

### Directions

1. Place kale and eggs in a large bowl.
2. Cook bacon in a large skillet over medium heat until crisp. Leaving the bacon fat in the pan, transfer the bacon to a paper towel-lined plate. Chop when cool enough to handle.
3. Add oil and onion to the pan and cook, stirring, for 2 minutes. Add mushrooms and cook, stirring, until softened, about 2 minutes more. Remove from the heat and stir in vinegar, mustard, pepper and salt. Pour the mushroom mixture over the kale and eggs. Add the bacon and toss to combine.

**Tip:** To hard-boil eggs, place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.

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

### Creamy Turnip Soup - 6 servings, about 1 cup each

#### Ingredients

- 4 medium turnips (about 1 1/2 pounds) plus 1 1/2 cups thinly sliced turnip greens or spinach, divided
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon butter
- 1 medium onion, sliced
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon salt plus a pinch, divided
- 1/4 teaspoon freshly ground white pepper plus a pinch, divided
- 4 cups reduced-sodium chicken broth
- 1/4 cup shredded carrot
- 2 tablespoons thinly sliced scallion greens
- 2 teaspoons white-wine vinegar

#### Directions

1. Peel and slice turnips. Heat 1 tablespoon oil and butter in a large saucepan over medium heat. Add onion and cook, stirring, until beginning to brown, about 5 minutes. Add the turnips, rosemary, 1/2 teaspoon salt and 1/4 teaspoon white pepper; stir to combine. Cover and cook, stirring once or twice, for 10 minutes.
2. Add broth, increase heat to high and bring to a boil. Reduce heat to maintain a simmer, cover and cook until the turnips are tender, 10 to 12 minutes more.
3. Meanwhile, toss the turnip greens (or spinach) in a medium bowl with carrot, scallion greens, vinegar, the remaining 1 Tbs. oil and pinch of salt and pepper.
4. Puree the soup in the pan using an immersion blender or transfer to a regular blender and blend until smooth. (Use caution when pureeing hot liquids.) Serve each portion of soup topped with a generous 1/4 cup of the salad.



## Sisters Hill Farm

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### *Field notes from our new apprentice "D"*

Greetings, Sisters Hill CSA members! My name is D., and I am one of the three farm apprentices that will be learning from and working with Farmer Dave this 2015 season. When I applied to this opportunity in late 2014, I felt so lucky that my timing was right. I had previously known about the farm and was told by several other farmer friends that this was "the" place to be to learn about farming in the Hudson Valley. However, it wasn't until I interviewed with Dave and he spoke the longstanding relationship he had with many of you; how many of you have been members from the beginning, that I understood just how much I could learn and how supportive this community is. Needless to say, I was over-the-moon excited when I received word from Dave that I would be joining the farm.

Two months in to my experience here, and I am still "over the moon"! I grew up in the suburbs of north New Jersey, close to NYC, and have lived in Brooklyn for almost ten years. I have always had a deep appreciation for the outdoors. I have camped, hiked, biked and swam in many non-urban places, but most of my life I have thoroughly enjoyed living the city life. 24-hour everything, any type of food you could desire, music events, lots of people and neighbors, parties, bars, everything, right? Nope. I couldn't have been more ready to welcome the quiet and beauty that surrounds Sister Hill, and the space that I feel that my mind now has to relax and feel, well...quiet.

I feel very lucky to be in such beautiful surroundings while learning about something I love. The act of growing food is of course powerful, but there are so many other joyful experiences that go along with it. Discovering how plant roots grow, observing how our gentle reinforcements with the vegetables and soil yield positive effects, listening to the birds all day, seeing how the landscape changes through the seasons. Learning from Dave's knowledge and experience, and working with my fellow apprentices Dev and Katherine. It has been such an enriching life experience. Of course I could go on about all of the wonderful aspects here at the farm, but a lot of you may already be familiar with what I am just beginning to realize, and for those that don't, you soon will! I look forward to meeting and getting to know all of you at distribution days!

\*\*\*\*\* From Your Editor \*\*\*\*\*

### Kohlrabi

Kohlrabi is a bulbous member of the cabbage family . Its bulb is either purple, white, or green with leafy spinach like greens attached. It can be eaten raw or cooked. Add thinly sliced raw kohlrabi to salads (peel first). Kohlrabi is also great added to soups or stews.

