

- ¾ cup (3 oz/90 g) toasted fine dried bread crumbs
- ½ cup (2 oz/60 g) freshly grated Parmesan cheese
- 3 tablespoons chopped fresh flat-leaf (Italian) parsley

Directions

1. Arrange the potatoes on a steamer rack over boiling water. Cover and steam until half-cooked, about 10 minutes. Alternatively, boil the potatoes in water to cover until half-cooked, about 8 minutes; drain.
2. When the potatoes are cool enough to handle, slice cross-wise into rounds 1/4 inch (6 mm) thick and place in a bowl.
3. Oil 4 individual or 1 large baking dish. Add 2 tablespoons of the olive oil to the potatoes, toss to coat and sprinkle with salt and pepper. Place the potatoes in the dish(es). Preheat an oven to 400°F (200°C).
4. In a sauté pan over medium heat, warm the remaining 2 tablespoons oil. Add the onion and saute until tender, about 10 minutes. Add the garlic and oregano and cook for 2-3 minutes. Add the tomatoes, wine or stock and cinnamon; simmer briskly, uncovered, until slightly reduced, a few minutes. Season with salt and pepper.
5. Spoon half of the tomato mixture over the potatoes and top with the fish fillets. Sprinkle with salt and pepper. Top with the rest of the tomato mixture. In a small bowl, mix the bread crumbs and Parmesan and sprinkle on top.
6. Bake until the fish is opaque when tested with a knife and the potatoes are tender, 10-12 minutes. Sprinkle with the parsley and serve hot.

*****From Editor Joan*****

Salad Dressing

A quick, easy, light dressing for our great greens. Its light and brings out the flavors of the salad vegetables.

Ingredients

- 1/2 tsp. sea salt
- 1/2 tsp. of fresh ground pepper
- 3 Tbs. Red, Rose, or white vinegar
- 6 Tbs. extra virgin oil
- 1/2 tsp. honey

Directions

1. Combine ingredients in cup, bowl, or jar. Stir or shake until all ingredients are blended.



Sisters Hill Farm

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A big "thank you!" to all of you who came out to help with the winter squash harvest on Wednesday evening. Together, we harvested more than 5,000 pounds of squash!

From the Apprentices' Perspective



Hello, everyone! What a beautiful week it's been... One big highlight was our annual winter squash harvest—many of you came and helped us as we collected thousands of beautiful squash. Now they're all laid out in the greenhouse to "cure"—to fully ripen and develop thicker, sturdier skins which will retain their flavors throughout the season.

This week has also marked a huge milestone in the lives of our small flock of chickens: their first egg! We've been looking forward to this ever since we got them in April—twelve fuzzy little chicks that came in a cardboard box, huddled together against the spring chill. After reading our little chicken-raising guide, we counted the weeks and determined that, if we were lucky, September would be the beginning of fresh eggs. We waited with baited breath, and so early this week when one of our sassiest hens would not stop a-cluckin'-and-a-hollerin' all afternoon, we had our suspicions. Lo and behold: the next day we found our one (gorgeous!) egg—hopefully the first of many to come.

So, if you haven't yet made their acquaintance, those of you who come to our Stanfordville distribution can walk around to the back barn some time and congratulate our twelve beautiful hens on a job well done. See if you can spot some of our favorites: Belinda, the large white one, Cleo and Rocky, our Araucanas, who both have beautiful feathers mottled dark and light, or maybe even "My Girl," one of the lighter tan-colored hens distinguished mostly by her curiosity and friendliness.

This week has also been the second week of what we apprentices are calling our "60-day Farm Fit Challenge!" Taking some lighthearted inspiration from one particularly buff actress (Demi Moore in G.I. Jane), we three have challenged ourselves to work out for 30-45 minutes before work five days a week for the last 60 days of our apprenticeship. Our goal: to accomplish the fabled one-handed pushup...

Since we started our challenge in the beginning of September, we've had a lot of very amused and incredulous reactions from friends and family. "You mean eight hours of farm work isn't enough exercise for you?" Still, you can only get out of life as much as you put in, so as long as we're kind to ourselves and others, setting goals like one-handed pushups, perfect produce, or 100% weed control will only make us stronger. Going a little above and beyond makes all the rest seem that much easier...

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

Green Bean & Tommy-Toe Salad - 4 servings, about ¾ cup each

At first glance, you may think that vinegar or lemon juice has been inadvertently omitted from the ingredient list of this green bean and tomato salad recipe. Not so. The juice of tiny ripe cherry tomatoes, called “tommy toes” in parts of the mountain South, is acidic enough that you don’t need vinegar or lemon juice, and also contributes subtle sweetness—the perfect counterpoint to fresh beans.

