

it, leaving it bright green and tender-crisp.)

4. Add the reserved 1/2 cup cooking liquid to the pesto in the blender; pulse to combine. Transfer the tortellini and broccoli to a large bowl. Toss with the pesto. Serve sprinkled with the remaining 2 tablespoons pine nuts.

****Provide by Member From Edible Hudson Valley Magazine Fall

2012****

Broccoli Raab Hero

Ingredients

- 4 oz cooked raab
- 2 oz roasted red peppers—diced
- 2 oz sliced sausage—cooked
- Slices provolone
- Oil - garlic - SP - roll (hoagie type)

Directions

1. Sauté the garlic, add the broccoli until heated.
2. Add peppers and sausage
3. Put in a roll
4. Top with cheese and bake 5 minutes to melt the cheese and toast the roll.

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

Glazed Rutabagas & Potatoes - 8 servings

Ingredients

- 2 1/2 pounds boiling potatoes, peeled and cut into 1-inch cubes (6 cups)
- 2 pounds rutabaga, peeled and cut into 1-inch cubes (6 cups)
- 2 tablespoons canola oil
- 3 tablespoons sugar
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper

Directions

1. Place rack in lower third of oven. Preheat oven to 425°F.
2. Toss together potatoes, rutabagas and oil in a large bowl. Spread out on a large baking sheet. Cover with foil and roast until just tender, about 45 minutes.
3. Sprinkle the vegetables with sugar, salt and pepper; toss gently to coat. Return to the oven and roast, uncovered, until golden brown and glazed, about 25 minutes longer.



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October 19, 2013

October 22, 2013

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Field notes from Farmer Dave



It's been a fulfilling and varied week at the farm. This Tuesday, during distribution as I was walking by the flower patch, a member stopped me to thank me for the great season. She said she had friends who were a part of another CSA and their shares simply did not compare to ours at Sisters Hill. Having been a member for many years she said she has always been amazed by the beauty, variety, and bounty of the shares. She attributed her excellent health to the veggies at Sisters Hill and eating very little meat. Then she said that the same is true for her 101 year old mother! I remembered her mother from distribution a few years back, she always lit up the room when she arrived. At 97, we were so impressed with her amazing smile, her strength, and her attitude. As luck would have it, she came along that day, and was waiting her daughter's car. I went down to say hello, and tell her what an inspiration she was to me. I have to say that she was positively radiant. The whole experience just made my day—it is so wonderful to meet someone who has lived so well, and to receive that kind of feedback about the work you do; that you are making a positive change in peoples' lives. What an affirmation!

That experience Tuesday was followed up by a day of hiking at Mohonk Preserve with the farm crew. It has become an annual tradition, a way to both thank apprentices for a great season together, and a way to enjoy the beauty of the fall beyond our farm fields, without wielding a harvest knife. I'm happy to say we all had a great time; I guided them on many of my favorite trails including Duck Pond, the Lemon Squeeze, Rock Rift, and Giants Workshop. This season's crop of apprentices has been simply fabulous. They have been excellent students, as focused on learning and growth as any apprentices I have taught. But even as they focus, they never forget to have fun. It's a perfect combination on a farm—or in any work environment for that matter. The learning continued even during our hike; they asked me to teach them tree identification (I used to be an ecology teaching assistant in college, and was environmental educator at Mohonk Preserve years ago) and they approached it with enthusiasm. By the end of the hike they could tell a Wild Black Cherry from a Red Maple from a Tulip Poplar at 20 yards, leaves or no leaves!

On Thursday we had a group of 6 volunteers from the Ritz Carlton Hotel in NY City come up and join us to help harvest. It's so satisfying to have a large number of people help us sprint through tasks that are usually a slow crawl. Together we harvested over 1,000 pounds of potatoes, and several hundred pounds of rutabaga and parsnips. We also ripped up all of this season's tomato plants and moved them to a compost pile, pulled all the stakes, straightened them as we went, and put them away for the winter. The folks at the Ritz always brighten our days and really help us accomplish a great deal. Anyone who loves potatoes can thank them for our great yields this season. Without them helping to spread several tons of composted manure by hand this spring the harvest would not have been nearly so great.

