

- 4 1/2 pounds plum tomatoes
- 1/4 cup extra-virgin olive oil
- 3/4 cup chopped garlic, (about 2 heads)
- 4 cups diced onions, (3-4 medium)
- 1 1/2 teaspoons salt
- 1/4 cup tomato paste
- 1 teaspoon dried oregano
- 1/2 cup red wine
- 2 tablespoons red-wine vinegar
- 1/2 cup chopped fresh basil
- Freshly ground pepper, to taste

Directions

1. Remove tomato skins
2. Place a sieve over a bowl; working over it, peel the tomatoes using a paring knife, and let the skins fall into the sieve.
3. Halve the tomatoes crosswise and scoop out the seeds with a hooked finger, letting the sieve catch the seeds. Press on the seeds and skins to extract any extra juice. Coarsely chop the peeled tomatoes and set aside.
4. Heat oil in a Dutch oven over medium heat. Add garlic and cook, stirring constantly, until fragrant and just beginning to color, 2 to 3 minutes. Add onions and salt, stir to coat, cover and cook, stirring often and adjusting heat as necessary to prevent burning, until soft and turning golden, 10 to 15 minutes. Stir in tomato paste and oregano and cook, stirring often, until the tomato paste is beginning to brown on the bottom of the pan, 2 to 4 minutes.
5. Pour in wine and vinegar; bring to a simmer, scraping up any browned bits with a spoon. Cook until reduced slightly, about 2 minutes. Add the tomatoes and any juice; return to a simmer, stirring often. Reduce heat to maintain a gentle simmer and cook, stirring occasionally, until the tomatoes are mostly broken down, about 25 minutes.
6. Remove from the heat; stir in basil and pepper. Transfer the sauce, in batches, to a blender or food processor. (Use caution when pureeing hot liquids.) Process until desired consistency. For a smooth sauce, puree it all; for a chunky sauce, puree just half and mix it back into the rest of the sauce.

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

Fresh Tomato Salad

Ingredients

- 4 cups diced tomatoes, (5-6 medium)
- 3/4 cup finely diced red onion, (about 1 small)
- 1/4 cup red-wine vinegar
- 1-2 jalapenos, seeded and minced
- 1/2 cup chopped fresh cilantro
- 1/2 teaspoon salt
- Pinch of cayenne pepper, or more to taste

Directions

1. Combine tomatoes, onion, vinegar, jalapeno, cilantro, salt and cayenne in a medium bowl. Refrigerate until ready to serve.

TIP: Make ahead and refrigerate up to 3 days.



Sisters Hill Farm

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

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August 30, 2016

<https://sistershillfarm.org>

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**Join us tomorrow night, Wednesday
August 31st, from 6:30 to 8 PM for a
garlic cleaning extravaganza!**

**Thanks to everyone who came and
enjoyed our picnic last Saturday!
What an amazing event!**

Comments from Apprentice Sam Allison

As I hope many of you know, this past week was the Dutchess County Fair. Dev, Breezy, and I submitted around twenty varieties of vegetables to be judged against surprisingly stiff competition. Last Sunday we spent a little over an hour harvesting incredibly small amounts of many of our veggies. It was a strange, fun experience to harvest such a limited quantity but still walk every row of every crop looking for the most perfect pieces. Usually our quality standards are very high, but this harvest was different. The tiniest blemish, the smallest dent, or the slightest irregularity of shape sent the vegetable into the "no" pile. It wasn't fair worthy.

I felt myself handling the vegetables far more carefully than I usually do. I placed each piece into the bin as if I was tucking it into bed. We even considered setting up some cushioning to separate the pieces so they wouldn't bump into one another on the ride, causing scratches or bruises. Eventually, we finished our harvesting and packing with just enough time to make it to the fairgrounds and set up our stand.

Going in to the competition we thought we might be the only submission on some items or that the other submissions would be from gardeners who don't have the quantity to select the best quality. Boy, were we wrong. Most submissions were beautiful, bountiful, and delicious looking. After setting up our entries in just the right positions, we walked around the agriculture tent to get a closer look at the competition. Everything was gorgeous! There were gigantic pumpkins, perfect beets, and beautiful collections of tomatoes and peppers. We did feel our submission held up to the competition and felt satisfied with what we brought.

Every week at distribution I feel proud of the quantity and quality we are able

to provide. Seeing all of you pick up your week's worth of the highest quality, healthiest, and best tasting vegetables you can find is the reward for the hard work it took to plant, weed, and harvest them. It gives me such joy to share the excitement of a new crop, a high weight limit, or a unexpected recipe to try, but one of the most fulfilling moments of the season so far was when we saw the blue ribbons at the fair reading "first place." The sense of accomplishment was a surprise to me. I know how great our vegetables are and a ribbon denoting "best paste tomato" seemed frivolous and insignificant, but it felt like an A-plus from a favorite professor. Our hard work now had a physical sign indicating its excellence.

