

- 1 teaspoon hot pepper oil, optional
- 2 tablespoons roughly chopped cilantro, plus sprigs for garnish
- 6 scallions, thinly sliced diagonally
- 1 thinly sliced serrano chile, optional

Directions

1. Cook the eggplants in a covered steamer over rapidly boiling water until tender, about 10 minutes. Let cool, then peel. Put the flesh in a fine meshed strainer to drain excess liquid.
2. Make the dressing: In a small bowl, whisk together soy sauce, vinegar, lime juice, salt and sugar. Add garlic, ginger, sesame oil, vegetable oil and hot pepper oil, if using.
3. Put drained eggplants in a bowl. Using 2 forks, shred the eggplants a bit, then pour dressing over and toss, coating well. Leave to rest for 10 minutes, then taste and adjust seasoning.
4. Just before serving, stir in chopped cilantro. Pile eggplants on a platter and sprinkle with scallions. Garnish with serrano chile, if using, and cilantro sprigs.

*****NYTimesCooking.com*****

Cucumber Salad With Soy, Ginger and Garlic - serves 4

Ingredients

- 2 large thin-skinned cucumbers (about 1 1/2 pounds), sliced thin
- Salt to taste
- 3 tablespoons seasoned rice vinegar
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- 1 small garlic clove, minced or pureed
- 1 teaspoon minced fresh ginger
- 1/8 teaspoon cayenne (more to taste)
- Freshly ground pepper
- 2 tablespoons dark sesame oil
- 3 tablespoons sunflower oil or grapeseed oil
- 1 bunch scallions, white and light green parts, sliced very thin
- 2 tablespoons chopped cilantro

Directions

1. Sprinkle the cucumbers with a generous amount of salt and let sit in a colander in the sink for 15 minutes. Rinse and dry on a kitchen towel. Transfer to a salad bowl.
2. Whisk together the vinegar, soy sauce, sugar, garlic, ginger, cayenne, and pepper. Whisk in the sesame oil and the sunflower or grapeseed oil. Toss with the cucumbers, scallions, and cilantro. Chill until ready to serve.



Sisters Hill Farm

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

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<https://sistershillfarm.org>

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Save the Date: Our next picnic is August 26th at 5PM!

Please join us for our final onion cleaning party, **Wednesday, August 16th from 6:30-8PM!** We have cleaned almost 2000 pounds of onions and everyone has had a great time!!

The Apprentice Perspective

One of the things that I love about farming is the rhythmic nature of it. I love both the seasonal ebbs and flows, but also how each individual project can become rhythmic as we become better and better farmers. One thing I am starting to appreciate as I grow and refine my skills in farming is that although many of the tasks are simple at first glance, the orchestration, prioritization, timing, and attention to detail within each of our activities is extremely complex. Over time a farmer becomes a better and better conductor, figuring out how to prioritize tasks, how to move within them, and how to innovate the completion of them so that they can flow harmoniously from one to the next.

The sound bites created by our daily motions form a seasonal song of which we are one of the many conductors. Dave is a very skilled conductor, having honed his understanding of how each project fits together and how each movement within each task works in harmony. We are here as apprentices to work on understanding how to become skilled conductors.

Dave is always innovating and thinking about how to make our daily tasks efficient, effective, and as seamless as possible. That is one of the many reasons that I came to this farm. I wanted to learn and observe the efficiencies that Dave has developed over many years. I have begun to master some of these motions and I like to imagine in the quiet of the early mornings that some day I will be good enough at them that rather than creating a cacophony of discordant sounds I will conduct a beautiful orchestral piece.

