

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

Sautéed Kale with Kohlrabi

Ingredients

- 1 1/4 pound kohlrabi, bulbs peeled
- 1/2 teaspoon grated lime zest
- 2 tablespoons fresh lime juice
- 1/4 cup extra-virgin olive oil, divided
- 2 pounds kale (2 bunches), stems and center ribs discarded
- 5 garlic cloves, finely chopped
- 1/3 cup salted roasted pistachios, chopped
- Equipment: an adjustable-blade slicer

Directions

1. Very thinly slice kohlrabi with slicer.
2. Whisk together lime zest and juice, 2 tablespoons oil, and 1/2 teaspoon each of salt and pepper in a large bowl. Toss kohlrabi with dressing.
3. Finely chop kale. Heat remaining 2 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté garlic until pale golden, about 30 seconds. Add kale by the handful, turning and stirring with tongs and adding more kale as volume in skillet reduces.
4. When all of kale is wilted, sauté with 1/2 teaspoon salt until just tender, about 3 minutes. Transfer to a bowl and cool to room temperature.
5. Toss kale with kohlrabi and pistachios.

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

Mixed Green Salad with Tarragon Vinaigrette - 8 servings

Ingredients

- 1/3 cup extra-virgin olive oil
- 3 tablespoons white-wine vinegar
- 2 scallions, minced
- 2 teaspoons chopped fresh tarragon or 1/2 teaspoon dried
- 1 teaspoon Dijon mustard
- 1/2 teaspoon kosher salt
- 16 cups mixed salad greens (10 ounces)

Directions

1. Combine oil, vinegar, scallions, tarragon, mustard and salt in a jar. Cover and shake until well combined. Place greens in a large salad bowl. Just before serving, drizzle the vinaigrette over the greens and gently toss to coat.



Sisters Hill Farm

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

June 11, 2016

June 14, 2016

<https://sistershillfarm.org>

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Join us for our first picnic of the season Saturday, June 18th at 5 PM featuring the amazing band “Bob and the Boys!” We’ll be grilling up burgers and dogs so bring a side dish or dessert to share!

Field notes from Dev

Hello again, Sisters Hill Farm members! It’s a new season and it feels good to be back! Seeing so many warm familiar faces (and some friendly new ones too!) at distribution these past few weeks has been such a wonderful treat! One of my favorite parts of working here is the great community. I felt so welcomed last year and it feels even better to continue these relationships in this new season. Looking forward to catching up with you all at the picnic!

This winter I stayed on at the farm working with Dave on several interesting behind the scenes projects. We constructed the crop plan, researched techniques to improve crops, analyzed surveys, and grafted tomatoes for the very first time. Having this time to delve into production capability work without any pressure of weeding, planting, or harvesting felt wonderful and very rewarding. It became quite clear just how important the winter season is to shaping the flow and success of the upcoming season.

When Sam and Breezy joined us this April, I was looking forward to another fruitful season with the confidence and assuredness that comes with knowing a place and how it functions. Although certain things fell into place the way they had last year, it was interesting to see all the changes and unexpected aspects of a new season. At times this spring it felt like the rain wouldn’t stop. The onions had seemingly vanished and almost every piece of equipment on the farm wouldn’t start. The mounting stress of uncontrollable elements started to creep in. At the same time other new and exciting projects were forming. We constructed a hoop house for our successfully grafted tomatoes and a new irrigation system helped us germinate some of our most beautiful beds of spinach.

The ups and downs of the spring really showed me how quickly a season can change, how important the winter is to the success of the main season, and how there will always be elements that aren’t within our total con-

trol. It feels good to take the time in the winter to reflect, research, build, and adapt to make the next season that much more successful. The changes we've been able to make this season are a direct reflection of that work.

A great example of one of these winter improvements is shown by our abundance of spinach this spring. After having germination troubles with spinach last fall, Dave and I were able to look into alternative irrigation systems to help get this crop to sprout in less than ideal conditions. We found these great new micro sprinklers that couldn't be easier to set up and allow us to provide the consistent level of proper moisture for the spinach. Seeing these thick beds of spinach come to life already felt great, but the harvest was even better! Just this week we've harvested almost 600 pounds of spinach from just two beds! Considering the harvest total for the season is currently around 4,000 pounds, that spinach makes up a pretty significant chunk! Although it may feel like such a small detail, finding these new micro sprinklers for the spinach has made a huge impact in our success with this crop. It is just another small improvement to the farm's overall production capability.

When I first came to Sisters Hill Farm last spring I thought, *this is it! Dave is a miracle farmer! He's figured it all out! The systems, the tools, the techniques, every little thing is perfect! What could there be to improve upon?* Over the course of the past year the biggest thing I've learned is that this farm succeeds not only because of these systems and tools, but ultimately because of the time spent working on those pieces during the winter. Dave brings up the concept of production capability frequently as a way to describe the process of reflecting upon the systems, tools, and techniques. The time dedicated to this work, during the season and especially in the winter, is a chance to truly research, plan, and improve. This is an invaluable lesson that I will take with me as I look forward to starting a farm of my own. Never underestimate the power of planning and precision!

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

Japanese-Style Spinach (Gomae) - 4 servings

Ingredients

- 2 1/2 tablespoons tahini
- 1 1/2 tablespoons rice vinegar
- 1 1/2 tablespoons reduced-sodium soy sauce
- 1 tablespoon water
- 2 teaspoons mirin
- 1 pound spinach, trimmed if necessary
- 1 teaspoon sesame oil
- Toasted sesame seeds for garnish

Directions

1. Put a large pot of water on to boil.
2. Meanwhile, whisk tahini, vinegar, soy sauce, water and mirin in a

large bowl.

3. Cook spinach in the boiling water until it just turns bright green, 15 to 30 seconds for baby spinach, 45 seconds to 1 minute for mature spinach. Drain in a colander and rinse with cold water. Press or squeeze to remove excess water. Add the spinach to the dressing and toss to coat. Drizzle with sesame oil and sprinkle with sesame seeds, if desired.

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

Creamy Spinach Dip - About 2 1/2 cups

Ingredients

- 1 small shallot, peeled
- 1 5-ounce can water chestnuts, rinsed
- 1/2 cup reduced-fat cream cheese, (Neufchâtel)
- 1/2 cup low-fat cottage cheese
- 1/4 cup nonfat plain yogurt
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper, to taste
- 6 ounces baby spinach
- 2 tablespoons chopped fresh chives

Directions

1. Pulse shallot and water chestnuts in a food processor until coarsely chopped. Add cream cheese, cottage cheese, yogurt, lemon juice, salt and pepper and pulse until just combined. Add spinach and chives and pulse until incorporated.

**** From Your Editor Joan ****

What Is Baby Spinach?

Baby spinach is immature or young spinach - it's harvested earlier than large-leaved mature spinach. The sturdy texture of mature spinach works well in cooked dishes. The milder flavored baby spinach works well in raw or lightly wilted dishes. They are interchangeable. When using mature spinach trim off stems.

- 10 oz trimmed mature spinach = 10 cups
- 10 oz baby spinach = 8 cups

Farmer Dave's note: We don't tend to harvest baby spinach here since we really want to maximize your yield, but our first cutting from each bed is exceptionally tender and great eaten raw. Second cutting spinach has a bit pointier and less succulent leaves. They still taste delicious, but are much better for cooking, because they hold up to the heat better.