

measuring cup with the squash mixture and unmold it into the pan; gently pat it down to form a 3-inch cake. Repeat, making 4 squash cakes. Cook until browned and crispy on the bottom, 3 to 4 minutes. Gently turn the cakes over and transfer the pan to the oven. Bake for 10 minutes. Serve immediately.

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

*Here is a few salad dressings you might want to try on our Lettuce.*

To make these vinaigrettes: Blend ingredients in a blender or food processor until smooth and creamy. Or blend in a large glass measuring cup or wide jar with an immersion blender. (Each recipe makes 1 to 1 ¼ cups dressing. Serving size is 2 tablespoons. Dressings will keep at least 3 days in the refrigerator.

#### **Raspberry-Tarragon**

- 1 cup fresh raspberries
- 1 ½ cup walnut oil or canola oil 1/3 cup raspberry vinegar or other fruity vinegar
- ¼ cup chopped shallot
- ¼ cup fresh tarragon
- ½ teaspoon salt
- ¼ teaspoon sugar

#### **Carrot-Ginger**

- 1 cup shredded carrot
- ½ cup canola oil
- 1/3 cup rice vinegar
- 2 tablespoons white miso
- 2 tablespoons chopped onion
- 1 tablespoon chopped fresh ginger
- 1 tablespoon reduced-sodium soy sauce



# Sisters Hill Farm

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

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The Farm's phone 845-868-7048  
<http://sistershillfarm.org>

Edited by: Bob & Joan Cohen  
[cohenrd98@comcast.net](mailto:cohenrd98@comcast.net)  
845-724-3518

## Volunteer Garlic Harvest Event July 4th

### 10AM to Noon , join us!



#### *Field Notes from Farmer Dave*

Well, here we are one month into the farm season! I sure hope that you are enjoying it so far. The proliferation of greens will slowly come to an end--with the exception of lettuce of course--and it will be replaced with a riot of summer colors and tastes. Soon to be on the regular menu are beets, summer squash, beans, carrots, scallions, and summer herbs like basil, dill and cilantro. Further down the horizon but looking good are tomatoes, peppers, and eggplants to name a few.

Thursday we spent an entire day weeding the winter squash and melon patch; both look good and are thriving in the recent rain and heat. We are also beginning to spend some time tilling up the growing beds that are finished, and planting them with cover crops. This past week we planted buckwheat in a number of fields around the farm. Buckwheat is a very fast growing summer annual that grows to 3' tall in about 30 days. It works well as a smother crop since it can outcompete many of the small weeds that grow quickly in the summer heat. It has the added benefit of attracting millions of beneficial insects to the farm fields; things like honey bees, bumble bees, orchard bees, ladybugs, and parasitic wasps. It's fascinating to spend a couple of minutes looking into a field of flowering buckwheat, discovering the incredible diversity of allies that we can attract to help us bring in a healthy harvest. The fields not in production right now are all filled with one of my other favorite cover crops—a mix of rye, hairy vetch and biennial sweet clover. The yellow flowered clover is now about 3-5 feet high and is itself buzzing with ben-

official life. Sweet clover and vetch also fix free nitrogen from the air and make it available for future crop growth. The deep taproot of sweet-clover breaks up hard soil and makes it more mellow and workable. The biomass of the tops do the same.

When we plan our crop rotation in the early spring, we always make a point of trying to maximize the growth our cover crops that were so carefully planted the prior year. Of course it is a balancing act, we must till up some of them early, otherwise there would be no early crops!

In unrelated news, my eldest son John turned 10 years old this past week! Many of you have been with us since the year he was born, and quite a few of you even predate him. In fact, this is our 15<sup>th</sup> year of operation at Sisters Hill Farm! Nothing helps measure the passing of time like a child springing up like a beanpole! Here's to many more fruitful years-- thanks for being a part of the growth and joy that is Sisters Hill Farm!

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

### **Creamy Turnip Soup - 6 servings**

#### **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 tablespoon 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.

\*\*\*\*\*From AllRecipes.com\*\*\*\*\*

### **Wilted Cabbage Salad with Bacon – servings 8**

*Somehow the directions for this recipe were cut off in last weeks newsletter.*

#### **Ingredients**

- 1/2 pound bacon
- 1 medium head cabbage, shredded
- 1 onion, chopped
- 1 clove garlic, minced
- 1/2 cup tarragon vinegar

#### **Directions**

1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove bacon, crumble and set aside. Reserve bacon fat.
2. Add the onion and garlic and fry in the bacon fat until browned.
3. Add the vinegar. Bring to a simmer and add the cabbage and bacon. Sauté briefly and serve warm.

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

### **Parmesan-Squash Cakes - 4 servings**

*In this recipe we shred summer squash and use it like shredded potatoes to make tasty little pancakes flavored with Parmesan cheese and shallots.*

#### **Ingredients**

- 1 large egg
- 2/3 cup finely chopped shallots
- 1 tablespoon chopped flat-leaf parsley
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups shredded seeded summer squash, (2-3 medium, about 1 pound; see Tip)
- 1/2 cup freshly grated Parmesan cheese
- 1 tablespoon extra-virgin olive oil

#### **Directions**

1. Preheat oven to 400°F.
2. Beat egg in a large bowl. Stir in shallots, parsley, salt and pepper. Place shredded squash in the center of a clean kitchen towel; gather up the ends and twist to squeeze out any liquid. Add the squash and cheese to the bowl; stir to combine.
3. Heat oil in a large nonstick skillet over medium heat. Pack a 1/3-cup