The key to the joy of this week, and most weeks, is relationships. I tend to think a lot about the weather and it has been a marvelous fall, no doubt, but the real beauty of this fall comes from the connections I have made with other people on this farm. It about more than just vegetables!

*****From *Epicurios.com******

Potato, Carrot and Parsnip Soup - Makes 8 servings

Ingredients

- 1/4 cup (1/2 stick) butter
- 2 large onions, halved and sliced (about 5 cups)
- 4 carrots, peeled, cut into 1/2-inch pieces (about 2 cups)
- 4 parsnips, peeled, cut into 1/2-inch pieces (about 1 cups)
- 2 14 1/2 ounce cans (or more) low-salt chicken broth
- 3 large red potatoes, cut into 1/2-inch pieces (about 2 1/2 cups)
- 1/4 cup chopped fresh parsley
- 1 teaspoon fresh thyme
- 1 1/4 cups half and half
- 1/4 cup Sherry

Directions

1. Melt butter in heavy large pot over medium-high heat. Add onions and sauté until golden, about 15 minutes. Add carrots and parsnips and cook 10 minutes. Add 2 cans of broth, potatoes, parsley and thyme. Cover and simmer until potatoes are tender, stirring occasionally, about 30 minutes.
2. Puree half of soup in processor. Mix puree into remaining soup in pot. Stir in half and half and Sherry. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate.)
3. Bring soup to simmer, thinning with additional broth, if desired. Ladle into bowls and serve.

*****From *Epicurios.com******

Sauteed Parsnips and Carrots with Honey and Rosemary Makes 8 servings

To add richness, sauté three ounces sliced pancetta until crisp; crumble over

before serving. Varietal honeys are available at specialty foods stores and online at chefshop.com.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 pound carrots (about 4 large), peeled, cut into 3x1/4x1/4-inch sticks
- 1 pound large parsnips, peeled, halved lengthwise, cored, cut into 3x1/4x1/4-inch sticks
- Coarse kosher salt
- 2 tablespoons (1/4 stick) butter
- 1 tablespoon chopped fresh rosemary
- 1 1/2 tablespoons honey (such as heather, chestnut, or wildflower)

Directions

1. Heat oil in large skillet over medium-high heat. Add carrots and parsnips. Sprinkle with coarse kosher salt and pepper. Sauté until vegetables are beginning to brown at edges, about 12 minutes. *DO AHEAD: Can be made 1 day ahead. Cover and chill.*
2. Add butter, rosemary, and honey to vegetables. Toss over medium heat until heated through and vegetables are glazed, about 5 minutes. Season to taste with more salt and pepper, if desired.

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

Broccoli & Tortellini Salad with Arugula Pesto - 6 servings

A quick homemade arugula pesto dresses this simple broccoli and tortellini salad recipe. Serve with fresh sliced tomatoes drizzled with olive oil.

Ingredients

- 1 medium clove garlic
- 5 cups baby arugula
- 1/2 cup shredded Pecorino or Parmesan cheese
- 1/4 cup extra-virgin olive oil
- 1/4 cup plus 2 tablespoons toasted pine nuts, divided
- 2 teaspoons freshly grated lemon zest
- 1/4 teaspoon salt
- 2 9- to 10-ounce packages fresh cheese tortellini, preferably whole-wheat
- 5 cups small broccoli florets

Directions

1. Put a large pot of water on to boil.
2. With the motor running, drop garlic through the feed tube of a food processor; process until minced. Turn it off and add arugula, cheese, oil, 1/4 cup pine nuts, lemon zest and salt. Process, scraping down the sides as necessary, until the mixture is fairly smooth; leave the pesto in the blender while you cook the tortellini.
3. Cook tortellini in the boiling water until just tender, 6 to 8 minutes or according to package directions. Place broccoli in a colander and set it in the sink. Reserve 1/2 cup of the pasta-cooking liquid, then pour the tortellini and the rest of the cooking liquid over the broccoli in the colander. (Pouring the hot pasta and cooking liquid over the broccoli "flash-cooks"