

- 1/2 teaspoon salt plus 1 tablespoon, divided
- 1/4 teaspoon ground pepper
- 2 cups grape tomatoes (about 6 ounces), halved lengthwise
- 12 ounces fusilli or other corkscrew-shaped pasta

Directions

1. Put 2 quarts of water on to boil in a large pot.
2. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring frequently, until lightly brown, 4 to 8 minutes.
3. Meanwhile, if the yellow squash has a “crookneck,” cut off the neck, halve it lengthwise and cut into 1/4-inch slices; quarter the wider part lengthwise and cut into 1/4-inch slices. If the squash is shaped like a zucchini, quarter it lengthwise and cut into 1/4-inch slices.
4. When the onion is lightly brown, add the squash, thyme, 1/2 teaspoon salt and pepper. Cook over medium-high heat, stirring frequently, until the squash releases most of its liquid and begins to brown, 7 to 10 minutes. Add tomatoes and cook, stirring occasionally, until they begin to break down, 4 to 6 minutes more.
5. Meanwhile, add the remaining 1 tablespoon salt to the boiling water, stir in pasta and cook according to package instructions until just tender. Drain well and toss with the sauce. Serve at once.

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

Rosemary Roasted Potatoes & Sweet Onions - 8 servings

Ingredients

- 2 1/2 pounds Yukon Gold potatoes, scrubbed, cut into 1-inch-thick wedges
- 5 tablespoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 2 medium sweet onions (about 1 pound), cut into 1-inch-thick wedges with root ends intact
- 1 tablespoon chopped fresh rosemary

Directions

1. Position racks in upper and lower thirds of oven; preheat to 425°F.
2. Place potatoes in a large pot of cold water, cover and bring to a boil over high heat. Uncover and reduce heat to maintain a simmer. Cook until just tender, 5 to 10 minutes (they should be firm, but tender enough to spear with a fork). Drain in a colander; return the potatoes to the pot. Place over the still-warm burner to dry, about 5 minutes.
3. Divide 3 tablespoons oil between 2 rimmed baking sheets, tilting to coat. Place the pans in the oven to heat for 5 minutes.
4. When the potatoes are dry, drizzle with the remaining 2 tablespoons oil. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Gently toss until coated. Add onions and gently turn with your hands to coat, trying not to break them up.
5. Arrange the potatoes and onions, cut side down, on the hot baking sheets (don't crowd them). Roast until browned and crisp on the bottom, 10 to 15 minutes. Turn the vegetables with tongs and switch the pans back to front and top to bottom. Roast until browned and crisp on the other side, 10 to 15 minutes more. Remove from heat



Sisters Hill Farm

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Join us this Wednesday and Thursday evening from 6:30 to 8PM for onion cleaning and bagging events! Check out the harvest in the greenhouse today... Thanks, see you here!

Field notes from Apprentice D. Rooney

What is a CSA? The acronym stands for: Community Supported Agriculture; but what exactly does that mean? One definition I connect to is: *A group of individuals who commit to support one or more local farms, with the producers and the consumers sharing the risks and benefits of food production.* When you think about that entire definition in, it's pretty deep.

Several years ago when I began my journey to being a farmer, I was absolutely terrified of the thought of being a CSA farmer. At that time I was just beginning to delve into understanding farming and food production. I was living in NYC and it offered me wonderful opportunities to patron many different farmers markets. While I was embarking on my education about food and farming, I frequented farmers markets as often as I could so that I could understand the importance of their presence and observe their impact on people and communities. I quickly found my favorite farmers and forged some great relationships and fierce loyalty in the process. Also during that time, I was working with a non-profit organization in Brooklyn that focused on environmental and social justice, which uses food and farming as a vehicle for change in the community. The organization created the only farmers market in that neighborhood, and also a high school farm project that would supply the market with some of its produce. My focus was with growing food with the youth at that school and providing it to our farmers market. It was magic.

The youth and I, and other adults that worked with the organization, would sow seeds together. Weed together. Care and worry over the crops together. The pinnacle of our joint efforts was of course the harvest. Some of the produce would go to our local farmers market where the youth would also work. Our neighborhood, Bushwick, was always bustling, so our market often was too. The youth were gregarious and often fearless when it came to selling produce. It was quite a sight to see the youth speak with such pride about the produce they grew to the patrons. I felt very lucky to have the duality of being a patron to several farmers markets and to also help support the management of one in my little neighborhood.

