

cilantro (or dill). Season with pepper. Stir into the pilaf. Serve hot.

******From FineCookingInSeason.com******

Cabbage

Cabbage makes a wonderful salad—generally called a slaw—when shredded and tossed with a bright dressing, but its sweetest character comes out with cooking. Steaming, braising, and stir-frying are excellent ways to prepare cabbage. The longer the cabbage cooks, however, the stronger the sulfurous elements become, so whatever method you use, cook just until tender.

Grilling and roasting also brings out the sweet side of cabbage. Try cutting it into narrow wedges, coat in olive oil, salt, and pepper, then grill or roast until tender and beginning to char

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

Italian Peasant Soup with Cabbage, Beans & Cheese

8 servings, 1 cup each

Ingredients

- 2 19-ounce or 15-1/2-ounce cans cannellini beans, rinsed, divided
- 3 tablespoons extra-virgin olive oil, divided
- 1 medium onion, halved and sliced
- 4 cups shredded Savoy cabbage, (1/2 medium head)
- 3 cloves garlic, minced, plus 1 clove garlic, halved
- 3 14-1/2-ounce can reduced-sodium chicken broth, or 5 1/4 cups vegetable broth
- Freshly ground pepper, to taste
- 8 1/2-inch-thick slices day-old whole-wheat country bread
- 1 cup grated fontina cheese, or 1/2 cup Parmesan cheese

Directions

1. Mash 1 1/2 cups beans with a fork.
2. Heat 1 teaspoon oil over medium heat in a Dutch oven or soup pot. Add onion and cook, stirring often, until softened and lightly browned, 2 to 3 minutes. Add cabbage and minced garlic; cook, stirring often, until the cabbage has wilted, 2 to 3 minutes. Add broth, mashed beans and whole beans; bring to a simmer. Reduce heat to medium-low, partially cover and simmer until the cabbage is tender, 10 to 12 minutes. Season with pepper.
3. Shortly before the soup is ready, toast bread lightly and rub with the cut side of the garlic clove (lightly or heavily depending on taste). Divide toast among 8 soup plates. Ladle soup over the toast and sprinkle with cheese. Drizzle about 1 teaspoon oil over each serving. Serve immediately



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From the Apprentices' Perspective



It's hard for me to believe, but even though we're barely a third of the way through the harvest season, half of our season as apprentices here at Sisters Hill has already gone by! The ripening heat of July seemed nearly unimaginable when we sat in the farm office in early April, wearing fleeces and hats and heavy wool socks. As we learned how Dave creates the farm plan for the upcoming year, my eyes would catch on "Basil," or "Tomatoes," and I sighed many a wistful sigh. Those iconic summer tastes seemed so far away then, and with so much hard work and learning and good times in between then and now, I guess they were. But now we've harvested hundreds of bunches of basil and tomatoes are beginning to ripen on the vines, and I can barely remember what the fields and forests looked like without their lovely green coverings.

One summer milestone that looked so far away in April took place this past Monday, July 8th: the CRAFT tour here at Sisters Hill Farm. Over the past few months, we apprentices have had the opportunity to visit farms all over New York and Massachusetts through the local CRAFT (Collaborative Regional Alliance for Farmer Training) network. We've met lots of wonderful young people apprenticing on other farms, and learned a great deal from the experience of the participating farmers and the diversity of their operations. For instance, I now know that professional cheese making is 90% dishwashing, and that you can make a treadmill for your draft horse...

Here on our home turf, the tour was a prime chance to show off the farm's well-honed production systems and demonstrate our incredible weed-eradicating abilities (our secret weapon: the irreplaceable Pete). Our fellow apprentices were very impressed by Dave's presentation and by the farm itself; some particular areas of comment were the "perfectly straight rows," what is apparently a "famous" vegetable wash station, and of course, the largely weed-free fields. Audrey, Julia, and I even got the chance to demonstrate our tractor-driving and lettuce-transplanting skills for an audience of our peers (no pressure, right?). As you can imagine, it was a proud day to be an apprentice at Sisters Hill—though every farm in the CRAFT program has its unique strengths, it's obvious that we here are a part of something very special.

