

yogurt and pulse just until the dough starts to come together. Transfer the dough to the prepared pan (it will be crumbly), spread evenly and press firmly into the bottom and all the way up the sides to form a crust.

3. Bake the crust until set but not browned, about 15 minutes. Let cool on a wire rack.
4. To prepare filling: Heat 2 tablespoons oil in a large skillet over medium heat. Add onion and cook, stirring occasionally, until tender, about 5 minutes. Stir in carrots and 1 tablespoon sherry (or rice vinegar) and cook, stirring, for 2 minutes. Remove from the heat.
5. Spread mustard over the crust. Sprinkle with Cheddar, then evenly spread the carrot mixture in the tart shell.
6. Whisk 1/2 cup yogurt, milk, eggs, tarragon, the remaining 1 tablespoon sherry (or rice vinegar), 1/4 teaspoon salt and pepper in a medium bowl. Place the tart pan on a baking sheet and pour in the filling.
7. Bake the tart until the filling is firm and the edges are golden brown, 40 to 45 minutes. Let cool for 15 minutes before slicing. Serve warm or chilled.

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

Chicken with Mustard & Leeks - 4 servings

Ingredients

- 4 boneless skinless chicken breasts, (1 pound total), trimmed
- 4 teaspoons coarse-grained mustard
- 2 leeks, trimmed, cleaned and cut into 2 1/2-inch-long julienne strips
- 2 carrots, peeled and cut into 2 1/2-inch-long julienne strips
- 4 teaspoons chopped fresh thyme, or 1 teaspoon dried
- Salt & freshly ground pepper, to taste

Directions

1. Preheat oven to 400°F. Prepare 4 pieces of parchment paper or foil for papillotes (see Tip).
2. Open the papillotes and place a chicken breast in the center on one half of each opened paper heart. Spread mustard evenly over chicken breasts. Distribute leeks, carrots and thyme over the chicken. Season with salt and pepper. Seal the packages and place them on a baking sheet.
3. Bake until the packages are puffed, 10 to 12 minutes. (You may want to open one package to check that the chicken is no longer pink inside.) Transfer the packages to individual plates; let each diner open his or her own package.



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The Apprentice Perspective

Not a lot of big news, drama, or intrigue at the farm this week. Mostly farming as usual. That's often how one would prefer things to be on a farm. In addition to our usual twice-weekly harvest cycles for the Tuesday and Saturday distributions, we've been working on cultivating/weeding in the upcoming crops, rolling up drip tape for re-use in the coming year, harrowing to stay ahead of weeds on bare soil, thinning beets and beans, seeding some of the last successions of our recurring crops, mowing the headspaces around the fields, and pruning diseased leaves off some of the solanaceous crops (e.g., eggplant). More or less a typical week for this part of the year.

Given the relative scarcity of sensational farm news, I wanted to write something this week about the legislative and political context in which we American farmers ply our trade. Specifically, I wanted to write something about the "Farm Bill" before the U.S. Congress. The so-called Farm Bill is a huge and complex omnibus bill which includes funding for food stamps, commodity subsidies, school nutrition programs, land conservation, research, agricultural loans, rural development, forestry, biofuels, etc. Quite a bit going on in there. Typically the Farm Bill is renewed every five years. (Technically, the name of the "Farm Bill" changes every time Congress renews the legislation, but it's much more convenient for the majority of us to just keep calling it "the Farm Bill.") Since the current Farm Bill was enacted in 2008, this would be the year to for Congress to pass a new version of the bill, before the provisions and funding of the 2008 bill expire next year.

As I began doing some research, I realized that the 2012 Farm Bill makes a timely topic. At present, the U.S. Senate has passed its version of the Farm Bill, which provides some talking points about what that Senate version includes. The U.S. House of Representatives, however, has been unable to agree on its version of the bill, and instead of continuing debate on the Farm Bill as a whole, the House has been working on disaster-relief funding specific to this year's major droughts. The House is unlikely to revisit its version of the Farm Bill until sometime next year.

