



# Sisters Hill Farm

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

October 07, 2017  
October 10, 2017

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We have four more weeks of CSA distribution left! You can begin renewing your membership starting today! Look for a renewal form in this newsletter!

1. For the sausage, heat a couple tablespoons oil in a large braising pan (or skillet with flat sides) over medium-high to high heat. Add the sausages and cook, turning occasionally, until golden-brown on all sides, about 8-10 minutes.
2. Pour in the chicken stock, cider vinegar, and brown sugar. Bring the liquid to a boil, cover, and continue cooking over medium-high to high heat, undisturbed, for 10 minutes. Remove the cover and continue to boil until the liquid has cooked out and the sauce is dark brown, thick, and glossy, about 15 minutes. Serve with braised cabbage and spicy mustard.
3. For the cabbage, heat a few tablespoons olive oil in a Dutch oven over medium-high to high heat. Saute the onions until soft and translucent, about 5 minutes. Add the garlic and cook for another 30 seconds to a minute. Add a large handful of cabbage, stirring aggressively to coat in oil. Continue adding cabbage, a fistful at a time, adding more olive oil as needed. Season generously with salt and pepper. Lower heat to medium and cook, stirring frequently, until the cabbage is tender, about 20 minutes. Adjust seasoning and serve with glazed chicken sausages.

\*\*\*\*\*From FoodNetwork.com\*\*\*\*\*

## Sautéed Cabbage – serves 6

### Ingredients

- 1 small head white cabbage, including outer green leaves (2 1/2 pounds)
- 2 tablespoons unsalted butter
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper

### Directions

1. Cut the cabbage in half and, with the cut-side down, slice it as thinly as possible around the core, as though you were making coleslaw. Discard the core.
2. Melt the butter in a large saute pan or heavy-bottomed pot over medium-high heat. Add the cabbage, salt, and pepper and saute for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season, to taste, and serve warm.

\*\*\*\*\*From Your Editor—Joan\*\*\*\*\*

## Try a quick stir-fry of cabbage—onion—tomatoes—garlic

1. Thinly slice cabbage, onion, and garlic
2. Chop 1-2 plum tomatoes
3. Sauté cabbage, onion and garlic in a little olive oil.
4. When slightly tender add tomatoes and continue to sauté until tomato is just tender.

### The Apprentice Perspective

We received a touch of light frost last Monday morning, a harbinger of what is to come, but at a time when we have lots of food ready for all of our members. It is exciting to know that the end of the season is coming and that the farmers time of rest is coming soon, but we also are very excited about the amount of food that we have for everyone right now! When we were packing the boxes for the Bronx this past week, they averaged about 25 pounds each, with a great mix of greens, hearty fall vegetables, and a great quantity of summer favorites!

Although frost can be detrimental to many crops, we already had all of the winter squash out of the fields thanks to our wonderful volunteers, Betsy and Dave carefully covered the most tender crops that are still in the fields on Saturday during distribution and closed the hoop house to keep the tomatoes warmer, and many crops were left uncovered because they are not affected by a light frost, or even get sweeter with frost.

It is interesting to think about the ways that farmers prepare for frost in the 21<sup>st</sup> century as compared to how those who came before us prepared. All of us carry smart phones at the farm and you can bet that during breaks, lunch, before and after work we are regularly checking Weather Underground looking at high and low temperatures and precipitation forecasts. Although we don't have the ability to control the temperature of our growing space with the push of a button on a thermostat, we do have the ability to see long range forecasts, updated regularly, at the tip of our fingers. Sunday night I woke up a couple times in the night to check on the wireless weather station in our house to see how the temperature was dropping without leaving the comfort of my house. In some ways the technology is great, but it also may leave us a little less attuned to natural cues that those who farmed with out smart phones, wireless weather stations, and the like had to be. I will always remember what my bosses told me at a previous farm, the nights that are clear are much colder and more likely to have a frost then those that are cloudy. This held true on Saturday and Sunday night. As Saturday was cloudy but the temperature did not dip as far as it did on Sunday when the sky was crystal clear.

This past weekend I learned the importance of geographical and topographical location. Based on distance we automatically see the forecast coming from Millbrook Winery on Weather Underground.. This provides an accurate forecast for general temperature and precipitation, but we learned that their position up on the hill above us means that there can be a difference in the temperature between Sisters Hill Farm and Millbrook Winery, which becomes significant when a few degrees can change our game plan. On Monday morning when walking around the farm to assess for any detrimental effects of the frost, we observed that right behind where we plug in the electric fence had the most frost on the grass and down in the lower fields below the exit drive had just dew on most of the fields. Dave recalled these observations from past years. It's amazing how small distances and changes location, across the farm or down the road can significantly change the weather.

