

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

Bacon, Tomato & Farro Salad

Ingredients

- 1 cup farro (see Tip) or quick-cooking barley
- 2 slices center-cut bacon
- 1 medium shallot, chopped
- 2 tablespoons white-wine vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 pint cherry tomatoes, quartered
- 1/4 cup chopped fresh basil

Directions

1. Place farro (or barley) in a medium saucepan; add enough water to cover by 2 inches. Bring to a boil. Cover, reduce heat and simmer until tender, 15 to 20 minutes for farro (about 10 minutes for barley). Drain and transfer to a large bowl.
2. Meanwhile, cook bacon in a nonstick skillet over medium heat until crisp. Drain on a paper towel-lined plate; leave the fat in the pan. Add shallot to the pan and cook, stirring, for 1 minute. Stir in vinegar, salt and pepper. Remove from heat.
3. Crumble or chop the bacon. Add to the bowl along with tomatoes, basil and the warm vinaigrette; gently stir to combine. Serve warm or at room temperature.

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

Heirloom Tomato Salad with Fried Capers

Ingredients

- 2 tablespoons red-wine vinegar
- 1 tablespoon Dijon mustard
- 3 tablespoons chopped fresh tarragon or dill
- 1/2 teaspoon freshly ground pepper, plus more to taste
- 1/4 teaspoon salt
- 5 tablespoons extra-virgin olive oil, divided
- 3 tablespoons capers, rinsed
- 2 1/2 pounds heirloom tomatoes, cut into 1-inch wedges
- 1 pint cherry tomatoes, mixed colors, halved

Directions

1. Whisk vinegar, mustard, tarragon (or dill), 1/2 teaspoon pepper and salt in a small bowl. Gradually whisk in 4 tablespoons oil and continue whisking until well combined.
2. Pat capers dry thoroughly. Heat the remaining 1 tablespoon oil over medium heat. Add the capers and cook, stirring occasionally, until light brown, about 3 minutes. Remove with a slotted spoon and drain on a paper towel.
3. Divide tomato wedges and cherry tomatoes among 8 plates. Drizzle with the vinaigrette and top with the fried capers. Season with pepper.



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Comments from Apprentice Dev

Happy September! These cooler mornings have me dreaming about all the fall fun to come! It's hard to believe we're on the down slope of the season now. At our garlic cleaning party the other night we had a great time sorting through all the thousands of heads we harvested this year in order to save the best for next year's seed. It feels crazy that we'll be planting it in a month! So quickly do I forget the taste of melons and get ready to finally crank the oven up again and start roasting winter squash, carrots, beets, and all the good autumn crops once more.

At this point in the season it might seem like we're pretty close to having everything under control. Except for a few lingering plantings of fall greens every last box of the crop plan has been checked off and planted-if not already harvested and tilled in by now. We're waiting for some good fall rains to come sometime soon to start planting cover crop and get the ground in good shape for next season. In order to prep for this process clearing the field of weeds is one of the biggest priorities. This summer was quite the busy one and we definitely let some patches of weeds get beyond our control, but the past two weeks have really turned things around.

For such a seemingly simple (though perhaps tedious) task, there's a lot more creativity in weeding than meets the eye. Dave has systems for just about everything on the farm but when it comes to weeding its best to assess each case individually and find the solution that works right for the current conditions. Nearly every day this week we've headed to the fields with every kind of hand weeder, upright hoe, and wheel hoe, along with a few different tractor cultivators too. Depending the size of the weeds, moisture of the soil, the surrounding plants, and other factors, weeding changes day to day and crop by crop. The weeds this year have certainly put us to the test. The normal tools and techniques just don't always work. Instead this has pushed us to find new solutions to get control of the weeds in the fastest and most efficient ways possible. From experiments with stale seed bedding, to changing how our greens were seeded, to thinning beets in a new and aggressive way, and to harrowing up old squash beds to clear weeds were just a few examples this season that provided new solutions to this universal problem.

A first look at a lot of these patches and the task seemed too daunting to take on. Whole areas of the farm we thought would take days to clean up. And though not every solution has been super quick and easy they have proven successful in new ways. Revisiting a simple tool, a flame weeder- a simple propane torch that burns weeds in the bed before the crop has germinated-has saved us countless hours finger weeding fall carrots and beets.

More than anything this mentality has helped to remind me to always keep an open mind. Of course we wish we could be weeding every bed at the perfect time and kill all those pesky weeds in one quick sweep. Alas, that is just not how it works sometimes. Instead, using our creativity and looking at old tools in a new light can provide just the solutions we need. Not just in weeding but also in

farming as a whole it is this very creativity and problem solving that makes the job so rewarding. You can view a task like weeding in two ways. One, it's just a tedious endless task that will eat up your whole afternoon. Or two, see it as an opportunity to test your creativity and find a better solution each time. So cheers to well weeded fall crops and a bountiful rest of the season!

