

Ingredients

- 3 cups white vinegar
- 1 cup water
- 3/4 cup sugar
- 2 tablespoons pickling salt or fine sea salt (not iodized)
- 3 pounds small spring carrots, sliced on the diagonal 1/8 inch thick
- 1 medium red onion, sliced 1/8 inch thick
- 2 fresh jalapeños, sliced into rings 1/8 inch thick
- 2 teaspoons dried oregano, preferably Mexican, divided
- 2 teaspoons cumin seed, divided
- 2 large cloves garlic, halved

Directions

1. Before starting the recipe, gather the needed equipment (see Tips).
2. Prepare 4 1-pint (2-cup) canning jars and lids: Wash in hot soapy water and rinse well. Place the rack in the pot and place the jars, right side up, on the rack. Add enough water to fill and cover the jars by at least 1 inch. Cover the pot and bring to a boil; boil, covered, for 10 minutes, then turn off the heat. Keep the jars in the hot water (with the pot covered) while you prepare the recipe.
3. Meanwhile, place the new lids in a small saucepan, cover with water and bring to a gentle simmer. Very gently simmer for 10 minutes (taking care not to boil). Turn off the heat and keep the lids in the water until ready to use.
4. Combine vinegar, water, sugar and salt in a 6- to 8-quart nonreactive pot (see Tips) and bring to a boil. Stir until the sugar is dissolved. Add the carrots, onion and jalapeños; return to a boil. Remove from heat and let stand 10 minutes.
5. Meanwhile, remove the sterilized jars from the water and place on a clean towel (if they're placed on a cold surface, the jars could crack). Place 1/2 teaspoon each oregano and cumin seed in each jar, along with half a garlic clove.
6. Fill the jars with the vegetables and pickling liquid to within 1/2 inch of the rim. Wipe the rims with a clean cloth. Use a lid wand (or tongs) to remove the lids from the hot water. Place lids and dry rings on the jars. Tighten until just finger-tight (won't move with gentle pressure) but don't overtighten.
7. To process the filled jars: Using a jar lifter, return jars to the pot with the warm water, placing them on the rack without touching one another or the sides of the pot. If the water does not cover the jars by 1 to 2 inches, add boiling water as needed. Cover the pot and bring to a boil; boil 10 minutes, then turn off the heat, uncover the pot and leave the jars in the water for 5 minutes. Use the jar lifter to transfer the jars to a towel, with some space between each jar. Let stand, without moving, for 24 hours. (If you do not want to process the jars in a boiling-water bath, you can refrigerate the pickles for up to 2 months.)
8. After 24 hours, unscrew the rings and test the seals by pressing lightly on the center of each lid. They should have a slight concave indentation and neither yield to your pressure nor pop back. If a seal is not complete, you can process again in boiling water or store any unsealed jars in the refrigerator.



Sisters Hill Farm

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

August 8, 2015
August 11, 2015

<https://sistershillfarm.org>
845-868-7048

Edited by: Bob & Joan Cohen
cohenrd98@comcast.net
845-724-3518

Join us for some great upcoming events...

Wednesday, August 12th from 6:30-8 is our final onion cleaning party! Big thanks to all who volunteered last week, let's finish 'em up this week!

Saturday August 29th at 5 PM is our last picnic of the season! Come for good tunes, tasty food and a festive farewell to summer!

Field notes from Apprentice Devon Gingrich

For what seemed like almost a few months, we had a running joke going about how we couldn't get through a single Tuesday without at least a hint of rain showers. August has hit and it seems like the sunshine couldn't hide if it wanted to and I couldn't be happier. Though the days are theoretically getting longer it sure doesn't feel like it here. Summer is in full swing and our fields are bursting with so many vegetables it seems hard to find ways to pick them all in time some days. The first tomatoes are popping out, all the onions have been harvested, melons are about ready to pop and there's only more to come.

There are few things more exciting or tasty than the very first big juicy tomatoes of the season, but this year, as simple and mundane as it might sound, harvesting the first potatoes of the season got me even more excited. Though their dusty skins might pale in comparison to the flash of fresh sun-golds, these potatoes just get me more excited than their fickle cousins. While we were digging our first bed of potatoes this past week I started to get so excited for all kinds of reasons. First, potatoes! Big red tasty amazing potatoes to put in my body! But as we continued to dig and collect all these great little tubers it became more and more satisfying to see what a great harvest we really had. In one 400-foot bed (two of our normal 200 foot beds) we harvested over 1,000 pounds, or over 2 pounds per foot! Thinking back to the first day of May when we planted these little babies it was so satisfying to see just how much they could produce in three fast months.

After filling a few more buckets of potatoes my mind slowed down and I started thinking of just how satisfying (and downright fun) it was to be crawling through the soft moist soil collecting the potatoes. Often times on a farm, especially during these busy summer months, it's easy to get swept up with everything that needs to get done. An ongoing to-do list that can lurk over you and fields bursting with new crops each day can make it difficult to take a

second and enjoy each task throughout the day. However, on that calm morning in the potato trenches I felt so content right there in the dirt; filling bucket after bucket collecting more mud on my knees as I raked my way down the bed. Without doubt there is pleasure in farming, but I think the pressure to produce can often take away from its simple joys, in a way that gardening does not.

Prior to working on farms I had no extensive gardening experience. With two self-described “black thumbs” for parents our home garden never went beyond a stray tomato plant or two and a sea of dandelions. Working on my small apprentice garden this season, I’ve been able to relax and enjoy growing a few funky flowers and some less than successful beans, but I still appreciated the peacefulness and sense of reward that came with truly growing things for yourself. Hearing members discuss their trials and tribulations of their own gardens always interests and impresses me. Seeing how you’re able to tend to your carefully cultivated patch of heirloom squashes or even just your volunteer potatoes hiding in the compost always catches my attention. Simply growing food for the pleasure of growing food and self-sufficiency. When it comes right down to it I think that’s what farming is at its core. However, I think in the midst of busy harvest days with fields to weed and equipment to repair it can be easy to lose yourself to the pressure to produce and meet deadlines. It’s too easy to get overwhelmed for all that is to come. Though it may sound stressful, and can be at times, overall I love the amped scale, faster pace, and greater organization that a production farm brings. That said, I think it is still important to have those times when you can take a second and really look at the greater picture. For this reason, I think calm mornings spent scraping out weeds down a long bed of carrots or sweaty afternoons filled with good conversations while sweeping down a bed of fresh beans are just so important. It’s during these stretches when we’re all working together as a team for a good chunk of time that I can pull away for a second, step back, and see the whole picture of what we’re doing here. It’s during these times that I can truly appreciate all the hard work we’ve put in and just how amazing this place really is, and, ultimately, just how satisfying it is to grow good food.

***** *From Apprentice Devon Gingrich* *****

Beet Burgers for a Crowd—Makes 25-30 medium sized burgers

Ingredients

- 2 sweet onions
- 2 cups carrots grated
- 1 lb. topped beets
- 5 garlic cloves
- ½ Cup fresh chopped herbs (parsley and oregano work well)
- 3 flax eggs: (2.5 T flax + ½ C warm water)
- 3 cups oats
- 7-9 slices of bread
- 3.5 cups (1 15 oz. can) white beans
- 1.5 cups mix of nuts and seeds (chopped almonds and sunflower seeds work well)
- 1 Tbs. olive oil

- 1 Tbs. soy sauce
- 3-4 Tbs. nutritional yeast
- 2 Tbs. balsamic vinegar
- Spices to taste:
- Salt, pepper, chili powder, curry powder, cumin, and smoked paprika.

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Chop beets into medium sized pieces, drizzle with olive oil and salt. Roast for 20-30 minutes or until they begin to caramelize.
3. Chop onions and garlic. Sauté with salt and spice mix.
4. Make flax eggs by combining ground flax seed and warm water. Let sit and gel for at least 10 minutes.
5. Place sliced bread on baking tray and drizzle with olive oil and salt. Place in oven until edges begin to crisp.
6. In a large bowl add beans and mash. Then add carrots, olive oil, vinegar, nutritional yeast, soy sauce, chopped nuts, flax mixture, and herbs and combine.
7. In a food processor add the oats and blend until the consistency of flour. Add to bean mixture.
8. Add toasted bread to food processor and blend until the consistency of breadcrumbs. Add to bean mixture.
9. Add sautéed onion and garlic mixture along with the roasted beets to the food processor and blend until only a few chunks remain. Add to bean mixture.
10. Mix everything together and adjust spices to taste. The flavor will only change minimally during cooking so make sure you like the taste of the mix!
11. Form tightly packed palm sized patties with mixture.
12. To cook burgers:
 13. On the stove: Heat 1 tbs. oil in a cast iron pan. Add burgers. Cook 5-10 min on each side or until golden brown.
 14. In the oven: On a parchment lined baking sheet add patties and bake at 375 for 10-15 on each side or until golden brown. Baked burgers will freeze well. Lightly baked burgers will also grill up well.
 15. Top with some fresh onion, tomato, and lettuce on a big bun and enjoy!

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

Mexican Pickled Carrots - About 8 cups, for 32 servings

This Mexican-style pickled carrot recipe is great for topping tacos, tostadas and/or quesadillas or as a side to any South-of-the-border entrée. These spicy carrots are also delicious added to a bowl of soup or tossed with spring greens, feta cheese and just a drizzle of olive oil.