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 large clove garlic, cut in half
- 8 ounces green beans, trimmed, cut into 1-inch pieces (about 2 cups)
- ½ small sweet white onion, diced (½ inch)
- ½ teaspoon salt
- 1 pint cherry tomatoes, halved

Directions

1. Place oil and garlic in a small bowl. Set aside.
2. Put green beans in a medium saucepan and add enough water to cover. Bring to a boil. Cover, reduce heat to maintain a simmer and cook until the beans are tender, 15 to 20 minutes.
3. Drain the beans and transfer to a serving bowl. Discard the garlic and add the garlic-infused oil to the beans. Add onion and salt; gently toss to coat. Let stand for 5 minutes.
4. Add tomatoes to the beans and gently stir to combine. Serve immediately.

******From Fine Cooking in Season Cookbook******

Tomato Tips

KEEPING IT FRESH - Leave tomatoes at room temperature until you're ready to use them. Refrigeration causes loss of flavor and a mealy texture. Temperatures colder than 50°F will destroy their flavor and texture.

PREPARING - Certain recipes will call for peeling and seeding as well, in order to use only the flesh; seeds and skins can be texturally annoying in a sauce or soup. But peeling and seeding is time-consuming and fussy, so only do it in dishes where the refinement will be perceptible.

TO SLICE A TOMATO - Use a very sharp knife; serrated knives do a good job, cutting the skin without crushing the tomato. If you need tomato pulp without the skin, try cutting the fruit in half horizontally and grating its flesh on the large holes of a grater. The tomato is quickly reduced to a puree and the skin is left behind

PRESERVING OPTIONS - Tomatoes can be preserved by drying with a dehydrator and canning—using the pressure-canner method—keeps garden-fresh tomato flavor available year-round. A simple way to preserve tomatoes is to cut them into chunks, spread the chunks on sheet pans, freeze until hard, and then pile the frozen chunks into airtight zip-top bags.

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

Andalusian Gazpacho - Serves four

This recipe was adapted from Carmen Perujo, a home cook from Seville, who says that gazpacho used to be served as the penultimate course of the midday meal, “just before the fruit, which was always our dessert.” Nowadays, it’s often

served as an appetizer.

Ingredients

- 2 cloves garlic, sliced
- 1 large green bell pepper, seeded and coarsely chopped (to yield 2 cups)
- 1 ½ lb. very red, ripe tomatoes (about 4 large), cut into large pieces
- 3-inch-long piece of baguette, sliced and dried overnight or until hard
- ½ cup good-quality extra-virgin olive oil
- 2 Tbs. sherry vinegar or red-wine vinegar; more to taste
- 2 tsp. coarse salt; more to taste
- Freshly ground black pepper (optional)
- 1 cup peeled, diced cucumber, for garnish
- 1 cup diced onion, for garnish (optional)

Directions

1. Put the garlic, green pepper, tomatoes, bread, olive oil, vinegar, and salt in a food processor. Pulse until the ingredients begin to purée (if the bread is hard, it may bounce about and take a while to break down); continue processing until the mixture is as fine a purée as possible, 3 to 5 minutes.
2. Pass the soup through a large fine sieve set over a large bowl, pressing until only solids remain in the sieve; discard the solids. Stir in ¼ to ½ cup - water, or enough to give the soup the consistency of a thin milkshake. If you want a thicker soup, add less water, or none at all. Add more salt or vinegar to taste. Cover and refrigerate until well chilled (or serve it - immediately with a few ice cubes in each bowl).
3. Ladle the gazpacho into chilled bowls or cups. Grind fresh pepper on top, if you want, and pass bowls of diced cucumber and onion, if using, so - people can garnish their own.

******From Williams-Sonoma Cookbook******

Baked Fish with Potatoes, Onions and Tomatoes - Serves 4

Ingredients

- 8-12 small red new potatoes
- 4 tablespoons olive oil
- salt and freshly ground pepper
- 2 cups (8 oz/250 g) diced yellow onion
- 2 cloves garlic, finely minced
- 1 teaspoon dried oregano
- 2 cups (12 oz/375 g) peeled, seeded and diced fresh or drained canned plum (Roma) tomatoes
- ½ cup (4 fl oz/125 ml) dry white wine or
- fish stock (recipe on page 11) pinch of ground cinnamon
- 4 firm white fish fillets such as cod, sea
- bass, flounder or halibut, 5-6 oz
- (155-185 g) each
- FOR THE GRATIN TOPPING: