

and pepper. Toss to blend. (Can be prepared 4 hours ahead. Cover and refrigerate.)

\*\*\*\*\*From *Epicurious.com*\*\*\*\*\*

### Roasted Peppers Stuffed with Cherry Tomatoes, Onion, and Basil Ingredients

- 4 red bell peppers
- 1 pint cherry tomatoes
- 1 medium onion
- 1 cup packed fresh basil leaves
- 3 garlic cloves
- about 3 tablespoons olive oil

### Directions

1. Preheat oven to 425°F and lightly oil a large shallow baking pan.
2. Halve bell peppers lengthwise and discard seeds and ribs. Arrange peppers, cut sides up, in baking pan and lightly oil cut edges and stems. Halve tomatoes and chop onion and basil. Finely chop garlic and in a bowl toss with tomatoes, onion, basil, 2 tablespoons oil, and salt and pepper to taste. Divide mixture among peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

\*\*\*\*\*From *Epicurious.com*\*\*\*\*\*

### Leek & Lemon Linguine

#### Ingredients

- 8 ounces whole-wheat linguine or spaghetti
- 2 large lemons, plus lemon wedges for garnish
- 1 medium leek (white and pale green parts only), thinly sliced and rinsed well
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, crushed
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 3/4 cup finely grated Parmesan cheese, divided
- 1/4 cup snipped fresh chives, divided

#### Directions

1. Cook pasta in a large pot of boiling water until just tender or according to package directions. Reserve 1 1/2 cups of the cooking liquid and drain the pasta in a colander.
2. Meanwhile, finely grate 1 tablespoon zest (see Tip) and squeeze 1/4 cup juice from the 2 lemons; set the juice aside. Pat leek slices dry. Heat oil in a large nonstick skillet over medium-high heat. Add the leek, the lemon zest, 1/4 cup parsley, garlic, salt and pepper. Cook, stirring frequently, until the leek is lightly browned and softened, about 6 minutes.
3. Add the pasta, 1 cup of the reserved cooking liquid, the reserved lemon juice and the remaining 1/4 cup parsley to the pan. Cook, stirring constantly, until the liquid is mostly absorbed, 30 seconds to 1 minute. Add the remaining 1/2 cup liquid, if desired. Remove from the heat. Discard the garlic. Toss the pasta with 1/2 cup Parmesan and 2 tablespoons chives. Transfer to a serving bowl or bowls; sprinkle with the remaining 1/4 cup Parmesan and 2 tablespoons chives and serve with lemon wedges, if desired.



# Sisters Hill Farm

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

September 10, 2016  
September 13, 2016

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

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

**Join us for our winter squash harvest this Wednesday,  
September 14, at 6PM! A fun farewell to summer!**

### *Comments from Apprentice Breezy*

It is 5:30AM when the alarm sounds. My room is dark and still with the remnants of night, and I struggle to swing my feet over the side of the bed and get up. I shuffle into the kitchen, and already my mind is working through mental lists for the day ahead. I prepare a cup of ginger lemon tea, slip on some shoes, and walk outside to greet the morning. The sun has not yet shown his face, but the sky glows in anticipation of his arrival. I walk into the fields to check that I've made the right choices for what needs to be accomplished today. Are the beans ready to be picked? Should I wait to harvest beets another day? How are the newest beds of spinach coming along? What irrigation needs to be run today? What is the weather forecast for the next few days? By now the sun is peeking through the trees, sending its light over the farm like confetti. The birds' dawn chorus sends a tingle of (nervous) excitement through my body, and I walk back to the apartment to eat some breakfast before the crew meets up to start the work day.

My mornings have not always looked like this. This week is different because I am acting as farm manager. All season Dave has been preparing us to run a farm effectively and efficiently, to know the systems that are in place, and to anticipate what needs to happen next to stay on top of the endless list of things to be done. He has taught us to look at that long list and narrow down to the tasks that will keep us on track and will be the most productive. He has taught us how to assess which tools to use at what times, and yet to keep an open mind to other ways of getting tasks done. He has taught us to avoid bottlenecks by delegating jobs and encouraging quick and smooth transitions between tasks. He has prepared us so well throughout the season, and now is the time to step up and put our knowledge to the test.

I remember at the beginning of the season when Dave mentioned that we would each have the opportunity to act as farm manager for a week.

I remember thinking, "how will I ever get to that place where I know this farm so well and I feel confident in my skills to manage the crew?" But as my week in management has continued, it has been fun

to realize just how much I've learned and grown over the past few months. Of course there is still lots of room for improvement. This week has not been without its challenges and hiccups. There are lots of areas to grow and lots of things yet to be learned. But the fact that I've come to this point where I know the systems of this farm well enough to lead the crew through a week of work is really exciting and rewarding. This is an amazing opportunity, and one that many apprentices on other farms don't get to experience. It is one of the reasons I chose to come to Sisters Hill. Dave is interested in much more than teaching young farmers how to grow vegetables. He wants to train farmers with the skills they need to be able to successfully manage their own operation one day.

While the tasks we have accomplished this week have not differed much from normal, managing has changed my perspective of the farm. While I thought I had become pretty good at thinking ahead and preparing for the next step, this week has really forced me to think about all aspects of the farm simultaneously. I must not only consider what needs to be done in the next moment, but also what needs to be done in the next days and weeks. It has pushed me to look at the farm as whole, and not as disjointed parts. I am so thankful to have an experience like this during my apprenticeship. It is good and necessary preparation for eventually and hopefully running my own farm. I am thankful that Dave has prepared us so well all season. And I am thankful to work with such an amazing crew that make everyday a joy.

\*\*\*\*\*From *Frugal Living.com*\*\*\*\*\*

#### **Crock Pot Tomato Sauce Recipe - Yield 2 pints**

Enjoy homemade tomato sauce without all the work. This crockpot recipe requires no peeling, seeding or coring, and tastes better than anything you can buy at the store.

#### **Ingredients**

- 4 lbs. tomatoes
- 2 cloves garlic
- 1/2 of a large onion, chopped
- 1/2 tsp. oregano
- 1/2 tsp. basil
- 1-1/2 tsp. sugar
- 1/2 tsp. salt
- 1/2 tsp. pepper

#### **Preparation**

1. Toss all the ingredients into the crock pot (the tomatoes can go in whole).
2. Cover and cook on low for several hours, stirring occasionally.
3. Once the tomatoes have broken down some, uncover; and continue cooking until you reach the desired consistency (expect it to take at least eight hours). The cook time will depend on how much water is in the tomatoes. If it's been a rainy summer, it'll take longer for the sauce to thicken.
4. For chunky tomato sauce: pick the tomato skins and cores out of the sauce as it cooks (that's what I do). For smooth tomato sauce: run the finished sauce through a food mill. If you don't have a food mill, scoop the tomato cores out; then, give the sauce a quick spin in a blender or food processor.
5. Pour your finished tomato sauce into jars, taking care not to fill past the

headspace line.

**To Can:** Add one tablespoon of bottled lemon juice to each pint; two tablespoons to each quart. Modern tomatoes are not as acidic as they used to be, so this step is essential for safe canning. Water bath can pints for 35 minutes, quarts for 40 minutes. Refer to the National Center for Food Preservation to learn more.

**To Freeze:** Allow the jars to cool. Then, place in the freezer. Use within one year, for the best quality.

#### **Tips:**

- For the best flavor, caramelize the onions and garlic in a bit of olive oil on the stove before you add them to the crockpot
- Do your tomatoes seem to trickle in from the garden? Just freeze them until you have enough to make sauce

\*\*\*\*\*From *Epicurious.com*\*\*\*\*\*

#### **Spaghetti With Fresh Tomato And Herbs**

#### **Ingredients**

- 2 pounds vine-ripened tomatoes, room temperature
- 1/4 cup fruity, extra-virgin olive oil
- About 1/2 cup coarsely chopped soft-leafed herbs, such as basil, tarragon, marjoram, and spearmint
- 1/2 cup coarsely chopped flat-leaf parsley
- 4 ounces ricotta salata cheese, crumbled
- 12 ounces dried spaghetti
- 1/2 cup freshly grated Parmigiano Reggiano cheese, plus extra for the table
- Salt and freshly ground black pepper to taste

#### **Directions**

1. Bring a large pot of salted water to the boil. Drop in the tomatoes, cook for 15 seconds, and then transfer them to a large bowl of cool water. Slip off the skins and cut them in half through the middle. Poke out the seeds with your finger, and roughly dice the flesh. Warm a large ceramic or glass mixing bowl by rinsing it with hot water. Toss the tomatoes in the bowl with the olive oil, mixed herbs, parsley, and ricotta cheese.
2. Bring the large pot of water back to a rolling boil, add the spaghetti, and cook until tender but still firm. Drain and add it immediately to the tomato mixture in the bowl. Sprinkle with the Parmigiano. Toss with tongs or two wooden spoons until the pasta is evenly coated. Add salt and freshly ground pepper to taste. Pass extra Parmigiano cheese at the table.

\*\*\*\*\*From *Epicurious.com*\*\*\*\*\*

#### **Tomato and Fresh Ginger Salsa**

#### **Ingredients**

- 2 large tomatoes (about 12 ounces), seeded, chopped
- 1/4 cup thinly sliced green onions
- 1/4 cup finely chopped sweet onion (such as Maui or Vidalia)
- 2 tablespoons finely chopped peeled fresh ginger
- 2 tablespoons rice vinegar
- 1 teaspoon sugar
- 1 teaspoon fish sauce (nam pla)\*

#### **Directions**

1. Combine all ingredients in medium bowl. Season salsa to taste with salt