If we think of the tasks that we complete each day as phrases of the seasonal song then our song is reaching its apex. From the beginning of April until now we have been in the crescendo, slowly building up skills

and harmony, planting, seeding, weeding, and harvesting. The sun and the earth, also integral conductors of the song, have been doing their job, providing ample light, rain, and nutrients for us to capture through the leaves, stems, and roots of our plants. Which produce nourishing vegetables for our members. And now as the hours of daylight begin to wane, it is time for us to do our part. We must bring in the energy that has been building in the earth and deliver it to you. The shares are getting heavier as we bring in potatoes, carrots, beets, onions, cucumbers, squash, and eggplant in large volumes and offer more diversity, including greens, roots, fruits, and flowers. This is an exciting time in our seasonal song, and I hope that you enjoy the music we create as much as we do. —Isabel

*****Contributed by Kaleigh Bhangdia*****

Toasted Farro Salad with Watermelon and Peaches – 4 servings

Ingredients

- 1 cup uncooked farro
- 1 1/2 cups fresh seedless watermelon cubed
- 2 medium peaches diced
- 1/2 cup fresh mint, chopped
- 1/2 cup fresh basil, chopped
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon sherry vinegar
- 1 tablespoon finely chopped shallot
- 1 tablespoon fresh lime juice
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- Crumbled feta cheese, optional

Directions

1. Preheat oven to 375°.
2. Spread farro on baking sheet and bake until slightly toasted and fragrant, about 10-12 minutes.
3. Bring about 2 inches of heavily salted water to a boil in a medium saucepan. Add toasted farro and cook until just cooked, about 10 minutes. Drain immediately.
4. In a medium bowl, combine farro with remaining ingredients and serve

*****From Cooking.NewYorkTimes.com*****

French Potato and Green Bean Salad -4 to 6 servings

Ingredients

- 2 pounds medium potatoes, like Yukon Gold or Yellow Finn
- Salt and pepper
- 1 bay leaf
- 1 large thyme sprig
- 3 garlic cloves, smashed to a paste with a little salt
- 1 tablespoon chopped anchovy
- 1 tablespoon chopped capers
- 2 teaspoons Dijon mustard
- 4 tablespoons white wine vinegar
- 1/3 cup extra virgin olive oil

- 1 pound small French beans, or small romano or wax beans
- 4 large eggs
- 1 tablespoon thinly sliced chives
- 2 tablespoons roughly chopped parsley
- 2 tablespoons roughly chopped basil
- 6 to 8 anchovy fillets, optional, for garnish
- 8 ounces arugula, optional

Directions

1. Bring a large pot of well-salted water to a boil. Add the potatoes, bay leaf and thyme branch. Cook at a brisk simmer until the potatoes are firm but easily pierced with a skewer, about 30 minutes. Remove and let cool slightly.
2. While the potatoes are cooking, make the vinaigrette: In a small bowl, stir together the garlic, anchovy, capers, mustard and vinegar. Slowly whisk in the olive oil. Season to taste with salt and pepper. Whisk again before using if the dressing separates.
3. When the potatoes are cool enough to handle, remove the skins with a paring knife and carefully cut into pieces 1/4-inch thick, or slightly thicker. Put the slices in a low bowl, season lightly with salt and pepper and add half the vinaigrette. Using your hands, gently coat the potatoes with the vinaigrette, taking care not to break them. Cover and set aside at room temperature.
4. Top and tail the beans. Simmer in salted water until firm-tender, about 3 to 4 minutes, then cool under running water and pat dry.
5. To cook the eggs, bring a medium pot of water to a rapid boil. Add the eggs and cook for 8 minutes for a somewhat soft-centered yolk or 9 minutes for a firmer yolk. Cool the eggs immediately in ice water, then crack and peel. Cut each egg in half and season lightly with salt and pepper.
6. When ready to serve, season the beans with salt and pepper, then dress with the remaining vinaigrette. (Reserve 2 tablespoons vinaigrette for the arugula, if using.)
7. Combine the dressed beans and potatoes, and pile onto a platter. Sprinkle with chives, parsley and basil and arrange the eggs over the top. Garnish with anchovy fillets, if desired. Dress the arugula and send it to the table separately

*****From Cooking.NewYorkTimes.com*****

Spicy Eggplant Salad With Sesame Oil – Serves 6

Ingredients

- 2 pounds small, firm eggplants
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- Juice of 1 lime
- 1 teaspoon kosher salt
- 1 teaspoon brown sugar
- 3 garlic cloves, minced
- 2 tablespoons grated ginger
- 1 1/2 teaspoons toasted sesame oil
- 2 tablespoons vegetable oil