

- until small clumps form.
3. Transfer the dough to a sheet of parchment paper and press into a ball, then press the ball into a disk about 8 inches wide. Wrap in the parchment and refrigerate for at least 1 hour and up to 1 day before rolling out.
 4. To prepare filling: Heat 2 tablespoons olive oil in a large skillet over high heat. Add onions; cook, stirring, until translucent, 4 to 6 minutes. Add cabbage and 1/2 teaspoon salt (if necessary, add half the cabbage and cook it down for a minute or two before adding the rest). Reduce heat to medium and cook, stirring often, for 10 minutes. Then reduce heat to low, cover and cook, stirring occasionally, until greatly reduced and golden, 40 to 50 minutes. Season with a dash of pepper.
 5. Meanwhile, scrape gills from mushroom caps; cut the caps into 1-inch pieces. Heat the remaining 1 tablespoon oil in another large skillet over medium-high heat. Cook garlic, stirring, for 1 minute. Add the mushrooms, thyme and the remaining 1/2 teaspoon salt. Cook, stirring often, until the mushrooms are tender and beginning to brown, about 10 minutes. Add sherry (or Marsala); cook, stirring, until it cooks away, about 1 minute. Add the mushrooms to the cabbage.
 6. Preheat oven 400°F.
 7. To roll out pastry: Dust a sheet of parchment paper, and the dough, with flour. Roll the dough out into a 15-inch circle. Go slowly and if it cracks just press the pieces together. Dust with flour as needed and keep the circle as even as you can, but don't worry about rough edges.
 8. To assemble & bake: Spread the cabbage-mushroom mixture over the pastry, leaving a 2-inch border. Use the parchment to lift the edges of the pastry and fold loosely over the filling in 2- or 3-inch sections. It may crack as you fold it, but that's fine. Transfer the galette, parchment and all, onto a baking sheet. Trim off overhanging parchment.
 9. Bake the galette for 20 minutes. Sprinkle with queso fresco. Continue baking until the cheese is melted and the pastry is lightly browned, 15 to 20 minutes more.
 10. Let cool at least 15 minutes on the baking sheet. Lift parchment and galette onto a platter; slide the parchment out. Serve hot, warm or at room temperature.

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

Stir-Fried Cabbage—6 to 8 servings

Ingredients

- 2 tablespoons vegetable oil
- 1 tablespoon minced peeled fresh ginger
- 1 2-pound green cabbage, quartered, cored, very thinly sliced
- 6 green onions, chopped
- 1 tablespoon oriental sesame oil

Directions

1. Heat vegetable oil in heavy large pot over medium-high heat.
2. Add ginger and stir 30 seconds.
3. Add half of cabbage and toss until wilted, about 4 minutes.
4. Add remaining cabbage, green onions, and sesame oil.
5. Toss until all cabbage is crisp-tender, about 4 minutes.
6. Season to taste with salt and pepper and serve.



Sisters Hill Farm

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Saturday July 11th 5PM First Farm Barbeque of the season with musical guest “Bob and the Boys”

We will barbeque burgers and dogs and provide drinks, please bring a side dish or dessert to share!

From the Apprentices Perspective

Welcome to July! I truly cannot believe July is here. I still very vividly, remember the first month working here on the farm. I recall Dave mentioning the garlic harvest in the beginning of July, and me thinking how far away that seemed and oh how I wished the days to be longer, sunnier, warmer, and the veggies to be constant, bountiful and rewarding. I also wondered then what all of the wonderful nuggets of information I would have to show for my first few months. Now that three months have passed and the garlic harvest is just days away, all of my wishes have come true and I have learned so much.

When we first began our apprenticeship here at the beginning of April, snow was still in large piles on the ground, the soil was not even close to being warm to work-up, and the Spring and some of the Summer seedlings were tucked away in the warm blanket that was the greenhouse. Oh the greenhouse! Understanding how to manage the greenhouse and to take care of the future crops you are now eating, was something I was really keen to understand well. I have some previous experience taking care of crops in a greenhouse, but here the quantity is more and because of that, a bit more nerve-racking. The basic principle of a greenhouse is that it is a structure that enables plants to grow because it provides not only the light they need but also the perfect temperatures needed to keep their soil a happy place for the seeds to live. Seems pretty simple, right? No, not exactly. When the temperature outside is still in the 50s during the day and dropping close to freezing at night, we have to ensure that during the day the seedlings are watered well enough to keep the little seeds active to grow, but not so wet so that the soil isn't warm enough and doesn't beneficially dry out.

