

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

Roasted Broccoli with Asiago - 4 servings

Ingredients

- 1 1/2 pounds (about 1 large bunch) broccoli, stalks trimmed to 2 inches below crowns
- 3 tablespoons olive oil
- 1 cup grated Asiago cheese

Directions

1. Preheat oven to 450°F. Cut each crown of broccoli lengthwise into 4 spears. Place broccoli in large bowl; toss with olive oil and sprinkle with salt and pepper. Transfer broccoli to large rimmed baking sheet. Add grated Asiago cheese to same bowl. Roast broccoli until crisp-tender and stalks begin to brown, about 25 minutes. Return broccoli to bowl with cheese. Using tongs, toss to coat.

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

Miso-Butter Braised Turnips – 6 servings

Ingredients

- 6 medium turnips (about 2 pounds) plus 5 cups chopped turnip greens or spinach, divided
- 2 tablespoons butter, divided
- 1/4 teaspoon salt
- 1 cup reduced-sodium chicken broth, plus more if needed
- 1 teaspoon sugar
- 4 teaspoons white miso

Directions

1. Peel turnips and cut into 1-inch wedges. Melt 1 tablespoon butter in a large skillet over medium-high heat. Add the turnips and salt and cook, stirring occasionally, until browned in spots and beginning to soften, 7 to 9 minutes.
2. Add 1 cup broth and sugar; reduce heat to maintain a simmer. Cook, stirring frequently, until the turnips are tender and the liquid is almost completely evaporated, 15 to 20 minutes. (Add up to 1/2 cup more broth if the pan is dry before the turnips are tender.)
3. Meanwhile, mash miso with the remaining 1 tablespoon butter in a small bowl until combined.
4. When the turnips are tender, stir in the turnip greens (or spinach), cover and cook, stirring occasionally, until wilted, 2 to 3 minutes. Remove the pan from the heat. Add the miso-butter and gently stir until the turnips are well coated.



Sisters Hill Farm

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Field notes from Farmer Dave

Well, here we are in the 5th week of the season, about a fifth of the way done. I sincerely hope you have been enjoying the shares so far this year. Not including today's harvest, we've yielded 7,654 pounds of produce. That's about 200 pounds above the average for the last 5 years through this date. It's kind of amazing considering that the vast majority of it so far has been greens. With the cold weather we had this spring, many of the summer favorites still have a bit of growing to do.

As Dev mentioned a couple of weeks ago, we looked closely at your surveys and saw just how much many of you love spinach. Consequently we put some extra effort into that crop and it has shown. This season we've harvested 1,236 pounds of spinach, about a sixth of our total harvest so far! Our average spring total for 2014 and 2015 was about 900 pounds, and for the two years before that it was about 550 pounds; so we've really bumped up our spring production.

The shares have been pretty robust so far, but it's interesting to note that the real heavy hitters are yet to come. For the past 2 years we have averaged around 95,000 pounds of produce a season. That means, if yields hold true, even though we are a fifth of the way done, we've only harvested 1/12 of what we will pull from the fields this year! The bounty is yet to come...

Switching topics for a minute here, many of you know I'm struggling with sciatica right now due to some herniated disks in my lower back. Mostly I've been trying to work through it, but recently I've realized that most of the postures on the farm are counterproductive to my healing. This past week I've been spending some time resting and stretching, confining my activities to office work and planning and delegating the farm crew's activities. It's a hard pill to swallow, trying to pull back a bit in order to heal. My passion and work ethic sometimes get the better of me and I'll find myself trying to do something that I shouldn't be, like setting out sandbags to cover the winter squash with row fabric. In these times, my assistant Dev, and the apprentices usually encourage me to stop; to leave it to them, and to put my guilt (from not helping enough) in check... They have been so wonderful this season. Each of them so willing and capable and enthusiastic. It's been my great pleasure to show them my particular ethic and logic as to how a farm ought to be run; and they're taking to it like fish in water.

Lastly I want to mention the farm picnic! Boy was it fun! A big thanks for everyone who came out! What a spirit of community. Thanks especially to "Bob and the Boys" who with their amazing music set such a great tone for the evening. The food was just terrific too. If you've never come, I really encourage you to check it out at our next one on August 27th. Just let us know if you're coming this time, last Saturday we had over 80 people and I want to make sure we have enough meat for the grill! Have a great week everyone.

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

Chile, Cilantro & Garlic Vinegar - 6 cups

Ingredients

- 6 cups distilled white vinegar
- 6 cloves garlic, peeled and halved
- 3 small hot chile peppers, such as serrano, red jalapeño or habanero, halved
- 12 sprigs fresh cilantro
- Additional fresh herbs for decoration (optional)

Directions

1. Wash 3 pint-size (2-cup) heatproof glass canning jars (or similar containers) and their lids with hot soapy water. Rinse well with hot water. Fill a large, deep pot (such as a water bath canner) about half full with water. Place the jars upright into the pot; add enough additional water to cover by 2 inches. Bring the water to a boil; boil jars for 10 minutes. Add the lids to the pot, and then remove the pot from the heat. Let the jars and lids stay in the hot water as you prepare the flavoring and vinegar. (Keeping the jars warm minimizes breakage when filling with hot liquid.)
2. Thoroughly rinse chile peppers and cilantro with water. Remove the jars from the water bath with a jar lifter or tongs. Divide garlic, the peppers and cilantro among the jars. Heat vinegar in a large saucepan to a bare simmer (at least 190°F). Carefully divide the vinegar among the prepared jars, leaving at least 1/4-inch of space between the top of the jar and the vinegar. Remove lids from the water bath, dry with a clean towel and screw tightly onto the jars.
3. Store the jars in a cool, dark place, undisturbed, for 3 to 4 weeks. Strain vinegar through cheesecloth into another container. Repeat as needed until all the sediment is removed and the vinegar is clear. Discard all solids and pour the strained vinegar back into rinsed jars or divide among sterilized decorative bottles. Decorate with a few well-rinsed fresh sprigs of cilantro, garlic and/or chile pepper, if desired. (Note: Adding a fresh chile pepper to the strained vinegar will intensify the heat level.)

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

Cilantro Crema - 4 servings

Ingredients

- 1/2 cup reduced-fat sour cream
- 3 tablespoons chopped fresh cilantro
- 1 tablespoon minced scallion greens
- 1 teaspoon seeded and minced serrano chile
- 1/8 teaspoon salt
- Freshly ground pepper, to taste

Directions

1. Combine sour cream, cilantro, scallion greens, chile, salt and pepper in a small bowl until smooth.

*****From Eppicurious.com*****

Spicy Napa Cabbage Slaw with Cilantro Dressing - 4 servings

Ingredients

- 1/4 cup rice vinegar (not seasoned)
- 2 teaspoons sugar
- 1 teaspoon grated peeled ginger
- 2 tablespoons vegetable oil
- 1 fresh serrano chile, finely chopped, with seeds
- 1 small head Napa cabbage (1 1/2 pounds), cored and cut crosswise into 1/2-inch slices
- 1 bunch scallions, sliced
- 1/2 cup coarsely chopped cilantro

Directions

1. Whisk together vinegar, sugar, ginger, oil, chile, and 1/2 teaspoon salt. Add remaining ingredients and toss well. Let stand, tossing occasionally, 10 minutes.

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

Chile-Roasted Broccoli - 4 servings

Ingredients

- 1 1/2 pounds broccoli crowns, cut into florets with long stems
- 1 small fresh red chile pepper, such as Fresno, thinly sliced
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt

Directions

1. Preheat oven to 425°F.
2. Toss broccoli, chile, oil and salt in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, until tender, 15 to 20 minutes