

Grilled Zucchini & Goat Cheese Roll-Ups—yields 8-10 roll-ups

Ingredients

- 3 small zucchini, cut into 1/4-inch thick lengthwise strips
- extra-virgin olive oil
- kosher salt
- 3 oz. goat cheese, at room temperature
- 1 Tbs. finely chopped oil-packed sun-dried tomatoes, well drained
- Heaping 1/2 tsp. fresh thyme, chopped
- 2 Tbs. freshly grated Parmigiano Reggiano

Directions

1. Heat a gas grill to high. Brush both sides of the zucchini strips with olive oil and season with kosher salt. Put the strips on the grill at a 45-degree angle to the grates and grill, covered, until well browned and limp, 3 to 4 minutes per side. Check occasionally and move the slices around gently with tongs as necessary so that they brown evenly; don't undercook them. When done, remove them from the grill and drape them over a cooling rack to keep them from steaming as they cool.
2. In a bowl, combine the goat cheese, sun-dried tomatoes, thyme, 1 tsp. olive oil and 1/8 tsp. kosher salt. When the zucchini has cooled completely, spread 1 heaping tsp. of the filling thinly over one side of each grilled zucchini strip (use a mini spatula or your fingers to spread). Roll up the zucchini (not too tightly; this is more like folding), and put them on a baking sheet lined with parchment or foil. Refrigerate if not using within an hour, but bring back to room temperature before broiling. Heat the broiler. Sprinkle with a little grated Parmigiano and brown under the-broiler, about 1 minute.



Sisters Hill Farm

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Come to the Potluck Picnic!
Saturday August 4th
6 PM
Join in the fun!



Notes from Farmer Dave

We are only a little more than a third of the way through the harvest season and yet we farmers can already sense the end. You see, yesterday we had our last major transplanting day of the year. All of the fall cabbage, broccoli, kale, chard and rutabaga went into the ground (5,200+ plants). We also direct seeded the last planting of summer squash, cucumbers, and beans. Today in the greenhouse we planted the 2nd to last planting of lettuce. After next weeks lettuce planting we'll be done with greenhouse seeding for the season. As for direct seeding, all we have left to plant are greens, herbs, carrots, turnips and next season's garlic.

I love that in farming there is no such thing as cramming. You can't reap what you do not sow. If a crop is not planted at the appropriate time you will not have it mature when you hope to be harvesting it. As you might imagine our crop plan is extremely complex. For example in order to have a nearly continuous supply we plant lettuce weekly—22 times a season. But you may not have known that we also plant carrots 9 times, beets 5 times, beans 7 times, broccoli 4 times, cabbage 4 times, summer squash 6 times, cucumbers 5 times, and herbs 5 times (just to name a few). Each of these crops has their own window of opportunity in terms of the weather conditions they endure, as well as how long we can pick them while they still have excellent eating qualities.

Take beans for example; once they produce their initial set, they need to be picked every 2-3 days. That works out good for our two pick-up per week schedule, but after about 10 to 14 days the plants don't produce beans as fast as they once did and the quality starts to decline. To remedy this concern we plant a new bed of beans every 12 days; this way there are always fresh beans coming on.

Certain other crops are just too difficult to grow all summer long (the heat and the insects overwhelm them) so we plant them just in the spring and the fall. Usually we do a couple of plantings to ensure that at least one thrives if the weather is extreme. Broccoli and cabbage work out well this way. Some crops we only plant in the spring primarily to round out and bulk up the early spring shares. Good examples of this would be Chinese cabbage, bok choy and kohlrabi. We don't bother to plant them in the fall because in contrast to the spring, the shares in the fall are full of other heavy items.

