

- 1/8 tsp. kosher salt; more as needed
- ¼ cup dry sherry
- (or Chinese rice wine)
- ½ cup homemade or low-salt chicken broth
- 1 Tbs. soy sauce
- ¼ tsp. granulated sugar
- 1 tsp. cornstarch mixed with 1 tsp. cold water to form a slurry
- 4 thin slices prosciutto, sliced crosswise into ¼ -inch strips (1/3 to ½ cup)

#### Directions

1. Put the oil and garlic in a small wok or a deep, heavy-based, 10-inch, straight-sided sauté pan with a lid. Set over medium-high heat and cook, stirring frequently, until the garlic begins to sizzle steadily, about 1 minute. Add the bok choy (the pan will be crowded) and, using tongs, turn it in the oil and garlic, and then season it with the salt. When the tender tops begin to wilt, in about 1 minute, add the sherry (or rice wine) and toss again for about 15 seconds before adding the chicken broth, soy sauce, and sugar. Reduce the heat to medium, cover, and simmer until the bok choy tops are completely wilted and the stalks are crisp-tender, about 5 minutes. Transfer the bok choy to a plate.
2. Give the cornstarch slurry a stir to recombine and then whisk it into the cooking liquid. Simmer vigorously until the liquid has thickened, about 30 seconds. Remove from the heat and return the bok choy to the pan. Add the prosciutto and toss quickly to coat the bok choy with the broth and to mix in the prosciutto. Season to taste with salt and serve.

\*\*\*\*\**From Fine Cooking—Cook Fresh*\*\*\*\*\*

BOK CHOY (and baby bok choy) has a mild, sweet cabbagey flavor and a soft crunch. It has a gentle bitterness that stands up to strong, rich flavors.

#### Flavor partners

Bok choy harmonizes with assertive flavors like sesame, soy sauce, garlic, ginger, oyster sauce, chiles, and mushrooms.

#### Best cooking methods

Bok choy is excellent steamed, quick-braised, and stir-fried. Its chubby, spoon-shaped stalks capture sauces, making it a great last-minute addition to rich stews.

#### Ideas

One delicious way of cooking bok choy is to quickly sauté it in hot oil flavored with a little garlic or ginger and then briefly braise it in broth until just tender. You can also add it to pork shoulder that's been slow-braised with soy sauce, a little sugar, and star anise.



## Sisters Hill Farm

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June 1, 2013

June 4, 2013

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### From the Apprentice Perspective



A warm hello to all our members! My name is Julia Holup, one of three new apprentices this year. I had the pleasure of meeting many of you already, and am looking forward to chatting with others throughout the season, and swapping ideas and inspiration about how to prepare the bounty of our shares!

This week I found myself falling into new rhythms. Our days, formerly filled with planting and soil prep are now organized around harvesting, and this week was all about refining these new skills: cutting through a row of spinach balancing care and alacrity, slicing at the root of a head of lettuce so it pops up whole and unblemished, wiggling unwilling turnips from the soil to preserve their delicate - and tasty- leaves, and washing radishes to reveal a ravishing red.

The wildlife surrounding the farm seems to have found a new rhythm too. Twice this week we've stopped the van for turtles. Once to pick up a painted turtle on the path, and another time to urge a snapper to cross the road (despite her protest). Friday morning we found a fawn nestled in the grass near the pepper beds. She appeared to be only a day old as she wobbled and yelped when we drove her away. Even the weather has changed modes. Hit with harsh heat, we harvested at sunrise one day, and I learned how a fresh, peppery radish at that hour will wake you up as much as a cup of coffee. Despite the sweat, farming in the high heat has its rewards. Never does a cold drink taste as good as after a hot afternoon planting tomatoes. Evenings also seem richer, the cooler temperatures like an earned reward.

One thing that hasn't changed is the delicious taste of things around here. When it comes to cooking, I love my food like my friends- bright, hearty, genuine, and uncomplicated. And greens are inherently simple. Wash, pat dry- voila!- you're done. Even chopping is optional. This week's share has several greens to choose from (radish and turnip greens among them), all jiving to be paired with a splash of olive oil in a saute pan, some simmering garlic and a pinch of salt and pepper. Or whip them into a simple puree, like the spinach recipe outlined below, served on cold steamed vegetables, hot baked potatoes, baked fish, cold pasta, etc. Pair it with a cool drink and a cooler evening, and relax into

your own rhythm this week.

**Spinach Puree (from Mollie Katzen's The Moosewood Cookbook):**

1 lb. fresh spinach (or any green of your choice)

1/4 to 1/2 cup water

1/4 to 1/2 tsp. salt.

