



Sisters Hill Farm

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From Our Director/Farmer Dave

This is my go-to for a wilted greens topping. It makes a lot, but it keeps up to 5 days in the refrigerator. The dressing can be used on a regular tossed cold salad.

Marinated Lentils (yields about 5½ cups).

Combine 2½ cups green, black or any lentils (rinsed and picked through) in a large saucepan cover with water by an inch add 2tsp. Salt. Bring to a boil, reduce heat to simmer gently until tender add water as needed (like al dente pasta). About 20 minutes. Drain and return to pot. While lentils cook whisk ¼ cup olive oil, ¼ cup sherry or red wine vinegar, ½ tsp honey, ¼ tsp hot smoked Spanish paprika or Hungarian sweet paprika, 1 tsp kosher salt. Pour over hot lentils and toss, let them sit at least 10 minutes to allow the lentils to absorb the flavors from the dressing. Spoon the warm lentils over the wilted greens or if you would rather a mixture of cold greens, top with thin sliced radishes.

My go to quick salad dressing: ½ tsp sea salt, ½ tsp fresh ground pepper, 3 Tbs, vinegar Red, Rose, or white, 6 Tbs. olive oil or combination of olive and canola oil, 1 tsp honey and minced garlic along with your favorite chopped herbs. Whisk together or add to a jar and shake until completely blended.

I hope these ideas and thoughts are helpful as we travel together this road to “OUR NEW NORMAL”

Welcome both new and returning members to the 2020 season at Sisters Hill Farm! We're so excited to see you all again (and meet some of you for the first time)!

Covid has turned all of our lives upside down—forcing us to adapt. We look forward to brighter times when we can once again be close—both physically, emotionally, and spiritually as a community of folks inspired by the simplicity and beauty of wholesome delicious food. But hopefully when we look back on this time there will be an upside as well.

I've been thinking a lot lately about ways to find the good in difficult situations. About 5 weeks ago I ruptured a disk in my lower back—those of you who have been members for a while know this isn't the first time for me. I have sciatica, which is intense pain and numbness radiating down my leg. Last time it was my left leg, this time it's my right. It's been quite debilitating. I'm in nearly constant pain (it is getting better though, thankfully!) I've been working every day, with the doctor's blessing because moving constantly seems to make it better—but I can't lift, bend, or kneel much. And the most difficult complication—I can't sit for more than a few seconds. Even the drive ¼th of a mile from my house to the farm is unbearable. Unable to sit at my computer, I'm writing this newsletter on my phone laying in bed.

But here's the thing, despite all this I'm having one of my best springs ever on the farm! One of the reasons is I've got a really great crew this year, led by our returning apprentice and now assistant manager Ella. The new apprentices joining us are Justin and Cassanda. They're awesome, super engaged, and excited to be learning all they can from me and Ella. My injury is forcing me to teach them things earlier and more completely than I normally would. Since I can't sit on the tractors for more

than a few seconds at a time I had to teach them to be experts from the get-go. They've really risen to the challenge and are doing an awesome job. Not being able to plant or harvest with them has enabled me to focus on fixing things and creating the tools and infrastructure that make the farm run like a top. At this stage of the game I don't get a big kick out of planting and harvesting, but apprentices love it! I get to direct their activities, while streamlining our processes, and creating cool new tools that make our work more fun and efficient.

Nearly constant pain also reminds me of just how good I usually have it, and how there are many out there for whom this isn't a temporary condition. It builds my sense of empathy for those around me who are struggling daily. It helps me to see them with fresh compassionate eyes. If there is a good side of the Covid disaster, perhaps it is this—we are thinking of, and hopefully reaching out to our friends and neighbors and those most vulnerable. We're coming together around simple universal values.

But enough about me, let's talk about your shares. Those of you who have been around the block a few times know what to expect, but if you're new to the farm you may be surprised by the profusion of greens that you'll be getting over the next few weeks! There won't be a whole lot else for a little while, but as the season progresses your shares will grow in quantity and variety to include lots of more substantial vegetables. For now, rejoice in great greens! Please note, we usually don't wash your greens. 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're 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 the contents are eaten. It couldn't be more simple!

Well, that's it for now, I hope the farm and the food we have lovingly prepared for you is a source of strength and joy in this unique time. Eat well and be well!

—Farmer Dave

From Joan our recipe guru

As we begin a new season here at Sisters Hill Farm, we find ourselves asking the question, "WHAT WILL BE OUR NEW NORMAL". Our answer is, it's evolving, and we'll all be a part of it. We'll find our place together. Something that remains the same here at Sister's Hill Farm is Farmer Dave and the apprentices are working to provide us with nourishing vegetables to enjoy. As we see the beauty in nature, we feel a degree of reassurance and comfort that we will be stronger and better.

In times of uncertainty, change, and fear we reach out for comfort in the foods we desire. Food is important to nourish us physically but more importantly it nourishes us psychologically.

At a time when some foods are not as available as we'd like, or we are not as mobile as we'd like we need to be inventive in our cooking using what we have.

Our share this week provides us some wonderful greens, something we're all been craving and looking forward to.

Rather than giving formal recipe suggestions, I am asking you to think out of the box. Explore and invent.

Greens are not just for cold salads. When making your favorite soup or stew near the end of cooking add a few handfuls of greens cook them just until wilted and to your liking.

Sauté onion, garlic and maybe a few mushrooms then add your greens just to wilt, salt and pepper to taste. These slightly wilted greens make a wonderful bed for a grain or bean mixture. Top it off with thinly sliced radishes. If you have left over grilled or poached chicken that's a good addition. The wilted greens are a good side dish vegetable.