

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

### Fresh Tomato Sauce with Saffron - 3/4 cup

#### Ingredients

- 2 teaspoons extra-virgin olive oil
- 1 teaspoon finely chopped garlic
- 1/8 teaspoon powdered saffron, or 1/2 teaspoon saffron threads, crushed
- 1/4 cup reduced-sodium chicken broth
- 1/4 cup dry sherry
- 1 medium-large or 2 small tomatoes, peeled, seeded and chopped (see Tip)
- 2 tablespoons chopped fresh parsley
- Salt & freshly ground pepper to taste

#### Directions

1. Heat oil in a small saucepan over medium heat. Add garlic and stir until lightly colored, about 30 seconds. Add saffron and stir for 5 seconds more. Stir in broth and sherry and simmer until reduced to 2 tablespoons, about 5 minutes. Transfer sauce to a small bowl and set aside to cool.
2. Just before serving, stir in tomatoes and parsley. Season with salt and pepper.

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### Curried Zucchini & Couscous - 4 servings, 1 1/4 cups each

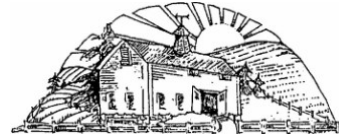
Made all in one saucepan, this curried zucchini and couscous recipe is a quick side dish, perfect to serve with grilled meats. For a little sweetness, throw in a handful of raisins with the carrots.

#### Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 medium zucchini, diced
- 1/4 cup finely chopped onion
- 1 cup water
- 1 tablespoon lime juice
- 1 teaspoon curry powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2/3 cup whole-wheat couscous
- 1 cup grated carrot
- 1/4 cup slivered almonds, toasted

#### Directions

1. Heat oil in a large saucepan over medium heat. Add zucchini and onion and cook, stirring occasionally, until starting to soften, about 3 minutes. Transfer to a large bowl.
2. Add water, lime juice, curry, cumin, salt and pepper to the pan and bring to a boil. Stir in couscous. Remove from heat, cover and let stand for 5 minutes. Fluff with a fork.



## Sisters Hill Farm

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### Field notes from Farmer Dave

For me, this farm season has been one of both misery and magic! As for the misery, that's obvious, I have never been in so much pain or felt as low (at times) as I have for the past 6 weeks. Of course, you read about my accident a month ago in my newsletter segment, so I won't waste time recapping that here. If there is a positive side to being badly hurt, it's that on the road to recovery every day offers a new opportunity to recognize that things **are** getting better. Even infinitesimal improvements are cherished. If I can get one more inch of motion out of my left arm today--I'm filled with gratitude.

Now onto the magic! Can you believe how great everything is going on this farm despite my obvious physical limitations? Everything seems to be working out almost as if I had planned it. The day of my crash was the first day of my summer vacation--so the farm crew was primed and ready to run the farm that week. Also, this time of year is when I start having apprentices practice managing the farm for a week at a time. It's the most important part of our apprenticeship program--they get to actually experience the pressure and satisfaction of being the "boss". We approach the process like this... the apprentice who is to be in charge and I will both independently walk the farm on Sunday, making comprehensive "to do lists". We then get together Sunday night and they present to me a plan for each day as well as the week; we discuss the merits and shortcomings of their plans and modify them together as needed. Come Monday, they run the show and I play a supportive role. I usually end up doing more of the odd ball projects like seeding crops and cover crops, tilling ground, mowing, and office work, while they focus on bringing in the harvest and weeding. At the end of their week, we (privately and as a crew) discuss how things went and how they can prepare to improve for their next session as a leader.

This process has helped to create an amazingly productive season--we've already harvested over 68,500 pounds of vegetables for your shares--more than 10,000 pounds more than last year through this date (and last year was our highest yield yet with 94,462 pounds for the season)! With all that great food to harvest and get ready for your shares, there's not a second to spare in our work days--the apprentice leaders have to be totally on top of everything, be highly organized, and great motivators. And they have really risen to the challenge! This leadership practice is one of the main things that sets our apprenticeship apart from many of the others. If you are considering a starting your own farm, unless you have been the boss you really don't know if you are going to enjoy it or excel at it. All you know is that you like working on a farm, which is very different from being the business owner or decision maker.

This time of year, I give the apprentices a few chances each to practice

and figure out if this is really what they want to do with their lives. It also helps them to better assess their natural strengths and weaknesses helping them determine who they want to include in their future farm team--what sort of personalities and talents will complement their own. That's what I did this year and look how it's turned out... So, to Dev, D., and Katherine, I say, "Great job and thanks for the magic of 2015!"