1 medium clove garlic, minced

black pepper, to taste

1) Cook the spinach without added water in a covered pot for just a few minutes- until tender and very bright green.

2) Transfer to a blender or food processor, and add 1/4 cup water. Puree until very smooth, and place in a small bowl. Then to desired consistency with a little more water (or leave it thick). Season to taste with salt, garlic, and black pepper.

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\*\*\*\*\**From Joan the Editor*\*\*\*\*\*

With all the wonderful greens we received last week I want to share another way to enjoy a mixture of fresh greens

- Use whatever greens you want any combination
- Wash and dry the greens
- Chop into large pieces
- Sauté sliced onion and or garlic sliced in a small amount of olive oil
- Add the greens and some dried sour cherries
- Toss just until the greens are just deep green and still crisp
- Add balsamic vinegar. Stir to combine. Add your favorite nuts and serve

We enjoy this as a side vegetable and the next day slightly warmed to top a regular salad

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\*\*\*\*\**From Wild about Greens Cookbook*\*\*\*\*\*

**Basic Stir-Fried Asian Greens - 6 servings**

*Use this basic recipe to prepare Bok Choy or any other Asian greens. It is just as perfect for preparing one type of green as it is for any combination of greens, since all of them cook down very quickly and at about the same rate*

**Ingredients**

- 2 tablespoons safflower or other high-heat oil
- 1 small onion or 3 to 4 shallots, finely chopped
- 10 to 14 ounces any variety of Asian greens or a combination of greens
- 2 to 4 cloves garlic, minced
- 1 to 2 teaspoons grated fresh ginger (or more, to taste)
- 1/2 teaspoon natural granulated sugar
- Salt and freshly ground black pepper to taste

1 teaspoon dark sesame oil, optional

**Directions**

Heat the oil in a wok or stir-fry pan. Add the onion or shallots and the garlic, and sauté over medium-low heat until golden.

Quickly stir in the greens to coat them with the oil, then turn the heat up to high. Stir-fry for a minute or so, then add the ginger, sugar, and a sprinkling of salt.

Continue to stir-fry until the greens are tender-crisp, just another minute or two longer. Season with salt and pepper and drizzle in the sesame oil for extra flavor, if desired. Serve at once.

Variations—Use any of these. Stir-fry them briefly before adding the greens:

- 4 to 6 ounces mushrooms, any variety, cleaned and sliced.
- 1 Medium red or yellow bell pepper, cut in to long narrow strips.

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\*\*\*\*\**From Wild about Greens Cookbook*\*\*\*\*\*

*A somewhat different way to prepare turnips or radishes & their greens*

**Step 1**

**FOR TURNIPS:** Coarsely chop the greens or cut them into strips. Wash them well, then coarsely chop and set them aside. Pare the turnips and cut them into 1/2 inch dice.

**FOR RADISHES:** Trim the long tails from the bottoms, then cut the stems off as close as possible to the radishes. Cut most of the stems away from the leaves.

Chop the leaves coarsely. Cut larger radishes into quarters, smaller ones in half.

**Step 2** To sauté: Heat enough olive oil to lightly coat a medium skillet. Sauté the turnips or radishes for 3 to 5 minutes, stirring them frequently, until they are golden on most sides and still tender-crisp.

**Step 3** Stir in the greens. Sauté them over medium heat for no more than 2 to 3 minutes, stirring continuously, until the leaves are wilted and bright green. If you like, drizzle in a teaspoon or two of apple cider vinegar, then season to taste with salt and pepper. If you like make this a combination of turnips and radishes.

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\*\*\*\*\**From Vegetarian Living—April 2013*\*\*\*\*\*

**Roasted Radishes**

Preheat your oven to 400°. Put 800g (1 1/2 pounds) topped (save the greens for salads) and tailed radishes, 6 cloves of sliced garlic, 1 small bunch of rosemary and 4 tbsp olive oil into a medium-sized ovenproof dish. Mix well and season generously with salt and pepper. Place in the oven for 20 minutes, or until slightly caramelized, and serve at once.

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\*\*\*\*\**From Fine Cooking—Cook Fresh*\*\*\*\*\*

**Braised bok choy with sherry and prosciutto - Serves 4 to 6**

**Ingredients**

- 1 Tbs. vegetable oil
- 4 medium cloves garlic, thinly sliced
- 6 heads baby bok choy (about 7 inches long and 2 inches in diameter at their widest), cut in half lengthwise. Regular size heads of equal amount will work.