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

Potato-Leek Bisque

Ingredients

- 2 tablespoons extra-virgin olive oil
- 3 pounds leeks, white and light green parts only, sliced (see Tip)
- 3/4 teaspoon salt, divided
- 1 1/2 pounds Yukon Gold potatoes, peeled and diced
- 3 cups nonfat or low-fat milk
- 2 cups reduced-sodium chicken broth
- 3 tablespoons lemon juice
- 1/4 teaspoon ground white pepper, or to taste
- Thinly sliced fresh chives for garnish
- 1/4 cup minced pitted oil-cured olives
- 3 anchovies, minced
- 1/4 teaspoon freshly ground pepper
- 8 slices baguette, preferably whole-wheat, toasted

Directions

1. 1To prepare bisque: Heat oil in a Dutch oven over medium heat. Add leeks and 1/4 teaspoon salt. Cook, stirring occasionally, until very tender but not brown, 20 to 30 minutes. Adjust heat as necessary and add a bit of water if needed to prevent sticking. Set aside 1/3 cup of the leeks in a small bowl.
2. 2Add potatoes, milk and broth to the pot. Bring to a simmer (do not boil) and cook, stirring occasionally, until the potatoes are very tender, 10 to 15 minutes.
3. 3To prepare croutons: Meanwhile, add olives, anchovies and black pepper to the reserved leeks; mix well. Divide evenly among the toasted baguette slices.
4. 4When the potatoes are tender, remove from the heat. Puree the soup with an immersion blender or in batches in a regular blender. (Use caution when pureeing hot liquids.) Season with the remaining 1/2 teaspoon salt, lemon juice and white pepper. Divide among 8 soup bowls and float a crouton on top of each. Garnish with chives, if desired.

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

Potato & Leek Gratin

Ingredients

- 2 cups low-fat milk
- 4 cloves garlic, peeled and slivered
- 1 bay leaf
- 1/8 teaspoon nutmeg, preferably freshly grated
- 1 1/2 teaspoons salt

- Freshly ground pepper, to taste
- 1 teaspoon extra-virgin olive oil
- 2 pounds all-purpose potatoes, preferably Yukon Gold (4-6 medium), peeled and sliced 1/4 inch thick
- 2 tablespoons reduced-fat sour cream
- 2 cups sliced leeks, (3-4 medium)
- 1 teaspoon Dijon mustard
- 1/2 cup grated Gruyère, or sharp Cheddar cheese (2 ounces)

Directions

1. 1Place oven rack in the upper third of the oven; preheat to 425 °F. Coat a 1 1/2- or 2-quart gratin dish or other shallow baking dish with cooking spray.
2. 2Combine milk, garlic, bay leaf, nutmeg, salt and pepper in a large heavy-bottomed saucepan; bring to a simmer, stirring, over medium-low heat. Gently slip in potatoes, partially cover and simmer gently over low heat, stirring often, just until potatoes are tender, but not soft, and the milk has thickened, 10 to 15 minutes. (Alternatively, combine milk and seasonings in a 2-quart glass measure or microwave-proof casserole; microwave on High for 6 to 8 minutes, until simmering. Slip in potatoes, cover with lid or vented plastic wrap and microwave on Medium for 15 to 25 minutes, stirring twice, just until tender.)
3. 3Meanwhile, heat oil in a nonstick skillet over medium-low heat; add leeks and saute until tender, about 5 minutes.
4. 4Transfer half the cooked potatoes with a slotted spoon to the prepared gratin dish, discarding bay leaf. Cover with leek mixture. Spread remaining potatoes over leeks. Add sour cream and mustard to milk remaining in the saucepan and whisk to blend; spread over the gratin. Sprinkle with cheese. Bake until bubbly and golden on top, 20 to 25 minutes. Serve.

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

GREEN Beans Braised with tomatoes and Basil

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 cup finely chopped white onion
- 2 garlic cloves, minced
- 1 1/2 pounds green beans, trimmed
- 2 large plum tomatoes, finely chopped (about 1 cup)
- 1 cup (packed) fresh basil leaves
- 1/2 cup water

Directions

1. Heat oil in large nonstick skillet over medium heat. Add onion and garlic and sauté until onion softens slightly, about 5 minutes. Add green beans, tomatoes, basil leaves, and 1/2 cup water. Cook until beans are crisp-tender, stirring and tossing occasionally, about 10 minutes. Season to taste with salt and pepper. Transfer to bowl and serve.