

Keeping it Fresh—Refrigerate your parsnips in a plastic bag until you're ready to use; they'll keep this way for several weeks.

Recipe ideas for parsnips:

Root Vegetable Risotto— Steam finely diced parsnips, turnips, and carrots and add to a risotto flavored with pancetta and sage.

Roasted Parsnip Side Dish—Cut parsnips into julienne and roast with julienned carrots until the vegetables are tender and starting to brown, then toss in a shallot and herb vinaigrette.

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

Fried Green Tomatoes - 6 servings

Ingredients

- ½ cup yellow cornmeal
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 4 medium green tomatoes, cut into 1/4-inch slices
- 1 tablespoon extra-virgin olive oil, divided

Directions

1. Preheat oven to 450°F.
2. Combine cornmeal, salt and pepper in a medium bowl. Dredge tomato slices in cornmeal.
3. Brush 1 1/2 teaspoons oil over the bottom of a 12-inch cast-iron or other ovenproof skillet. Heat skillet over medium-high heat until very hot.
4. Add half the tomato slices to the skillet in a single layer and cook until browned on one side, about 3 minutes. Turn slices over and transfer skillet to oven. Bake tomatoes for 8 to 10 minutes or until golden and tender. Transfer to a platter and tent with foil to keep warm.
5. Wipe out skillet and repeat with remaining 1 ½ teaspoons oil and remaining tomato slices. Serve hot.



Sisters Hill Farm

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

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Fall Potluck Picnic this Saturday

October 20th at 3PM. Join us!



Notes from Farmer Dave

Well it's that time of year again; time to start renewing members for next season! It has been a wonderful season; the shares have been bountiful, diverse and delicious! I hope you have enjoyed them. People are starting to ask, especially new folks, when we will be ending distributions for the season. With the leaves falling and frosts coming it doesn't seem like we'd be able to grow much; but in fact we have plenty of produce yet to come. Our **last regular pickup** of the season is on **Tuesday November 6th**. Before that date, please be sure to give a quick thanks to our wonderful apprentices Stefan, Anna, and John. They are all working hard to line up their future farm plans and they're excited to put what they have learned here and elsewhere into practice. They have been a great addition to Sisters Hill Farm and will be dearly missed. We wish them luck in their future endeavors!

Now let's get back to renewing for a moment. Starting today you can renew your membership in Sisters Hill Farm for the 2013 season. Forms are available at distribution. If you renew before November 6th you will get a Thanksgiving Bonus Share on Saturday November 17th.

I have spent a lot of time researching the retail value of our farm share this fall, so that we might have a better understanding of the equity of our relationship (the farm and our members). What I found was that our shares are a great value to our members. As I write this we have a month of distributions yet to come and the retail value of our share is up to \$925(not including pick your own flowers). By the last pickup I estimate it will be \$1100. At a price of \$600 to \$700 members are saving \$400 to \$500 off what the equivalent produce would cost elsewhere.

(Although as I did my research it was hard to find produce as nice or as fresh as what we give) Even in a terrible year, like last year, where it was constantly raining and hurricanes flooded fields and snowstorms buried crops we still were able to grow a share that averaged \$825. The year prior, in 2010 the value was up at \$1100 again.

So to make a long story short, we have decided that it is best for the sustainability of the farm to raise the price a bit. We need to be able to pay a decent wage to our workers, continue our commitment to charity, expand our educational programs, and keep up with the ever increasing price of fuel, supplies, and equipment.

We haven't raised the price in 4 years, so our income hasn't been keeping pace with inflation. We are adding \$50 to our weekly share and \$25 to our biweekly share. This averages out to just \$2/week.

Given our constant desire to improve, we will be conducting a survey soon on how we can make *your farm* even better. If you have any suggestions before that point please speak to me or Sisters Mary Ann. Thanks so much for being a part of the wonderful community of Sisters Hill Farm. It my great pleasure to be your farmer!