So you see, my bias was strong towards farmers markets. When I took a farm business class three years ago, I leaned hard towards markets and kept the idea of a CSA at arms length. For me, the thought of taking people's money

(sometimes strangers) way ahead of the growing season with promise of delivering a bunch of food for an ENTIRE season, petrified me. Please understand, at that time, I absolutely supported and appreciated the CSA model, but it wasn't one that I thought made sense for me. As my farming knowledge matured, my thoughts towards CSA farming warmed, which is why I applied to Sisters Hill. I needed to see first hand what it was I was so intimidated by.

I have learned a tremendous amount of technical skills while here, but it is the creation of community, and the commitment both Dave and all of you have to this farm that changed my mind about being a CSA farmer. It was in the rain, when about 50 members and us crew were working towards completing the season's garlic harvest: trading cooking secrets and passions, speaking about previous lives lived in the city. It's having long standing members tell me about the history of the farm. It's going down to the Bronx and connecting the rural to the city. It's having the kids that accompany their parents be excited about picking out the carrots that make them giddy and flowers that make them curious. Being a CSA farmer is not just about the production of food, its a deep responsibility to your members. Forging a relationship with them in which trust and quality is something to be earned and not taken for granted. However, I also see the fierce loyalty and ownership that so many of the members have to this farm and will commit themselves to ensuring its success by telling everyone they know how wonderful it is to be a member. I now see how a local CSA can bring people together and create a special dynamic within a community, and that feels good for where I am in my life right now. I can honestly say I cannot wait to be a CSA farmer next year. Thanks to all of you for making that happen for me!

******From Your editor Joan Source Unknown******

Baba Ghanouj

Ingredients

- 2 1 lb. eggplants cut in half length wise
- 1/4 C olive oil
- 1/4 C tahini (sesame seed paste)
- 3 Tbs. fresh lemon juice
- 1 garlic clove (chopped)
- Pita Wedges

Directions

1. Pre heat oven 375. Oil a rimmed baking sheet
2. Place eggplant halves, cut side down on sheet. Roast until very soft about 45 min. Cool slightly.
3. Scoop out pulp into strainer, set over a bowl and let stand 30 min. Allowing excess liquid to drain.
4. Transfer eggplant to a processor, add the 1/4C olive oil, tahini, lemon juice and garlic. Process until almost smooth.
5. Season with salt and pepper. Transfer to a small bowl. Cover and chill.
6. To serve, bring to room temp. Serve with pita wedges.

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

Sweet & Sour Onion Jam - About 3/4 cup, for 4 servings

Ingredients

- 2 teaspoons extra-virgin olive oil
- 2 large sweet onions, such as Vidalia, halved lengthwise and sliced
- 2 1/2 tablespoons sugar
- 1 large clove garlic, minced
- 1 teaspoon chopped fresh rosemary
- 1/4 cup distilled white vinegar, plus more to taste
- Pinch of salt
- Freshly ground pepper, to taste

Directions

1. Heat oil in a 12-inch skillet (not nonstick) over medium heat. Add onions and sugar. Cover and cook, stirring occasionally, until onions are soft and most of their liquid has evaporated, 10 to 20 minutes. Uncover and cook, stirring, until onions turn deep golden, 10 to 20 minutes more. (Add 1 or 2 tablespoons water if the onions start to scorch.)
2. Add garlic and rosemary; cook, stirring, until fragrant, about 1 minute. Add 1/4 cup vinegar and cook until most of the liquid has evaporated, about 3 minutes. Season with salt, pepper and more vinegar, if desired.

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

Summer Tomato, Onion & Cucumber Salad - 6 servings, about 1 1/2 cups each

Ingredients

- 3 tablespoons rice vinegar
- 1 tablespoon canola oil
- 1 teaspoon honey
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper, or more to taste
- 2 medium cucumbers
- 4 medium tomatoes, cut into 1/2-inch wedges (Cherry tomatoes work well, just cut in half)
- 1 Vidalia or other sweet onion, halved and very thinly sliced
- 2 tablespoons coarsely chopped fresh herbs, such as flat-leaf parsley, chives and/or tarragon

Directions

1. Whisk vinegar, oil, honey, salt and pepper in a large shallow bowl.
2. Remove alternating stripes of peel from the cucumbers. Slice the cucumbers into thin rounds. Add the cucumber slices, tomatoes and onion to the dressing; gently toss to combine. Let stand at room temperature for at least 30 minutes and up to 1 hour.
3. Just before serving, add herbs and toss again.

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

Fusilli with Yellow Squash & Grape Tomatoes - 6 servings

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 medium sweet yellow onion, halved and thinly sliced
- 1 pound yellow summer squash
- 1 tablespoon chopped fresh thyme