I was also surprised by the sense of honor I felt to be a winning part of such a great agricultural fair. Farming can be an isolating, lonely endeavor at times. To be appreciated by others working the same hours and growing the same crops was an incredible feeling. I am so glad we took the time to submit items to the fair simply because it gave us a great excuse to attend. The educationally rich agriculture section aside, it is worth attending for the food on sticks, ethically questionable pig races, rides and games, and overall community created by the event. If you haven't gone yet, you should check it out before the picnic or on Sunday. When you do, find our award winning displays, and enjoy your veggies this week knowing many are the best in the Dutchess County!

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

ZUCCHINI "NOODLES" WITH EGGPLANT AND TOMATOES

Ingredients

- 2 medium zucchini (about 1 1/4 pounds), spiralized or cut into matchsticks
- 2 medium yellow squash (about 1 1/4 pounds), spiralized or cut into matchsticks
- 2 1/2 teaspoons kosher salt, divided
- 1 tablespoon plus 2 teaspoons fresh lemon juice
- 1 teaspoon honey
- 1/8 teaspoon freshly ground black pepper
- 3/4 cup (packed) basil leaves, chopped, divided
- 5 tablespoons olive oil, divided, plus more for drizzling
- 2 garlic cloves, thinly sliced
- 1 1/2 large long Chinese eggplants (about 3/4 pound), cut into 1/4" slices on the bias
- 2 cups cherry tomatoes, divided
- 1/4 cup pitted cured black olives, halved, divided
- 1 (8-ounce) ball fresh buffalo mozzarella, thinly sliced

Directions

1. Place zucchini and squash in a strainer set over a bowl. Sprinkle with 1 Tbsp. salt and toss to combine. Let sit 10 minutes, then shake in strainer, pressing gently, to remove any excess liquid.
2. Meanwhile, whisk lemon juice, honey, pepper, 1/2 cup basil, 3 Tbsp. oil, and 1/4 tsp. salt in a large bowl.
3. Heat remaining 2 Tbsp. oil in a large skillet over medium. Cook garlic until it begins to sizzle and turn golden brown, 5-7 minutes. Using a slotted spoon, transfer to bowl with dressing. Increase heat to medium-high, add eggplant and 1 cup tomatoes, and cook, stirring occasionally, until eggplant is browned and cooked through and tomatoes begin to

burst, about 6-8 minutes. Season with remaining 1/4 tsp. salt and transfer to bowl with dressing.

4. Cut remaining 1 cup tomatoes in half lengthwise and add to bowl with dressing. Add zucchini and squash; gently toss to combine. Add 3 Tbsp. olives and 2 Tbsp. basil, then transfer with tongs to a platter, letting extra liquid drain and remain in bowl. Lay mozzarella on 1 end of platter and drizzle with oil. Top dish with remaining 2 Tbsp. basil and 1 Tbsp. olives.

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

Green Bean, Eggplant & Shrimp Stir-Fry - 4 servings

Ingredients

Sauce

- 1/4 cup gochujang (Korean hot pepper paste)
- 2 tablespoons lemon juice
- 1 tablespoon grated fresh ginger
- 1 tablespoon soy sauce
- 1 tablespoon dry sherry
- 1 tablespoon toasted sesame oil
- 2 teaspoons sugar

Stir-Fry

- 3 tablespoons peanut oil or canola oil, divided
- 1 pound shrimp, peeled and deveined (see Tip)
- 3 cups 1/2- to 1-inch pieces eggplant, peeled if desired
- 1 bunch of scallions, trimmed and cut into 1-inch pieces
- 3 cloves garlic, minced
- 4 cups trimmed and halved green beans

Directions

1. To prepare sauce: Combine gochujang, lemon juice, ginger, soy sauce, sherry, sesame oil and sugar in a small bowl. Place near the stove.
2. To prepare stir-fry: Heat a 14-inch flat-bottom carbon-steel wok over high heat. (You'll know it's hot enough when a bead of water vaporizes within 1 to 2 seconds of contact.) Add 1 tablespoon oil and swirl to coat. Add shrimp and stir-fry until just cooked, 2 to 4 minutes. Transfer to a large plate.
3. Swirl in another 1 tablespoon oil; add eggplant and scallions. Stir-fry for 2 minutes.
4. Swirl in the remaining 1 tablespoon oil; add garlic and green beans. Stir-fry until the vegetables are tender, 2 to 4 minutes more.
5. Return the shrimp to the wok. Add the reserved sauce and cook, gently stirring, until well coated and hot, 1 to 2 minutes.
6. Tip: Go for sustainably raised shrimp. Look for fresh or frozen shrimp certified by an independent agency, such as the Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America; it's more likely to be sustainably caught.

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

Fresh Tomato Sauce

Ingredients