

toms so each half sits flat. Scoop out the pulp, leaving a 1/4-inch shell. (Discard the pulp.) Place the zucchini in a microwave-safe dish and sprinkle with pepper and salt. Cover and microwave on High until tender-crisp, 3 to 4 minutes. Uncover.

3. Position rack in upper third of oven; preheat broiler to high.
4. Transfer zucchini to a broiler-safe pan (or pans). Fill with the quinoa mixture and sprinkle with cheese. Broil on the upper rack until the cheese is melted, about 2 minutes.

******From Nutrition Action Newsletter******

Summer Zucchini

This is a quick and easy recipe that tastes great

Cut 1 pound of small zucchinis into thin wedges. Sauté in 2 Tbs. of extra-virgin olive oil until lightly browned, 2-3 min-utes. Sprinkle with 1/4 cup of toasted sliced almonds, 1 Tbs. of chopped pars-ley, 1/8 tsp. of kosher salt, and freshly ground black pepper.

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

Sweet & Sour Onion Jam - About 3/4 cup, for 4 servings

This is a convenient condiment to keep on hand. It makes a delicious topping for grilled meats and also enlivens sandwich fillings.

Ingredients

- 2 teaspoons extra-virgin olive oil
- 2 large sweet onions, such as Vidalia, halved lengthwise and sliced
- 2 1/2 tablespoons sugar
- 1 large clove garlic, minced
- 1 teaspoon chopped fresh rosemary
- 1/4 cup distilled white vinegar, plus more to taste
- Pinch of salt
- Freshly ground pepper, to taste

Directions

1. Heat oil in a 12-inch skillet (not nonstick) over medium heat. Add onions and sugar. Cover and cook, stirring occasionally, until onions are soft and most of their liquid has evaporated, 10 to 20 minutes. Uncover and cook, stirring, until onions turn deep golden, 10 to 20 minutes more. (Add 1 or 2 tablespoons water if the onions start to scorch.)
2. Add garlic and rosemary; cook, stirring, until fragrant, about 1 minute. Add 1/4 cup vinegar and cook until most of the liquid has evaporated, about 3 minutes. Season with salt, pepper and more vinegar, if desired.



Sisters Hill Farm

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

August 2, 2014
August 5, 2014

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

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

Save these dates!

- This Wednesday 6PM to 7:30PM. Join us to clean and bag onions in the greenhouse!
- This Friday 6PM to 7:30PM. Join us for Trail Work!
- Saturday August 30th. 5PM Farm Picnic!

Field notes from Alison

Farming can be solitary business, especially on a relatively small scale. There's no office full of coworkers, no classroom brimming with students, no third floor occupied by patients. We spend the majority of our days with just three other people. Of course, we have the plants. And the birds. And the chipmunk that lives under our front porch. But most of the time, aside from the dull drone of the tractor, it's pretty quiet around here.

The quiet can be beautiful. It allows for the most peaceful mornings, facilitates wonderfully centering afternoons, and provides a bounty of time to reflect and mindfully embrace the task at hand.

That being said, I utterly adore the commotion that volunteers bring to the farm. The curious voices, fresh energy, and new faces (not to mention the helping hands that expedite each and every task!) are incredible. Calm and serene have their place, but our standard peace and quiet make the novelty of twenty eager volunteers that much more welcomed. We here at Sisters Hill are so fortunate to have a supportive community; members that are unbelievably willing to offer their time to help us achieve our goals.

Our friends from The Ritz-Carlton made our potato planting an absolute breeze. What would have taken us days to accomplish, was hammered out in just eight hours. Their help cleaning the garlic (there's still some left if anyone is interested in taking some home to clean!) and harvesting our onions proved to be paramount, as well. Many hands make like work, and boy, do we appreciate it!

The garlic harvest on July 4th was another heartwarming event. Despite the atrocious weather, we still had almost twenty folks join us to pull, tie and hang this season's garlic. They were out there on their hands and knees, covered in dirt, being showered with rain and there wasn't a single complaint. Just the opposite,

in fact! People were smiling and laughing and so eager to contribute.