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*\*From Slammin Salmon in Millbrook submitted by member K. Longbard*

### **Slammin Beet Salad**

#### **Ingredients**

- 4 medium red or golden beets (4 ounces each), stems and root ends removed
- 1/3 cup walnuts, chopped and toasted
- 1 small red onion julienned)
- 1 tablespoon sherry vinegar
- Freshly ground black pepper
- 1 tablespoon Roasted Garlic Oil
- 2 ounces Stilton Blue cheese
- 2 oranges segmented or 1 small can of mandarins (drained)

#### **Directions**

1. Heat oven to 400°F. Wrap each beet in foil. Roast until soft, about 1 hour.
2. Cool slightly; remove foil. Rub off skins; cut into wedges.
3. Toss with oranges, Onions, nuts and vinegar. Season with salt and pepper.
4. Add oil; toss. Divide among 4 plates; crumble cheese on top. Place on a bed of lettuce optional,

**Note:** can be made one day ahead of time and store in the refrigerator

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

**Meatless Mountain Green Beans with Potatoes - 8 servings, about 1 cup each**

#### **Ingredients**

- 2 pounds green beans, trimmed, cut into 1-inch pieces (about 8 cups)
- 4 cups water, or as needed
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons smoked Spanish paprika, mild or sweet, plus more to taste
- 1 1/2 teaspoons salt
- 16 baby or new potatoes (about golf ball size), rinsed but not peeled

#### **Directions**

1. Place beans in a large pot or Dutch oven. Pour in enough water to just barely cover the beans. Add oil, paprika and salt; gently stir to combine. Bring to a boil. Reduce heat to maintain a lively simmer, cover and cook until the beans are tender, about 1 hour. (Check the pot occasionally and add water a little bit at a time if the beans are in danger of cooking dry.) Taste the bean broth and stir in additional paprika, if desired, for a "meatier" taste, but do so in small increments; too much can impart a bitter taste.
2. Place potatoes on top of the beans and push down into the broth. Re-

turn to a simmer and cook, uncovered, until the potatoes are very tender, 20 to 30 minutes more.

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

**Potatoes with Green Tahini Sauce - 8 servings**

#### **Ingredients**

- 3 pounds small new potatoes, scrubbed
- 2 tablespoons kosher salt plus 1/2 teaspoon, divided
- 1 bunch fresh cilantro, coarsely chopped
- 1/2 cup tahini (see Tip), at room temperature
- 1/4 cup lemon juice
- 2 tablespoons water at room temperature, plus more as needed
- 2 tablespoons chopped fresh parsley
- 2 teaspoons extra-virgin olive oil

#### **Directions**

1. Place potatoes in a large pot, add 2 tablespoons salt and cover with cold water by about 2 inches. Bring to a boil. Reduce heat and simmer until tender, about 15 minutes. Let the potatoes cool to room temperature in the water, 1 1/2 to 2 hours. Drain and cut the potatoes in half.
2. Combine cilantro, tahini, lemon juice and water in a food processor (or blender); process until very smooth, adding additional room--temperature water by the tablespoon as needed for a smooth sauce.
3. Toss the potatoes in a large bowl with the tahini sauce, parsley and the remaining 1/2 teaspoon salt. Drizzle with oil just before serving.

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**Blue Cheese & Bacon Potato Salad - 10 servings**

#### **Ingredients**

- 2 1/2 pounds yellow or red potatoes, scrubbed and diced (1/2- to 1-inch)
- 3/4 teaspoon salt, divided
- 1/4 cup extra-virgin olive oil
- 3 tablespoons white-wine vinegar
- 1/4 cup finely chopped shallot
- 1 tablespoon Dijon mustard
- 1/2 teaspoon ground pepper
- 1 1/2 cups green beans (1-inch pieces; about 8 ounces)
- 3 slices cooked bacon, chopped
- 1/4 cup crumbled blue cheese

#### **Directions**

1. Bring 1 to 2 inches of water to a boil in a large saucepan (or pot) fitted with a steamer basket. Add potatoes, cover and cook until tender, 12 to 15 minutes. Spread in a single layer on a rimmed baking sheet and sprinkle with 1/4 teaspoon salt; let cool 15 minutes.
2. Meanwhile, whisk oil, vinegar, shallot, mustard, pepper and the remaining 1/2 teaspoon salt in a large bowl. Add the potatoes, green beans, bacon and blue cheese; stir well to coat. Serve at room temperature or refrigerate until cold.