



## Sisters Hill Farm

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

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- Salt and freshly ground pepper to taste
- 1 tablespoon fresh thyme leaves
- ½ teaspoon cumin seeds, lightly toasted
- ½ teaspoon coriander seeds, lightly toasted
- 2 tablespoons unsalted butter, at room temperature
- ½ teaspoon turmeric
- ½ teaspoon Aleppo pepper or mild chili powder
- 2 tablespoons chopped fresh mint

### Directions

1. Preheat the oven to 425 degrees. Cut the carrots in half lengthwise and crosswise. If the carrots are fat at one end, cut the fat half in half again lengthwise, so that the pieces are more or less equal in thickness. Place in a large bowl and toss with the olive oil, salt and pepper, and thyme leaves.
2. Heat a heavy baking sheet in the oven for 3 to 4 minutes. Remove from the oven and place the carrots on it in one layer. Roast for 20 to 25 minutes, stirring the carrots every 10 minutes. They should be slightly caramelized and tender.
3. While the carrots are in the oven place the cumin and coriander seeds in a mortar and pestle and grind. Add the soft butter, turmeric and Aleppo pepper or chili powder and stir with the pestle until well amalgamated. Transfer to a large pan.
4. Remove the carrots from the oven when done and add to the pan with the spice butter and the mint. Toss together, taste and adjust salt and pepper. Serve from the pan or transfer to a platter.

\*\*\*\*\*From *NYTimesCooking.com*\*\*\*\*\*

### Oven Roasted Beets

#### Ingredients

- Fresh whole beets (small, medium, and/or large size)\*
- Olive Oil

\* In other words, all sizes and types of beets can be roasted.

#### Instructions

1. Preheat oven to 350 degrees F. Place rack in middle of oven.
2. Wash and scrub the whole beets to clean off any dirt. Leave the beet whole unless you have some extra large ones (if extra large, cut in half). Trim off the stems (leafy tops) and ends of the beets.
3. Reserve the beet leaves for a recipe using them.
4. On a large baking sheet, cover with aluminum foil. Place prepared beets, in a single layer, on top. Toss lightly with some olive oil to coat the beets. Place another large sheet of aluminum foil on top of the beets and crunch up the sides of the aluminum foil together to seal.
5. Place in oven and roast approximately 1 to 2 hours (depending on the size of your beets) or until tender and easily pierced with the tip of a paring knife. Remove from oven and take off the top foil. Set aside to cool enough to handle.
6. When cool enough to handle, peel the skin off. They should peel easily by hand, but you can use a paring knife if you want.
7. Either store in the refrigerator whole or cut each beet into slices (as thick or thin as you prefer).
8. Beets are delicious on their own sprinkled with a little salt or as an accompaniment to your dinner. Some people like to serve them as an appetizer with a good goat cheese. Be creative and enjoy!

### The Apprentice Perspective

One evening last week I was walking through our hoop house filled with tomatoes. I was the only one around the farm and everything was quiet. I walked in and my foot crunched on the plastic and three rabbits scurried out of the hoop house. My first reaction was “oh, you darn rabbits! I hope you aren’t eating any of our precious crops!”

We have spent a lot of time in the hoop house this season, planting, laying plastic mulch, laying irrigation, checking on temperature in the middle of the night, and clipping and trellising the tomatoes. The last task has to be one of my favorite tasks on the farm. It involves identifying the main stem of the tomato plant as well as the leaf and fruit branches and pruning away “suckers,” shoots that grow at the intersection of the leaf branch and main stem of the tomato plant. These suckers would grow and produce some fruit, but we take them away so that the plant focuses all of its energy on growing fruit from its main stem fruit branches. Once we have clipped away these suckers we may also clip away some leaf branches to increase airflow at the base of the plant. Finally, we will use special trellising clips to clip the tomatoes to strings hung from cross bars in the top of the hoop house. This helps to keep the tomatoes growing straight up.

This task takes time, especially for new tomato caregivers like us, but the benefits are great and the skills we gain will help in our future endeavors. The main reason that I enjoy this job is that I appreciate the order that we create upon completion as compared to the chaos that we start with. I also love that it really requires you to observe the plants and have a strong understanding of their growth habits. Your hands develop a green scale-y buildup on them from compounds produced by the tomato, which I find kind of cool.

When I see rabbits in the hoop house or a late spring freeze threatens the tomatoes lives, I think back to all of the hard work that we have put into these tomatoes and your excitement to enjoy them soon. Despite all of our hard work we may face further challenges, but then I remind myself, as a farmer who follows organic practices we can take many measures to exclude, abate, and circumvent the pests, diseases, and natural events that our crops will come in contact with but in the end we are taking on an endeavor that we hope is harmonious with nature. We don’t spray harmful chemicals or grow in buildings because we believe in growing healthy vegetables for you in cooperation with nature. This means that we will sometimes come up against some rabbits who live alongside our tomatoes, or weeds in our parsnips, or crows in our melons, or spots on our beet leaves, but that is ok because that is growing with nature. I really appreciate that I can learn techniques to care for these vegetables and

protect them from as much as I can without harming too many natural systems. I also appreciate that I can work in a place where I can interact with wildlife, bugs, dirt, and sun each day, but I especially appreciate that you all believe in food that is good for you and for the earth and are willing to be our CSA members and ride through the season with us! -Isabel

