow our veggies with a respect and care for the earth, leaving the ground under our care better than we found it. Third, that we are a community of eaters, sharing a common love of good food and each other—that's part of why we have consciously tried to involve and engage our members as neighbors and friends since day one. We have done this through this newsletter, through volunteer events, through our picnics and tours, and from countless conversations at farm pickups and out in the fields.

What I enjoy most about working for the Sisters and being your farmer is that we are in this together. We are constantly evolving. We're always striving to do our best by you and your family. We're trying to create a place where you feel good about visiting, a place that provides food you can trust; flavorful diverse food that nourishes your life in more ways than one. This year, in my time of difficulty, I'm feeling the love right back. From your outpouring of love and support I see how just much you care for **your farmer!** Thanks and happy eating!!

\*\*\*\*\*From *FineCooking.com*\*\*\*\*\*

### **Creamy Scalloped Squash**

#### **Ingredients**

- Unsalted butter, as needed
- 1 lb. summer squash, thinly sliced
- 1 2-oz. jar chopped pimientos, drained
- Kosher salt and freshly ground black pepper
- 2/3 cup heavy cream
- 1/2 cup finely grated Parmigiano-Reggiano
- 1-1/2 Tbs. all-purpose flour
- 1/3 cup panko

#### **Directions**

1. Position a rack 6 inches from the broiler, and heat the broiler on high. Butter a shallow 9x13-inch baking dish. In the dish, toss the squash with the pimientos, 1 tsp. salt, and 1/4 tsp. pepper. Broil until the squash is just starting to wilt, about 3 minutes.
2. Meanwhile, in a small bowl, whisk together the cream, Parmigiano, and flour. Pour the mixture evenly over the squash. Top with the panko and broil until bubbly and deep golden brown, 3 to

4 minutes.

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

### **Grilled Steak Salad with Tomatoes & Eggplant - 4 servings, 1 2/3 cups each**

#### **Ingredients**

- 1 tablespoon dried oregano
- 1 pound flank steak, trimmed
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground pepper, divided
- 2 sweet Italian peppers or 1 large bell pepper, cut into 2-inch-wide strips
- 1 small eggplant (about 1 pound), cut lengthwise into 1/2-inch-thick slices
- 4 tablespoons extra-virgin olive oil, divided
- 2 large tomatoes, cut into wedges
- 1 small red onion, thinly sliced
- 1 small clove garlic, minced
- 3 tablespoons red-wine vinegar

#### **Directions**

1. Preheat grill to high.
2. Cook oregano in a small skillet over medium heat, stirring, until toasted, about 2 minutes. Transfer to a bowl.
3. Cut steak in half lengthwise; season with 1/2 teaspoon each salt and pepper. Brush peppers and eggplant with 1 tablespoon oil.
4. Oil the grill rack (see Tip). Grill the meat, turning once, about 10 minutes total for medium. Grill the peppers, turning once, until softened and charred in spots (about 10 minutes) and the eggplant until browned and slightly soft (about 8 minutes).
5. Add tomatoes, onion and garlic to the bowl with the oregano. Drizzle with vinegar and the remaining 3 tablespoons oil. Season with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper; toss to combine. Chop the eggplant and peppers and cut the steak across the grain into thin slices; add to the bowl and toss to combine.

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

### **Eggplant Subs with Provolone - 4 servings**

#### **Ingredients**

- 1/4 cup coriander seeds
- 1 medium eggplant (about 1 pound), cut into 3/4-inch rounds
- 1 1/2 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 4 6-inch lengths of whole-wheat baguette, split
- 2 cups arugula or watercress, trimmed