Preparing for and observing the effects of a frost reminded me once again that the work I do, although grounded in a many observations that may seem simple from the outside, and are aided by modern technology, requires a careful cohesion of both worlds. Blindly following technological predictions can hurt you if you are not careful to think about and observe how different scenarios play out in your location and under your circumstances. - Isabel

\*\*\*\*\*From Google.com\*\*\*\*\*

### **Baked Pumpkin**

*An easy way to prepare your pumpkin. Once you finish baking , scoop out the flesh and purée to use for pies, soups, pancakes and nut breads. Use your imagination!! You may use larger pumpkins to prepare your pumpkin purée.*

#### **Directions**

Cut the **pumpkin** in half and discard the stem section and stringy pulp. Save the seeds to dry and roast. In a shallow baking dish, place the two halves face down and cover with foil. Bake in a preheated 375 degrees F (190 degrees C) oven for about 1½ hours for a medium-sized sugar **pumpkin**, or until tender.

\*\*\*\*\*From AllRecipes.com\*\*\*\*\*

### **Stuffed Pumpkin**

#### **Ingredients**

- 1 cup wild rice
- 1 medium sugar pumpkin
- 2 teaspoons salt
- 1/2 teaspoon dry mustard
- 2 tablespoons bacon grease
- 1 pound ground venison
- 1 onion, chopped
- 3 eggs, beaten
- 1 teaspoon dried sage
- 1/2 teaspoon ground black pepper

#### **Directions**

1. Cut pumpkin in half, remove seeds, pith and outer skin. Cut into 2x3 inch pieces.
2. Place 1/2 of pumpkin (2 to 3 pounds) in large bowl and season with salt and pepper. Add flour and stir to evenly coat.
3. Melt butter in a large deep skillet over medium heat. Add pumpkin and cook, turning often until golden brown and tender.

**Note:** You may substitute other meat for the venison!

\*\*\*\*\*From Your Editor—Joan\*\*\*\*\*

Cabbage is one of those unsung heroes in the kitchen. You might not think too much about it, but it can be one of the most versatile veggies in your arsenal.

\*\*\*\*\*From TheKitchen.com\*\*\*\*\*

### **Pasta and Potatoes with Cabbage (Pizzoccheri) – Serves 4**

#### **Ingredients**

- 1/2 pound red potatoes
- 8 ounces dry, shaped pasta (preferably buckwheat or whole wheat)
- 1 clove garlic, minced
- 2 tablespoons extra-virgin olive oil
- 1 small- to medium-sized (or 2 baby heads) green cabbage, cored and shredded
- 1 tablespoon butter
- 1/2 cup grated Grana Padano cheese
- Salt and pepper to taste

#### **Directions**

1. Place the potatoes in a large pot and cover with cool water. Add a teaspoon of salt and bring to a boil over medium-high heat. Reduce to a simmer and cook until the potatoes are tender. Scoop them out with a slotted spoon and leave the pot of water on the stove. (Alternatively, you can use leftover cooked potatoes in this recipe.)
2. Add water to the pot, if necessary, and bring it back to a boil. Stir in the pasta and cook until the pasta is al dente. Scoop out about 1/2 cup of the pasta cooking water and set aside, then drain the pasta.
3. Meanwhile, heat a very large, wide pan with the olive oil and garlic and cook until the garlic begins to sizzle. Add the cabbage and season with a pinch of salt and pepper. Cook, stirring occasionally, for 2 to 3 minutes, or until cabbage is softened.
4. Transfer the potatoes and pasta to the pan of cabbage along with the 1/2 cup of the pasta cooking water. Stir in the butter and cheese, toss to combine thoroughly, and taste. Season with salt and pepper if needed. Toss again, and serve immediately

\*\*\*\*\*From TheKitchen.com\*\*\*\*\*

### **Glazed Chicken Sausage with Sautéed Cabbage – serves 4**

#### **Ingredients**

For the sausage:

- Canola oil
- 1 pound chicken sausage (I tested with mild Italian)
- 1 cup chicken stock
- 1/2 cup cider vinegar
- 2 tablespoons brown sugar

For the cabbage:

- Olive oil
- 1 sweet onion, chopped or thinly sliced
- 2-3 cloves garlic, minced
- 1 head green cabbage, shredded
- Salt and freshly ground pepper, to taste

#### **Directions**