



Sisters Hill Farm

127 Sisters Hill Road, Stanfordville, NY 12581

June 2, 2020

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

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

Field notes from Ella

Have a great week everyone!
Stay safe and be well!

And so another season begins at Sisters Hill Farm! Nature and agriculture are filled with cycles, and as a returning farm crew member it's been interesting to start this season with a new set of eyes. When I arrived at Sisters Hill last year I had previously had no serious experience working on a vegetable farm. I was at a new farm with new coworkers learning new skills. This year I know the routine more. I know when to start the day in rain pants. I know where the irrigation box is even when it's hidden by tall grass. I know how the texture of arugula changes as the sun comes out.

And yet, there's tons that's new! We have a new farm crew this year, and Cassandra and Justin are a dream team to work with. I love being able to answer their questions when we're out in the field, but I love even more when their questions stump me and we pool our knowledge and research to figure out an answer together.

Of course the corona virus is also something new this year. While we had a plan in place for several weeks for how distribution would run, it was hard to imagine what pick ups would actually look like. I was so happy during our first week to realize that while we may not be congregating around the food like we used to, we can still see each other and talk and laugh. Cycles in agriculture and nature come in all time frames. Some are very quick, like a bed of broccoli raab wilting in the afternoon sun being rejuvenated again the next morning. Sometimes cycles take longer. When planning where our crops will go, we try not to plant family groups in any field they've been in for the past two years. It will be at least three seasons before the onions or melons or tomatoes will be where they were last year.

I'm interested to see how our own cycles will change and how they will remain the same. All new experiences are an opportunity to grow our previous knowledge, and this year is no exception. While it may be a while before distribution will look like it once did, when then time arrives we'll be bolstered by our

collective commitment to community, good food, and a strong environment. In the meanwhile we can focus on the joys of our smaller cycles. Each week will have fresh food and friendly faces, and excitement for what else is to come! —Ella

From our new apprentice Cassandra

Bok Choy Stir Fry

Did you know “bok choy” and “pak choi” both mean the same thing in chinese: “white vegetable?” This refers to the oftentimes white stem of the cabbage relative. And when I think of bok choy, the first meal I think of is stir fry. Stir fry is a great go-to dish because, on top of being delicious, it cooks fast and you can throw in whatever you have on hand. Get creative!

Step 1)

Prepare your vegetables. Chop off and remove the bottom off the head of bok choy so the leaves are loose, and slice them up. Dice an onion and mince some garlic. Use any other vegetables or ingredients you think sound good as well, just chop them into small, uniform pieces so everything cooks quickly and evenly. Some other great vegetables for stir frying are snow peas, green beans, sweet peppers, broccoli, mushrooms... the list goes on.

Step 2)

Put your pan on high heat and cover the bottom in oil (canola is a good choice for high heat). Add your aromatics: onion first, then garlic, as garlic will burn much sooner. Then add your vegetables in order of required cook time- hardest first, most delicate last. Salt as you go (don't be shy), add a healthy drizzle of vinegar (rice vinegar is best, apple cider or white work too), and sprinkle with sugar (to balance the flavors). Add red pepper flakes according to your spice preference. And remember this is called a stir fry, so be consistently stirring!

Step 3)

In a matter of minutes your veggies will be ready. Remove from heat and add a drizzle of sesame oil to finish and soy sauce to taste. If you wish to add an herb like chives or thai basil, now's the time. To round out the meal, maybe serve with rice or noodles, or

top with an egg. I hope you'll enjoy customizing your stir fry!

Ingredients:

- Bok choy
- Onion
- Garlic
- Oil
- Salt
- Vinegar
- Sugar
- Red pepper flakes
- Sesame oil
- Soy sauce

Glazed Hakuri Turnips

INGREDIENTS

- 1 bunch Hakuri Turnips
- 1/4 stick unsalted butter
- 2 tablespoons sugar
- Kosher salt to taste

RECIPE PREPARATION

Place turnips in a large skillet; add water to cover turnips halfway. Add butter, sugar and a large pinch of salt; bring to a boil. Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes. (If turnips are tender before liquid has reduced, use a slotted spoon to transfer turnips to a plate and reduce liquid until syrupy. Return turnips to pan and stir to coat well.

Add turnip greens to skillet and cook over medium heat, stirring occasionally, until just wilted, 2-3 minutes. Season with salt.