Farmer Dave and Sisters Mary Ann Garisto

***** From FineCooking.com *****

Rutabagas aren't sexy, but their sweet yet snappy flavor—with hints of cabbage (their cousin)—gives them a well-deserved place at the table. Like all roots, they're good keepers and make delicious contributions to stews, braises, and medley of roasted winter roots

Potato & Rutabaga Gratin with Blue Cheese—Serves 8

Ingredients

- 3 cups heavy cream
- 2 cloves garlic, peeled and smashed
- 1 bay leaf
- 2 hearty sprigs fresh thyme
- Pinch freshly grated nutmeg
- 3 Tbs. melted unsalted butter; more butter for the foil
- 1 medium rutabaga (about 1-1/2 lb.), peeled, quartered, and very thinly sliced
- 2 to 3 russet potatoes (about 1-1/2 lb.), peeled and very thinly sliced
- Salt and freshly ground black pepper
- 4 oz. blue cheese, such as Maytag, Roquefort, or Bleu d'Auvergne, crumbled
- 3 Tbs. fresh breadcrumbs, toasted

Directions

1. Heat the oven to 375°F. Rinse a small saucepan in cold water (this will make the pan easier to clean later), add the cream, garlic, bay leaf, thyme, and nutmeg. Bring to just below a simmer over medium heat, remove from the heat, cover, and set aside to infuse for about 30 min.

2. Brush a large gratin dish or 3-qt. flameproof casserole dish with a little of the melted butter. Arrange half of the rutabaga slices in the bottom of the dish, followed by half of the potato slices. Season with salt and pepper. Dot the surface with the blue cheese. Continue with another layer of rutabaga slices and a final layer of potatoes. Season the top with salt and pepper. Strain the seasoned cream over the top. In a small bowl, combine the breadcrumbs with the remaining melted butter and sprinkle over the top. Butter the dull side of a large sheet of foil and cover the gratin. Bake for 40 min., remove the foil, and continue to bake until the top is browned, the sides are bubbly, and the potatoes are tender when pierced, another 30 to 40 min. Let sit for 10 min. before serving.

Tip: For the neatest servings, let the gratin sit for at least 10 min. before slicing.

***** From FineCooking.com *****

Another rutabaga idea

Creamy Hot Rutabaga Puree

Peel rutabaga, dice, and simmer until tender. Drain and mash or purée. Add salt, pepper, butter, and a bit of crème fraise and freshly grated horse radish or hold the horse radish and add a little cream sherry.

***** From FineCooking.com *****

Butternut Squash & Potato Gratin with Walnut Crust

Any of the winter squash will work fine for this recipe

Ingredients

- 1 butternut squash (about 2 lb.), peeled
- 2 Idaho potatoes (about 1-1/4 lb. total), peeled
- Kosher salt and freshly ground black pepper
- 6 Tbs. grated Parmigiano-Reggiano
- 1 cup heavy cream
- 1/2 cup finely chopped walnuts
- 1/2 cup fresh breadcrumbs combined with 2 Tbs. melted butter

Directions

1. Heat the oven to 350°F. Grease an 8x8-inch (2-qt.) glass or ceramic baking dish. Cut the squash in half lengthwise and scrape out the seeds and fibers. Slice the squash and potatoes about 1/8 inch thick (use a mandoline if you have one). Line the bottom of the baking dish with a layer of squash (overlapping slightly), season lightly with salt and pepper, sprinkle with a little of the Parmigiano, and drizzle with a little of the cream. Cover with a layer of potato slices, season with salt, pepper, Parmigiano, and cream. Repeat with the remaining squash and potatoes until the dish is full, ending with a top layer of squash, seasoned and topped with any remaining cheese and cream. (You may have extra squash.) Press down lightly to distribute the cream and compact the layers. The last layer of squash should be just sitting in the cream, but not covered by it. Cover the dish with foil and bake until the vegetables feel tender when poked with a thin, sharp knife (check the middle layer), about 1 hour and 10 minutes.

***** From Fine Cooking in Season Cookbook *****

Parsnips