And where would we be without our regular weekly volunteers?! We have a rock-solid group of ladies that come throughout the week to help us with miscellaneous farm tasks and to pack the Tuesday shares to be sent to the Bronx. They are fundamental to our success and always help amp up the energy of the day with their enthusiasm.

And Pete. Darling Pete. He is here almost every day. Most days he arrives before we even make it out to the field. From picking rocks to pulling weeds, he is always willing to take on any task we throw his way. His dedication and generosity are unparalleled and we are so grateful to have him as part of our team.

And of course, there are the folks that have helped us clear the trails, joined us for wine and weeding nights, and others who have just come by in their free time. It has been such a delight to share the farm and your company. We would like to extend a big, "Thank you!" and also to let you know, your commotion is always welcome!

From Member Gail Haas

If you enjoyed Gail's sample last week as we did, here is the recipe.

Chickpea and roasted corn salad.

Ingredients

THE SALAD

- 4 ears of fresh corn (roasted, on grill or in your oven) you can always use canned or frozen but it won't taste as good!
- 2 cans chick peas
- 4 scallions, sliced thin
- cherry tomatoes-use as many as like but cut them in half
- 3 TBS. chopped basil
- Cut corn off of cob and mix with everything

THE DRESSING

- 4 cloves of garlic-chopped
- 3 TBS..olive oil
- 2 TBS. red wine vinegar (or whatever you like)
- 1 1/2 TBS honey
- the zest and juice of 1 lime

Directions

1. Heat all of the dressing ingredients together to a simmers. (5 mins.) this mellows the garlic
2. Pour over salad and chill.
3. Season with salt and pepper,

Hope you like it, You can find many recipes like this one online, some use grilled chicken and add feta cheese. Whatever tastes good to you.

From EatingWells.com

Tortellini & Zucchini Soup - 6 servings, about 1 1/2 cups each

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 large carrots, finely chopped
- 1 large onion, diced
- 2 tablespoons minced garlic
- 1 teaspoon chopped fresh rosemary
- 2 14-ounce cans vegetable broth
- 2 medium zucchini, diced
- 9 ounces (about 2 cups) fresh or frozen tortellini, preferably spinach-&-cheese
- 4 plum tomatoes, diced
- 2 tablespoons red-wine vinegar

Directions

1. Heat oil in a Dutch oven over medium heat. Add carrots and onion; stir, cover and cook, stirring occasionally, until the onion is soft and just beginning to brown, 6 to 7 minutes. Stir in garlic and rosemary and cook, stirring often, until fragrant, about 1 minute.
2. Stir in broth and zucchini; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the zucchini is beginning to soften, about 3 minutes. Add tortellini and tomatoes and simmer until the tortellini are plump and the tomatoes are beginning to break down, 6 to 10 minutes. Stir vinegar into the hot soup just before serving.

From EatingWell.com

Sausage-&-Quinoa-Stuffed Zucchini - 4 servings

Ingredients

- 1 tablespoon extra-virgin olive oil
- 3 links sweet or hot turkey sausage, casings removed
- 1 small onion, chopped
- 1/2 cup quinoa
- 1 cup water
- 1 cup quartered grape or cherry tomatoes
- 1 tablespoon chopped fresh marjoram or 1 teaspoon dried
- 4 medium zucchini
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon salt
- 1/3 cup finely shredded Parmesan cheese

Directions

1. Heat oil in a large saucepan over medium-high heat. Add sausage and onion and cook, breaking the sausage into small pieces, until no longer pink, about 5 minutes. Add quinoa and water and bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the water is absorbed and the quinoa is tender, 15 to 20 minutes. Remove from heat and stir in tomatoes and marjoram.
2. Meanwhile, cut zucchini in half lengthwise. Cut a thin slice off the bot-