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

### Thai Peanut Curry Noodles - 4 servings

#### Ingredients

- 8 ounces whole-wheat spaghetti
- 1/2 cup smooth natural peanut butter
- 1 small shallot, minced
- 2 tablespoons Thai green, red or yellow curry paste
- 1 tablespoon minced fresh ginger
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons toasted sesame oil
- 1/4 teaspoon salt
- 1/2 cup frozen edamame (thawed)
- 1 medium red bell pepper, cut into matchsticks
- 1 cup matchstick-cut peeled kohlrabi or broccoli stem
- 1/4 cup coarsely chopped fresh cilantro (optional)

#### Directions

1. Bring a large saucepan of water to a boil. Add spaghetti and cook according to package directions. Reserve 1/4 cup of the water, then drain the pasta and rinse well with cold water.
2. Whisk the reserved pasta water, peanut butter, shallot, curry paste, ginger, soy sauce, oil and salt in a large bowl. Add the pasta, edamame, bell pepper and kohlrabi (or broccoli stem); toss well to coat. Serve topped with cilantro, if desired.

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

### Sautéed Kale with Kohlrabi

#### Ingredients

- 1 1/4 pound kohlrabi, bulbs peeled
- 1/2 teaspoon grated lime
- 2 tablespoons fresh lime juice
- 1/4 cup extra-virgin olive oil, divided
- 2 pounds kale (2 bunches), stems and center ribs discarded
- 5 garlic cloves, finely chopped
- 1/3 cup salted roasted pistachios, chopped
- Equipment: an adjustable-blade slicer

#### Directions

1. Very thinly slice kohlrabi with slicer.
2. Whisk together lime zest and juice, 2 tablespoons oil, and 1/2 teaspoon each of salt and pepper in a large bowl. Toss kohlrabi with dressing.
3. Finely chop kale. Heat remaining 2 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté garlic until pale golden,

about 30 seconds. Add kale by the handful, turning and stirring with tongs and adding more kale as volume in skillet reduces. When all of kale is wilted, sauté with 1/2 teaspoon salt until just tender, about 3 minutes. Transfer to a bowl and cool to room temperature. 3 Toss kale with kohlrabi and pistachios.

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

### Kale & Potato Hash - 4 servings, 1/2 cup each

#### Ingredients

- 8 cups torn kale leaves, (about 1/2 large bunch; see Tip)
- 2 tablespoons horseradish
- 1 medium shallot, minced
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 2 cups cooked shredded potatoes, (see Ingredient note)
- 3 tablespoons extra-virgin olive oil

#### Directions

1. Place kale in a large microwave-safe bowl, cover and microwave until wilted, about 3 minutes. Drain, cool slightly, and finely chop.
2. Meanwhile, mix horseradish, shallot, pepper and salt in a large bowl. Add the chopped kale and potatoes; stir to combine.
3. Heat oil in a large nonstick skillet over medium heat. Add the kale mixture, spread into an even layer and cook, stirring every 3 to 4 minutes and returning the mixture to an even layer, until the potatoes begin to turn golden brown and crisp, 12 to 15 minutes total.

#### Tips & Notes

• **Tip:** A 1- to 1 1/2-pound bunch of kale yields 16 to 24 cups of chopped leaves. When preparing kale for these recipes, remove the tough ribs, chop or tear the kale as directed, then wash it--allowing some water to cling to the leaves. The moisture helps steam the kale during the first stages of cooking.

**Ingredient Note:** Fresh, partially cooked, shredded potatoes for hash browns can be found in the refrigerated produce section and sometimes in the dairy section of most supermarkets. Alternatively, boil potatoes until they can just be pierced with a fork but are not completely tender. Let cool slightly, then shred.

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

### Hearty Kale Salad - 4 servings, about 1 1/2 cups each

#### Ingredients

- 6 cups very thinly sliced kale (about 1/2 large bunch), tough stems removed (
- 2 hard-boiled eggs (see Tip), coarsely chopped
- 2 slices center-cut bacon
- 2 tablespoons extra-virgin olive oil
- 1/2 cup chopped onion
- 1 1/2 cups sliced button mushrooms
- 2 tablespoons red-wine vinegar
- 2 teaspoons whole-grain mustard
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon salt