

1. Put the bacon and onions into a small frying pan over medium heat, and cook until the bacon has rendered its fat and is starting to brown and the onions are soft, fragrant, and starting to caramelize, about 10 minutes. Drain off excess fat. Add the ketchup, brown sugar, and Worcestershire sauce. Simmer for 2 minutes, until slightly thickened.
2. Heat the oven to 350T. Put the green beans in a 9 x 13-inch baking dish. Pour the bacon mixture over the beans, and toss gently to coat. Bake until the beans are completely tender and the barbecue sauce is bubbling slightly, 20 to 30 minutes.
3. Let cool for about 5 minutes before serving.

Cook's Tip: Make this dish vegetarian by leaving out the bacon and Worcestershire and adding about 2 teaspoons of smoked paprika (pimentón de la Vera) when you cook the onions.

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

Packet-Roasted Balsamic Green Beans & Peppers - 4 servings

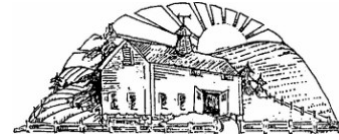
We love to grill these green-bean-and-bell-pepper packets alongside chicken, steak or pork chops

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 teaspoons Dijon mustard
- 2 teaspoons pure maple syrup
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 12 ounces green and/or yellow beans
- 2 bell peppers, thinly sliced lengthwise
- 1/3 cup toasted pine nuts, (see Tip)
- 2 tablespoons balsamic vinegar

Directions

1. Preheat oven to 400°F (or see Grill Variation, below).
2. To prepare packets, start with four 20- to 24-inch-long pieces of parchment paper or foil. Fold in half crosswise. With the parchment or foil folded, draw half a heart shape on one side as you would if you were making a Valentine. Use scissors to cut out the heart shape. Open up the heart.
3. Mix oil, mustard, syrup, garlic and salt in a large bowl. Add beans and peppers; toss.
4. Place one-fourth of the vegetable mixture (about 1 cup) on one side of each open heart fairly close to the crease and leaving at least a 1-inch border around the edges for folding. Sprinkle with pine nuts.
5. Close the packet to cover the ingredients. Starting at the top, seal the packet by folding the edges together in a series of small, tight folds. Twist the tip of the packet and tuck it underneath to help keep the packet closed. Place the packets on a large rimmed baking sheet (packets may overlap slightly). Bake until the vegetables are tender, about 15 minutes. Let packets rest unopened for 5 minutes. Drizzle the vegetables with vinegar just before serving.



Sisters Hill Farm

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Save the date: Next farm picnic August 30th 5PM!

Field notes from Audrey

At this time of the year, with all the summer heat loving crops just coming into prime ripeness and bearing much fruit, I like to reflect on how thankful I am for being here at Sisters Hill Farm, for being surrounded by such wonderful people and the many joys that come with living close to the earth.

There's much to be thankful for -- the weather has been mild to say the least. Most of the mornings this past week it's been in the low to mid 50's, meaning I start the day in a thick wool sweater and then peel it off around 9 o'clock. It's a great feeling to start the day cool and then slowly warm up with the sun as the earth rotates. I'm thankful for the fields and how fertile the soil is -- I'm continually impressed by the vigor of our seeds and the health and bounty the emanates from our crops. This is also the time of year when I begin to feel overwhelmed by the quantity of food we're growing and begin to make lists of all the things I'm going to put up; pesto, salsa, canned tomatoes, roasted peppers, tomatillos...the list goes on. Being surrounded by the freshest and healthiest food was a big reason for why I was drawn to farming and so this time of year is the epitome of that decision, I'm utterly grateful! Oh boy am I lucky to be surrounded by such a great farm crew. Hannah and Alison are such wonderful people and it feels as though this is the part of the season where we really have a good flow going and the days move like butter. Not to mention, we get along quite well and continue to have meaningful conversations in the field that have grown bigger and deeper -- just like the fruits and roots of our crops. Farmer Dave is just as lucrative of a resource as ever, dropping knowledge on various topics related to agriculture. I'm endlessly thankful for having such a patient and hard-working mentor. He's showed me how efficient and beautiful farming can be and I will keep that with me when I eventually go on to farm on my own. Sister Mary Ann continues to be the guiding light for this farm and is so devoted to the mission, without her none of us would be here. The volunteers, both the weekly and one timers are integral to the success of this farm -- with so many hands I'm amazed at how much work we accomplish! And lastly, you, our members keep coming back week after

week, supporting us farmers with your kind words and your enthusiasm. Thank you for your encouragement.

