

- 3 tablespoons good olive oil
- 1 tablespoon kosher salt
- 1 1/2 teaspoons freshly ground black pepper
- 2 tablespoons minced fresh dill or parsley

Directions

1. Preheat the oven to 425 degrees F.
2. If the parsnips and carrots are very thick, cut them in half lengthwise. Slice each diagonally in 1-inch-thick slices. The vegetables will shrink while cooking, so don't make the pieces too small. Place the cut vegetables on a sheet pan. Add the olive oil, salt, and pepper and toss well. Roast for 20 to 40 minutes, depending on the size of the vegetables, tossing occasionally, until the parsnips and carrots are just tender. Sprinkle with dill and serve hot.

*****From AllRecipes.com*****

Potato, Parsnip, and Cabbage Soup

Ingredients

- 3 cups cubed new potatoes
- 2 parsnips, cut into 1-inch pieces
- 2 tablespoons vegetable bouillon base (such as Better Than Bouillon(R))
- 2 quarts water, or as needed to cover
- sea salt and freshly ground black pepper to taste
- 1 cup applesauce
- 2 tablespoons balsamic vinegar
- 3 large cloves garlic, mashed into a paste
- 1 teaspoon truffle oil
- 1 head green cabbage, chopped

Directions

1. Combine the potatoes, parsnips, and vegetable bouillon base in a large pot with enough water to just cover the vegetables; season with the sea salt and black pepper. Bring the water to a boil over medium-high heat, and cook until the potatoes and parsnips are tender, 15 to 20 minutes.
2. Pour the mixture into a blender, filling the pitcher no more than halfway. Hold the lid of the blender closed with a folded towel and carefully start the blender, using a few quick pulses to get the mixture moving before leaving it on to puree. Process in batches until all vegetables are pureed.
3. Return blended vegetables to the pot, and place over medium heat. Stir the applesauce, balsamic vinegar, garlic paste, and truffle oil into the soup; bring to a simmer, and reduce heat. Simmer until the flavors combine, about 50 minutes. Add the cabbage to the soup, and cook until the cabbage softens, about 10 minutes.



Sisters Hill Farm

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November 04, 2017

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November 07, 2017

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From Farmer Dave

Thank you every one for a marvelous season together! Today is the last regular pickup of the season. If you renew your share in the next week you can come one more time and get our pre-Thanksgiving bonus share! There will be lots of super sweet fall carrots, spinach, winter squash, potatoes, turnips, greens, onions, garlic, etc. We're so thankful for your continuing support and friendship so it's nice that we can share our bounty and gratitude one last time before winter sets in.

If anyone has a hard time making the deposit in one lump sum, let us know and we can work with you so you don't miss the bonus.

I've heard from many of you that you have friends that want to join. Thanks for spreading the word! Let them know that they can join after Thanksgiving. That's when we open up the farm to new members.

If you are planning on renewing later in the winter or spring, happy winter, I'll see you next spring!

*****From Our Apprentice Isabel*****

We finally seem to be firmly rooted in fall with crisp days fading quickly into cold nights, the CSA season coming to an end with just one Saturday and Tuesday pickup left, and our time as apprentices at Sisters Hill Farm ending as well. As I think about both the amazing opportunities and experiences this busy farming season has presented me with and the opportunity for down time that the winter season provides I find these few weeks on the cusp of October and November to be key. They offer an opportunity to continue to enjoy the bountiful harvests of the season that is passing, but to begin to think about what we hope to accomplish in our impending down time. I am especially looking forward to the coming winter season because I am excited to announce that I am staying for a second season at Sisters Hill Farm. I look forward to spending the winter learning more skills from Dave, diving deeper into a few personal farming interests, and for the continued opportunities of a second season at Sisters Hill Farm.

Lately, I have thought a lot about a quote often attributed to Dr. Seuss "Don't cry because it's over; smile because it happened." Last week we decided

to let the final planting of summer squash succumb to a frost without a protective covering of fabric over it. We harvested every last squash including the tiny ones and bid farewell. I was a little sad, but I also smiled and remembered everything that I had learned growing squash this season and all of the memories I have of harvesting, washing, and enjoying the squash. We took down the final tomatoes on the farm this past week as well. There were still very healthy plants in the hoophouse, but not much fruit and it wasn't ripening with any sense of urgency. I could have been sad because I do love tomatoes, but I again thought back on everything I had learned and observed while growing those tomatoes and all of the delicious things I had done with tomatoes this season. The pause in growing between one season and the next allows us to collect our thoughts, think about what went well and not so well and how we can improve next season without having to race around tending to what is happening right then.