\*\*\*\*\*From *NYTimesCooking.com*\*\*\*\*\*

### **Green Bean Salad With Lime Vinaigrette and Red Quinoa**

#### **Ingredients**

- ¾ pound green beans, trimmed
- 2 to 4 tablespoons chopped red or white onion
- ¼ cup chopped toasted almonds (30 grams)
- 1 green or red serrano or Thai chile pepper, minced (more to taste)
- ¼ cup chopped cilantro
- 1 tablespoon minced chives
- 2 tablespoons fresh lime juice
- Salt to taste
- ¼ cup extra-virgin olive oil
- 1 cup cooked red quinoa
- 1 hard-boiled egg, finely chopped

#### **Directions**

1. Fill a medium saucepan with water and bring to a boil. Add salt to taste and green beans. Boil 4 to 5 minutes, until crisp-tender. Transfer to a bowl of cold water, then drain and drain again on a kitchen towel. Cut in 2-inch lengths.
2. Meanwhile, soak onion in cold water for 5 minutes. Drain, rinse, and drain again on paper towels.
3. In a salad bowl, combine green beans, onion, almonds, chile, cilantro, and chives.
4. Combine lime juice, salt, and olive oil in a small bowl or measuring cup and whisk together. Toss with beans. Add quinoa and toss again. Sprinkle chopped egg on top, and serve

\*\*\*\*\*From *NYTimesCooking.com*\*\*\*\*\*

### **Green Bean Casserole – Yield 6 to 8 servings**

#### **Ingredients**

- 2 tablespoons unsalted butter
- 2 pounds green beans, trimmed and broken in half
- Salt, to taste
- 6 slices bacon
- 2 shallots, finely chopped (about 1/2 cup)
- ½ pound mushrooms, sliced
- 1 cup crème fraîche
- ⅓ cup heavy cream
- 6 ounces Gruyère, shredded (1 1/2 cups)
- 2 teaspoons chopped fresh marjoram or 1 teaspoon fresh thyme leaves (optional)
- ½ cup bread crumbs (or crumbled Ritz crackers)

#### **Directions**

1. Heat oven to 375 degrees. Use 1 tablespoon butter to grease a 2- to 2 1/2-quart baking dish or gratin.
2. Bring a large pot of water to a boil, salt generously and add green beans. Boil for 5 minutes and transfer to a bowl of cold water. Drain on a kitchen towel.
3. Heat a large, heavy skillet over medium heat and add bacon. Cook until crispy, about 10 to 12 minutes. Remove to paper towels and let cool.
4. Discard all but 2 tablespoons of bacon grease in pan and return to heat. Add shallots and cook, stirring, until they begin to soften, 2 to 3 minutes. Add mushrooms and turn heat up slightly. Cook, stirring and scraping the bottom of pan, until mushrooms begin to sweat. Add salt to taste and cook until tender, about 5 minutes. Remove from heat.
5. In a large bowl whisk together crème fraîche and cream. Stir in Gruyère. Add green beans, mushrooms and shallots, and marjoram or thyme. Crumble in bacon. Add salt and pepper to taste and stir everything together until beans are well coated. Transfer to baking dish.
6. Melt remaining butter and toss with bread crumbs. Sprinkle evenly over top of casserole. Bake 30 minutes, until bread crumbs are golden brown and casserole is bubbling. Remove from heat, let sit until bubbles subside, and serve.

\*\*\*\*\*From *NYTimesCooking.com*\*\*\*\*\*

### **Roasted Carrots With Parsley and Thyme - Serves six**

#### **Ingredients**

- 2 pounds carrots, peeled quartered or cut into sixths lengthwise depending on the size, then into 2-inch lengths
- 3 tablespoons extra virgin olive oil
- Salt
- freshly ground pepper
- 1 teaspoon fresh thyme leaves, chopped
- ½ teaspoon oregano
- 3 tablespoons finely chopped flat-leaf parsley

#### **Directions**

1. Preheat the oven to 400 degrees. Oil a sheet pan or a baking dish large enough to fit all of the carrots in a single layer. Place the carrots in a large bowl, and toss with the olive oil, salt, pepper, thyme and oregano.
2. Spread in an even layer in the prepared pan or baking dish. Cover with foil, and place in the oven for 30 minutes. Uncover, and if the carrots are not yet tender, turn the heat down to 375 degrees and return to the oven for 10 to 15 more minutes until tender. Add the parsley, stir gently, and taste and adjust salt and pepper. Serve hot, warm or at room temperature.

\*\*\*\*\*From *NYTimesCooking.com*\*\*\*\*\*

### **Roasted Carrots With Turmeric and Cumin - Serves 6**

#### **Ingredients**

- 10 medium carrots, peeled
- 2 tablespoons extra virgin olive oil