How do we manage the greenhouse? Well first thing when we start our day, the person in charge of the greenhouse for the week will "open" the greenhouse. As the weather can vary for the day, so will our approach as to how we will open the greenhouse. If first thing, the day is overcast and in the 50s, we may open just one set of big doors to allow some daytime air in. In the cooler weather, we heat the greenhouse overnight by propane. So again, depending on a day's temperature in April, we may lower it or just turn it off in the morning. We will then inspect all of

the seedling trays to assess their soil moisture levels. This done by visually inspecting the topside and underside of the trays. If we are unsure by sight, sometimes we will touch the soil to get a more accurate understanding. When the nights are cooler and depending on how late the previous day's last watering took place, sometimes we won't have to water first thing, so once you know what the moisture is like and what the weather will be like for the next several hours, you can sometimes make a good guess of when you need to water. If the overcast morning has turned into a sunny and warmer day, we again have to visit the greenhouse to make the appropriate amendments to the environment. Open more doors and now the vents, turn on the fans and possibly water more frequently. For me, greenhouse duty is great preparation for the fields. It is a contained environment that we create to mimic the outdoor environment. Mimic is the key word, but in the greenhouse we have to constantly be aware of: today and tomorrow's forecast, over and under watering, air temperature and humidity, is there enough air circulating, are the plants developing healthily, if not, what can I do to remedy it. Readily observe and make a measured decision when things aren't going so well.

As the season has progressed, the other apprentices and I have equally cared for the seedlings in the greenhouse and have lovingly planted them in to the soil when the time was right. We have helped to take care of them with Dave's wealth of knowledge and learned how to harvest them for over a month of CSA distribution. I, like all of you, have enjoyed eating the delicious food that comes from this soil, but as I reflect on the past three months and describe in short form above the work that we have accomplished just in the greenhouse, the deliciousness seems just little bit tastier for me. I look forward to sharing more of my experiences with you all. Enjoy the harvest!—D. Rooney

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

Carrot Cake Waffle Breakfast Sandwich - 1 serving

Ingredients

- 2 whole-grain frozen waffles or make your own (I do)
- 2 tablespoons reduced-fat cream cheese (Neufchâtel)
- 1/2 cup shredded carrot
- 2 tablespoons raisins
- 1 tablespoon chopped walnuts
- 2 teaspoons pure maple syrup

Directions

1. Toast waffles. Spread cream cheese on 1 waffle. Top with carrot, raisins and walnuts. Drizzle with maple syrup. Top with the remaining waffle

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

Dilly Carrots - 6 pint jars

Ingredients

- 2 1/2 pounds carrots, peeled and cut into 3-inch sticks (about 9 cups)
- 12-24 sprigs fresh dill
- 3-6 whole large cloves garlic, sliced - try using garlic scapes
- 3 cups distilled white vinegar or cider vinegar
- 3 cups water
- 2 tablespoons plus 2 teaspoons sea salt
- 2 tablespoons sugar

Directions

1. Place a large bowl of ice water next to the stove. Bring a large pot of water to a boil in a large pot. Add half of the carrot sticks, cover, return to a boil and cook for 2 minutes. Use a slotted spoon to transfer the carrots to the ice water to cool. Repeat with the remaining carrots.
2. Drain the cooled carrots and divide among 6 pint-size (2-cup) canning jars or similar-size tempered-glass or heatproof-plastic containers with lids. Divide the dill and garlic among the jars.
3. Combine vinegar, 3 cups water, salt and sugar in a large saucepan. Bring to a boil and stir until the salt and sugar dissolve. Boil for 2 minutes. Remove from the heat.
4. Carefully fill jars (or containers) with brine to within 1/2 inch of the rim, covering the carrots completely. (Discard any leftover brine.)
5. Place the lids on the jars (or containers). Refrigerate for at least 24 hours before serving. Store in the refrigerator for up to 1 month.

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

Cabbage & Mushroom Galette - 8 servings

Ingredients

Pastry Dough

- 3 tablespoons butter
- 1 cup white whole-wheat flour (see Tips)
- 1 cup all-purpose flour, plus more for rolling
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2/3 cup reduced-fat cream cheese (Neufchâtel)
- 3 tablespoons canola oil
- 2 tablespoons cold low-fat milk

Filling

- 3 tablespoons extra-virgin olive oil, divided
- 2 medium yellow onions, sliced
- 1/2 head Savoy cabbage (1-1 1/4 pounds), very thinly sliced
- 1 teaspoon salt, divided
- Freshly ground pepper to taste
- 6 Portobello mushroom caps (about 1 1/4 pounds)
- 3 large cloves garlic, chopped
- 2 teaspoons fresh thyme or 1 teaspoon dried
- 1/4 cup dry sherry or Marsala. (Don't use cooking Marsala—it can be high in sodium)
- 4 ounces crumbled queso fresco or feta cheese

Directions

1. To prepare pastry dough: Melt butter in a small saucepan over medium heat. When it starts bubbling, cook, stirring and watching carefully so it doesn't burn, until golden brown, 2 to 6 minutes. Transfer to a metal bowl and refrigerate until solid again, 25 to 30 minutes.
2. Combine whole-wheat flour, all-purpose flour, 1/2 teaspoon salt and 1/4 teaspoon pepper in a food processor. Pulse once or twice to mix. Cut the butter and cream cheese into pieces; add and pulse until the mixture resembles coarse meal. Add canola oil and pulse until it looks like wet sand. Add milk and pulse