The same thoughts can be attributed to this apprenticeship as a whole. I have had the privilege of many amazing opportunities while being an apprentice at Sisters Hill Farm. I have learned new techniques, grown plants, operated machines, and visited places that I had never before. I have worked with people who have taught me a lot about being a farmer and a person. Dave has taught me an immense amount through his experiences, systems, and methodology and through my further exploration of the why behind how he does things. For that I am grateful. I have learned along side Betsy and Matt, gaining a lot as a farmer and as a person from their perspectives, previous experiences, and our interactions. I have thoroughly enjoyed getting to know all of you. Your enthusiasm for the farm, gratitude for what we do, and enjoyment in committing to cooking with wholesome, fresh, unprocessed food has been inspiring. Your commitment to this farm allows young farmers like us an amazing learning opportunity. I get enjoyment each day from the lessons I learn from the events that have created the experience that I have had as a Sisters Hill Farm apprentice. Thank you and see you all next year! - Isabel

*****From Your Editor Joan*****

What is CELERIAC??

Celeriac is also called Turnip-Root Celery, Celery Root, or Celery- Nob. It's a variety of celery cultivated for its edible roots, hypocotyl and shoots. Celery and celeriac are basically the same. Celery grows as a stalk, celeriac is a root. To prevent discoloration, peel and soak briefly in water with a little vinegar or lemon juice.

*****From Epicurious.com*****

Braised Chicken with Celery Root and Garlic – serves 4

Ingredients

- 3 lb chicken parts such as breasts and thighs (with skin and bone) and drumsticks
- 1 1/4 teaspoons salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1 celery root (sometimes called celeriac; 1 1/4 lb), peeled with a sharp knife and cut into 3/4-inch cubes
- 1 head garlic, cloves separated and left unpeeled
- 1 1/4 cups reduced-sodium chicken broth (10 fl oz)
- 2 fresh thyme sprigs

- Accompaniment: crusty bread
- Garnish: fresh thyme

Directions

1. Pat chicken dry and sprinkle all over with salt and pepper. Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chicken, starting skin sides down, turning over once, 8 to 10 minutes. Transfer to a plate and pour off all but 1 tablespoon fat from skillet.
2. Add butter to skillet and heat over moderately high heat until foam subsides, then sauté celery root and garlic, stirring frequently, until celery root is browned, about 5 minutes.
3. Add broth and thyme and deglaze skillet by boiling, stirring and scraping up any brown bits, 1 minute. Return chicken, skin sides up, to skillet along with any juices accumulated on plate, then reduce heat and simmer, covered, until chicken is cooked through, 15 to 20 minutes for white meat, about 25 minutes for dark meat. Transfer chicken to a serving bowl as cooked and keep warm, loosely covered with foil.
4. When all chicken pieces are done cooking, transfer sauce and vegetables to bowl with chicken, discarding thyme.

*****From Epicurious.com*****

Double Celery and Potato Soup - serves 8

Ingredients

- 2 tablespoons (1/4 stick) butter
- 1 tablespoon olive oil
- 2 large leeks (white and pale green parts only), thinly sliced (about 2 cups)
- 1 large onion, chopped
- 2 medium-size Yukon Gold potatoes (about 12 ounces), peeled, cut into 1-inch cubes
- 2 medium celery roots (celeriac; about 1 1/2 pounds total), peeled, cut into 1/2-inch cubes
- 2 large fresh thyme sprigs
- 1 bay leaf
- 8 cups low-salt chicken broth
- 5 celery stalks with leaves, stalks thinly sliced, leaves reserved
- 1/3 cup whipping cream

Directions

1. Melt butter with oil in heavy large pot over medium heat. Add leeks and onion and sauté until almost tender, about 10 minutes. Stir in potatoes, celery roots, thyme, and bay leaf. Add broth and bring to boil. Reduce heat, cover, and simmer until vegetables are tender, about 40 minutes. Add celery stalks and simmer until all vegetables are very tender, about 12 minutes longer. Cool slightly.
2. Using handheld blender, puree soup in pot. Stir cream into soup. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and chill celery leaves. Cool soup slightly. Chill uncovered until cold, then cover and keep chilled. Rewarm soup over medium heat before serving.) Ladle soup into bowls. Garnish with reserved celery leaves and serve.

*****From FoodNetwork.com*****

Roasted Parsnips and Carrots – serves 4

Ingredients

- 2 pounds parsnips, peeled
- 1 pound carrots, unpeeled