On top of all these concerns we have to determine where on the farm to plant all these crops. A well planned rotation can help prevent pest and disease outbreaks as well as promote optimum growth. An important consideration for our rotational plan is allowing our lush cover crops to grow as long as possible into the spring so they are of maximum benefit. In creating a plan we need to factor in things like how we will protect the plants collectively from certain pests. We often group certain plant families so we can cover them together with our enormous floating row covers. And of course we need to consider harvest; planting heavy crops near field edges or planning cover cropped harvest lanes. There's definitely a lot to think about when planning a rotation and crop plan. I hope you are enjoying the results of this past winter's brainstorming as well as this spring/summer's hard labor! Enjoy!

*****From FineCooking.com*****

Grilled Vegetable Sandwiches - Yields 4 sandwiches

These are great make-ahead sandwiches. At the restaurant, we usually make them on Saturdays, but our staff likes to wait until Monday to eat them..

Ingredients

- 2 medium zucchini, sliced lengthwise 1/4 inch thick
- 2 medium yellow squash, sliced lengthwise 1/4 inch thick
- 1 medium eggplant, sliced lengthwise 1/4 inch thick
- 4 scallions, trimmed
- 4 medium portabella mushrooms, wiped clean, stems removed
- 1/3 cup olive oil for brushing the vegetables
- Kosher salt and freshly ground black pepper
- 2 red peppers, roasted, peeled, and quartered
- 1/2 cup Sun-Dried Tomato & Olive Spread
- Four 6-inch lengths crusty French or Italian bread, halved lengthwise
- 1 cup grated Asiago, dry Sonoma Jack, Provolone, or other sharp, dry cheese

Directions

1. Brush the zucchini, squash, eggplant, scallions, and mushrooms lightly with olive oil and sprinkle with a little salt and pepper. Grill or broil until tender. Cut the grilled mushrooms into thin slices.

2. If the bread is very thick, hollow it out slightly to make a pocket. Spread the sun-dried tomato spread liberally on each slice. Layer the vegetables, including the roasted peppers, on one half of the bread, dividing them evenly among the four sandwiches. Pat the grated cheese on the other half and put the halves together.
3. Make Ahead Tips
4. The sandwiches can be made a day or two in advance and kept refrigerated, tightly wrapped in plastic. Let them come to room temperature before serving.

nutrition information (per serving):

Calories (kcal): 690; Fat (g): 39; Fat Calories (kcal): 350; Saturated Fat (g): 10; Protein (g): 20; Monounsaturated Fat (g): 24; Carbohydrates (g): 69; Polyunsaturated Fat (g): 4; Sodium (mg): 1210; Cholesterol (mg): 25; Fiber (g): 9;

*****From FineCooking.com*****

Green Bean and Israeli Couscous Salad with Pickled Red Onions

- Serves 6

Toasting Israeli couscous, a small, pearl-shaped pasta, before boiling gives it a richer flavor. Enjoy this salad warm or at room temperature.

Ingredients

- 1/2 cup small-diced red onion
- 1/4 cup red wine vinegar
- 1 Tbs. granulated sugar
- Kosher salt
- 3/4 lb. green beans, trimmed and cut into 1/2-inch pieces
- 1/2 cup Israeli couscous
- 2 Tbs. coarsely chopped fresh flat-leaf parsley
- 2 Tbs. extra-virgin olive oil
- Freshly ground black pepper

Directions

1. Put the onions in a large serving bowl. In a small saucepan, bring the vinegar, sugar, and 1/2 Tbs. salt to a boil. Pour the mixture over the onions, cover, and let sit for about 30 minutes.
2. Bring a medium pot of well-salted water to a boil over high heat and cook the beans until crisp-tender, about 3 minutes; transfer with a slotted spoon to a colander.
3. Keep the water at a boil while you toast the couscous in a dry skillet over medium heat, stirring, until golden-brown, about 4 minutes. Cook the couscous in the boiling water until tender, about 10 minutes; drain in the colander with the beans. Add the couscous, beans, parsley, and olive oil to the onions and toss. Season to taste with salt and pepper and serve.

*****From FineCooking.com*****