******From VegetarianTimes.com******

Creamy Balsamic Dressing

Ingredients

- 5 oz. silken tofu, drained (½ cup)
- 1 Tbs. balsamic vinegar
- 1 Tbs. Dijon mustard
- 1 small clove garlic, peeled and smashed
- 1 tsp. warm honey

Directions

1. Place all ingredients in mini food processor or chopper. Add 1/4 cup water, and blend until smooth. Season with salt and pepper, if desired

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

Creamy Gorgonzola Polenta with Summer Squash Sauté—4 servings

Ingredients

- 2 14-ounce cans vegetable broth, or reduced-sodium chicken broth, divided
- 1 cup water
- ¾ cup cornmeal
- ½ teaspoon freshly ground pepper
- ⅔ cup crumbled Gorgonzola cheese
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons minced garlic
- 2 small zucchini, halved lengthwise and sliced
- 2 small yellow summer squash, halved lengthwise and sliced
- 2 tablespoons flour
- **1/4 cup chopped fresh basil**

Directions

1. Combine 2 1/2 cups broth and 1 cup water in a small saucepan. Bring to a boil. Slowly whisk in cornmeal and pepper until smooth. Reduce heat to low, cover and cook, stirring occasionally, until very thick and no longer grainy, 10 to 15 minutes. Stir in Gorgonzola; remove the polenta from the heat.
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add garlic and cook, stirring constantly, until fragrant, 30 seconds to 1 minute. Stir in zucchini and squash and cook, stirring occasionally, until starting to soften and brown in places, about 5 minutes. Sprinkle flour over the vegetables; stir to coat. Stir in the remaining 1 cup broth and bring to a boil, stirring often. Reduce heat to medium-low and simmer, stirring occasionally, until thickened and the vegetables are tender, 1 to 3 minutes. Stir in basil; serve the sauté over the polenta.

*****From Our Editor Joan*****

Roasted fresh Green Beans

This is a quick and easy way to fix fresh green beans

1. Set oven to 450°
2. Wash the green beans and pat dry
3. Toss green beans with about 1 Tbs. of extra vergin olive oil—salt and pepper to tast. (I use sea salt)
4. Spread on a baking sheet
5. Roast—turning once aalf way through roasting, until slightly wilted and tender, about 15 minutes

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

Orange-Infused Roasted Green Beans & Red Peppers - 4 servings

For a special twist try this recipe

Ingredients

- 1 pound green beans, trimmed
- 1 red bell pepper, thinly sliced
- 1 tablespoon extra-virgin olive oil
- Zest of 1 orange
- ½ teaspoon salt
- 1/4-1/2 teaspoon crushed red pepper

Directions

1. Preheat oven to 450°F. Toss green beans, bell pepper and oil in a large bowl. Add orange zest, salt and crushed red pepper to taste; toss to combine. Spread on a large baking sheet. Roast the vegetables, turning once halfway through cooking, until tender and slightly wilted, about 15 minutes.

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

Lentil & Bulgur Pilaf with Green & Yellow Squash

6 servings, 1 cup each

This makes a great meal with a salad from our greens.

Ingredients

- 4 1/2 cups reduced-sodium chicken broth, or vegetable broth
- 1 1/4 cups brown lentils, rinsed
- 1 medium onion, chopped
- 1 bay leaf
- 1/4 teaspoon salt, or to taste
- 1/2 teaspoon ground allspice
- Freshly ground pepper, to taste
- 3/4 cup coarse bulgur, (see Ingredient note)
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 small zucchini, halved lengthwise and cut into 1/4-inch-thick slices
- 1 small yellow squash, halved lengthwise and cut into 1/4-inch-thick slices
- 1 clove garlic, minced
- 2 teaspoons freshly grated lemon zest
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh cilantro, or dill

Directions

1. Combine broth, lentils, onion, bay leaf, salt, allspice and pepper in a 3-quart saucepan. Bring to a boil over medium heat. Reduce heat to low, cover, and cook for 20 minutes. Add bulgur and cook until the lentils and bulgur are tender and the liquid is absorbed, 15 to 20 minutes more. Remove the pilaf from the heat, discard the bay leaf and stir in lemon juice.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add zucchini, squash, garlic and lemon zest; sauté for 5 minutes. Stir in parsley and