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

Watermelon Slush - 4 servings, about 1 cup each

Ingredients

- 3 cups diced watermelon
- 2 tablespoons lime juice
- 1 tablespoon sugar
- 1 cup crushed ice
- 1/2 cup water

Directions

1. Blend watermelon, lime juice, sugar, ice and water in a blender until smooth.

******From Fresh from the Farm Cookbook******

Roasted Carrot "fries" with Roadhouse Dipping Sauce

serves 3 to 4

Ingredients

- 1 pound carrots, peeled, trimmed, and cut into pieces 2 to 3 inches long and 3/8 inch wide
- 2 tablespoons extra-virgin olive oil
- Kosher salt
- Roadhouse Dipping Sauce (below)

Directions

1. Heat the oven to 475T Line a large rimmed baking sheet with parchment paper.
2. In a mixing bowl, toss the carrots with the olive oil and 1/2 teaspoon salt.
3. Spread in one layer on the sheet pan. Roast until the carrot sticks are very well browned and tender, tossing once with a spatula if you like, 26 to 28 minutes.
4. Let cool for a few minutes on the sheet pans, sprinkle with a little more salt, and serve warm with Roadhouse Dipping Sauce.

******From Fresh from the Farm Cookbook******

Roadhouse Dipping Sauce

Ingredients

- 1/3 cup mayonnaise
- 1 teaspoon freshly grated lemon zest
- 1 teaspoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/2 teaspoon freshly grated ginger

Directions

1. In a small bowl, combine all the ingredients and stir well.
2. Let sit for several minutes for the flavors to develop. Refrigerate if making ahead.

******From Fresh Food Nation Cookbook******

Green Beans with Tomatoes, Oregano, and Feta

This dish is loosely based on the Greek dish called fashoulakia, but with nice, meaty green beans and the addition of slivered fennel.

Ingredients

- 3 tablespoons olive oil
- 1 cup finely chopped onions
- 2 cloves garlic, minced
- 1 medium fennel bulb, thinly sliced, some fronds reserved
- Kosher salt and freshly ground black pepper
- 3 to 4 cups medium-diced, seeded, skinned tomatoes, or two 14 1/2-ounce cans stewed tomatoes, with their juices
- 2 pounds green beans, strings removed if necessary, stem ends trimmed, and cut into 2-inch pieces
- 1/3 cup finely chopped fresh flat-leaf parsley
- 2 tablespoons finely chopped fresh mint
- 1/2 cup crumbled feta

Directions

1. Heat the olive oil in a deep frying pan or wide saucepan over medium heat. Add the onions and garlic; sauté until soft and fragrant, about 3 minutes.
2. Add the fennel, season lightly with salt and pepper, and saute for another 3 minutes. Add the tomatoes and then bring everything to a gentle simmer. Reduce the heat, cover the pan, and stew for about 30 minutes, until the mixture becomes nicely saucy.
3. Add the beans and simmer until they are tender, 15 to 30 minutes, depending on the variety of bean. Add the parsley and mint, taste and adjust the seasonings, and simmer for another 5 minutes.
4. Spoon into a serving bowl or platter and top with the crumbled feta and a fennel frond or two.

******From Fresh Food Nation Cookbook******

Barbecued Green Beans

Ingredients

- 4 slices bacon, chopped
- 1/2 cup chopped onions
- 1/2 cup ketchup
- 1/4 cup packed dark or light brown sugar
- 1 tablespoon Worcestershire sauce
- 2 pounds green beans, ends trimmed and strings removed if needed

Directions