

oysters. Both can be found in large supermarkets or at Asian specialty markets.

Tip: To toast sesame seeds: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

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

Crunchy Bok Choy Slaw - 8 servings, about 3/4 cup each

Ingredients

- 1/4 cup rice vinegar
- 1 tablespoon toasted sesame oil
- 2 teaspoons sugar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 6 cups very thinly sliced bok choy, (about a 1-pound head, trimmed)
- 2 medium carrots, shredded
- 2 scallions, thinly sliced

Directions

1. Whisk vinegar, oil, sugar, mustard and salt in a large bowl until the sugar dissolves. Add bok choy, carrots and scallions; toss to coat with the dressing. Preheat grill to medium-high.

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

Sauteed Spinach with Toasted Sesame Oil - 2 servings

Ingredients

- 2 teaspoons toasted sesame oil
- 1 tablespoon sesame seeds
- 2 cloves garlic, minced
- 2 teaspoons minced ginger
- 1 10-ounce bag fresh spinach, (see Ingredient note), tough stems removed
- 2 teaspoons rice vinegar
- 1 teaspoon reduced-sodium soy sauce

Directions

1. Heat oil in a large nonstick skillet or Dutch oven over medium-high heat. Add sesame seeds, garlic and ginger; cook, stirring, until fragrant, about 30 seconds.
2. Add spinach and cook, stirring, until just wilted, about 2 minutes. Remove from heat; stir in vinegar and soy sauce. Serve immediately.



Sisters Hill Farm

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Field notes from Farmer Dave

Welcome both new and returning members to the start of the 2016 season! Up until a week ago it was a very cold and wet season. Now the weather has done a complete one-eighty and we are experiencing a heat wave! Farming is nothing if not unpredictable...

Despite the mercurial weather, the crops are coming along nicely. Not too long ago I was worried that they wouldn't mature in time for this pickup; even with nearly 20 years of experience, I still get nervous as each season's start approaches. Now I want the crops to "just chill."

With a heat wave like this all of the tender spring greens quickly reach maturity regardless of how long ago we planted them. The spinach and arugula that we planted over a span of 3 weeks are all maturing within a few days of one another!

That means lots of greens for your shares in the next couple of weeks! We're very focused right now on keeping them cool and moist by irrigating so they don't get stressed--hopefully leading to a longer harvest window.

The good side of the heat is that all of the summer crops are growing faster and will be available sooner. Tomatoes will make a particularly early appearance in your shares, thanks to a new hoop house we built this spring. We started about a hundred and fifty plants in January under grow lights in the office. We grafted them and are pruning them to a single stem and trellising them up into the heights of the new structure. It's quite an exciting undertaking--and a fun new challenge that should lead to tastier salads and sandwiches for you as early as--who knows? Early July? Late June? My mouth is watering already...

Of course part of the pleasure of this season is our new crew. Devon has returned as my assistant manager this season, and she's a delight as always. But now we are joined by Sam and Breezy. They're all wonderful to work with; so eager to learn and grow, so passionate and hardworking, and so much fun to share each day with. I'm blessed to have found them. Be sure to say "hi" and get to know them at your next farm pickup.

As I mentioned you'll be getting lots of greens this week. We typically don't wash them, so it's best to assume anything you get from the farm has not been washed. Greens store best when handled as little as possible, so our best choice is often to harvest them early in the morning while they are still cool and possibly covered with dew. When you wash your greens at home it's best to follow that up with a quick spin in a salad spinner. It's a great way to get your greens optimally dry for good storage in your fridge. If you are new to the farm you'll be happy to hear that one of our goals is to give you enough lettuce for salads nearly every week. In my house I simply rip up the lettuce and other

greens, wash them, spin them dry, and store the spinner in the fridge until it contents are eaten. It couldn't be more simple.

Welcome once again everyone! I'm glad to be able to connect with you all once again and share the bounty that is Sisters Hill Farm!

A welcome from Sister Mary Ann

As we begin a new season, I join Farmer Dave in extending a very warm welcome to all of you, especially to our new members. The Sisters of Charity are grateful to all for joining us in our mission to care for our earth in a sustainable way here at Sisters Hill Farm, and for your generous donations which enable us to share the harvest with those who are less fortunate. I hope you will join us for our picnics, and I especially extend an invitation to our "city" shareholders to join us and visit the farm. It's more than vegetables!

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

Radish, Watercress & Arugula Salad with Feta Vinaigrette - 4 servings

Ingredients

- 1/4 cup finely crumbled feta cheese
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white-wine vinegar
- 1 tablespoon finely chopped shallot
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 cups baby arugula
- 3 cups watercress, any tough stems removed
- 2 cups halved and sliced radishes (from 2 bunches)
- 3 tablespoons chopped fresh tarragon
- 1/4 cup coarsely chopped almonds, preferably Marcona almonds

Directions

1. Whisk feta, oil, vinegar, shallot, salt and pepper in a large bowl until well combined. Add arugula, watercress, radishes and tarragon; toss to coat. Top with almonds just before serving.

Note: Radish leaves have a pungent flavor similar to arugula. You can include them in your salads as well.

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

Broccoli Rabe & Orzo Salad - 4 servings, about 3/4 cup each

Ingredients

- 1/2 cup orzo, preferably whole-wheat
- 1 bunch broccoli rabe (about 1 pound), trimmed and chopped
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 2 teaspoons chopped fresh oregano
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup crumbled feta cheese
- 2 tablespoons lemon juice

Directions

1. Bring a large pot of water to a boil. Add orzo and cook 3 minutes less than the package directions. Add broccoli rabe; cook 3 minutes more. Drain in a colander and gently press out as much water as possible.
2. Heat oil in the pot over medium heat. Add garlic; cook, stirring, until fragrant, about 30 seconds. Add oregano, salt, pepper, the broccoli rabe and orzo. Cook, stirring, until heated through, about 2 minutes. Remove from the heat; stir in feta and lemon juice.
- 3.

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

Sesame-Shiitake Bok Choy - 4 servings, about 1 cup each

Ingredients

- 1 tablespoon 1 tablespoon canola oil
- 3 cloves garlic, chopped
- 1 2-pound head bok choy, trimmed and thinly sliced
- 4 cups sliced shiitake mushroom caps, (9 ounces with stems)
- 2 tablespoons oyster-flavored or oyster sauce, (see Note)
- 1 tablespoon toasted sesame oil
- 1/4 teaspoon salt
- 1 tablespoon toasted sesame seeds, (see Tip)

Directions

1. Heat oil in a Dutch oven over medium-high heat. Add garlic and cook, stirring constantly, until fragrant but not browned, 30 seconds. Add bok choy and mushrooms; cook, stirring, until wilted, about 2 minutes. Continue cooking, stirring often, until just tender, 3 to 5 minutes more. Stir in oyster sauce, sesame oil and salt. Garnish with sesame seeds.

Tips & Notes:

Note: *Oyster sauce is a richly flavored condiment made from oysters and brine. Vegetarian oyster sauces substitute mushrooms for the*