In the meantime I would like to outline just two and a half key pieces of the Farm Bill puzzle. First off, more than 75% of all the money spent in the Farm Bill goes to the food stamp program. More than 43 million Americans currently receive food stamp benefits. That's more than 1 out of every 8 people in this country. Of those 43 million Americans enrolled in the food stamp program, more than 15 million were added in the year 2008, during the Great Re-

cession. Half of all food stamp recipients are children. A family has to be relatively poor to qualify for food stamps assistance. For example, a family of three cannot qualify unless it makes less than \$23,800 annually. A typical food stamps beneficiary receives \$4.50 a day in food stamps. So that's where most of money in the Farm Bill goes. The current Senate version of the Farm Bill cuts \$4.5 billion from food stamps funding; the proposed House version would cut \$16.5 billion.

The second-largest portion of Farm Bill, monetarily speaking, is commodity subsidies. Seventy-five percent of all subsidy money paid out under the Farm Bill goes to less than 4% of farmers. (More than 60% of farmers receive no subsidy money.) These fortunate 4% are the largest growers of corn, soy beans, wheat, cotton, and rice in the nation. Perhaps the most controversial form of these subsidies are called "Direct Payments." Direct Payments are annual, fixed payments given to producers based on the average they produced each year in the past. These lump-sum payments go out automatically every year and have nothing to do with a farm's current production or profit. Under the 2008 Farm Bill, these Direct Payments totalled about \$5 billion annually. The Senate version of the 2012 Farm Bill would end these Direct Payments in favor of increased subsidies for crop insurance.

For the closing half a puzzle piece: A couple of senators introduced an amendment for the Farm Bill that would have allowed states to require the labeling of genetically modified organisms (GMO) in foods. This amendment was defeated in the Senate. So, although 49 other countries around the world require GMO food ingredients to be labeled . . . you won't be see any labeling requirements in the United States for the time being.

So there's a wee sliver of insight into the legislative backdrop against which we occupy ourselves growing organic vegetables and fruits and herbs. And now it's late, and I must bid you all a good night -- because farming as usual continues at 6am tomorrow, and I'll need all the oomph I can muster. Take care.

--Stefan

[Author's note: I've used material from several sources for this article. This newsletter seemed a clumsy place to include proper citations, but if you have doubts about any of my numbers, I encourage you to do your own research. For those curious about the Farm Bill, I strongly recommend a Ted talk given last year by Ken Cook, who is President of the Environmental Working Group. His overview includes several excellent visual aides and is the source of most of my information about the food stamps program. His talk can be found by searching YouTube for "Ken Cook Farm Bill."]

******From Member Joan Cohen (source unknown)******

Baba Ghanouj Ingredients

- 2 1 lb. eggplant 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 FineCooking.com******

Savory Carrot & Tarragon Tart - 8 servings

Ingredients

Crust

- 1 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1 1/2 teaspoons fresh tarragon leaves, or 1/2 teaspoon dried
- 1/2 teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1/4 cup extra-virgin olive or canola oil
- 1/4 cup low-fat plain yogurt

Filling

- 2 tablespoons extra-virgin olive or canola oil
- 1 cup thinly sliced red onion
- 1 1/2 cups grated carrots
- 2 tablespoons dry sherry, (see Ingredient Note) or rice vinegar, divided
- 1 tablespoon Dijon mustard
- 1/2 cup shredded reduced-fat Cheddar cheese
- 1/2 cup low-fat plain yogurt
- 1/2 cup low-fat milk
- 2 large eggs
- 2 teaspoons finely chopped fresh tarragon, or 3/4 teaspoon dried
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper

Directions

1. Preheat oven to 350°F.
2. To prepare crust: Coat a 9 - 10-inch tart pan with cooking spray. Place all-purpose flour, whole-wheat flour, tarragon and 1/2 teaspoon salt in a food processor; pulse to combine. Add butter one piece at a time, pulsing once or twice after each addition, until incorporated. Add 1/4 cup oil and 1/4 cup