



Sisters Hill Farm

127 Sisters Hill Road, PO Box 22, Stanfordville, NY

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<https://sistershillfarm.org>
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- per. Sprinkle flour over zucchini mixture and stir to incorporate.
- Heat 3 tablespoons oil in 12-inch nonstick skillet over medium heat until shimmering. Drop 2-tablespoon portions of batter into skillet and use back of spoon to press batter into 2-inch-wide patties (you should fit about 6 patties in pan at a time). Fry until golden brown on both sides, 4 to 6 minutes.
 - Transfer fritters to paper towel-lined baking sheet and keep warm in oven. Wipe out skillet with paper towels and repeat with remaining 3 tablespoons oil and remaining batter. Serve fritters warm or at room temperature with sauce.

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

Chicken with Creamy Braised Leeks

Ingredients

- 8 medium or 4 large leeks
- 2 cups reduced-sodium chicken broth
- 6 cloves garlic, halved
- 6 sprigs fresh thyme
- 4 boneless, skinless chicken breasts (5-6 ounces each), trimmed and tenders removed
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 1/2 cup heavy cream

Directions

- Preheat oven to 425 °F.
- Trim roots and dark green tops from leeks, leaving 5 to 6 inches of white and light green parts. Cut the leeks in half lengthwise (or in quarters, if large); rinse well. Place the leeks in a single layer in a 9-by-13-inch baking dish, on their sides if necessary, nestling them together. Pour in broth; submerge the garlic and thyme in the broth between the leeks.
- Bake the leeks for 40 minutes.
- After about 30 minutes, sprinkle chicken with 1/4 teaspoon each salt and pepper. Heat oil in a large skillet over medium heat; add the chicken and cook until golden brown, 3 to 5 minutes per side. Remove from the heat.
- After 40 minutes, remove the leeks from the oven and nestle the chicken into them. Add cream and the remaining 1/4 teaspoon salt to the hot skillet (but do not turn the burner back on). Stir up any browned bits and let the cream heat up from the warmth of the pan. Pour the cream mixture over the leeks and chicken.
- Return the baking dish to the oven and bake until an instant-read thermometer inserted into the thickest part of a breast registers 165 °F, 10 to 15 minutes. Serve the chicken with the braised leeks, spooning the sauce over both.

News From Farmer Dave

Fall is officially here and with it comes the threat of frost. According to the forecast tonight should reach 39 and tomorrow night 35, which means that there is a very good chance of frost here at Sisters Hill. (note from Tuesday, it did frost but we had no crop injury!) We seem to be in a strange cold pocket and I can always depend on the mercury dipping about 6 degrees lower than the weather reports say it is going to. Those new to growing may think that frost means the end of the season, but in fact many crops thrive and become sweeter after frosts. Others, like heat loving cucumbers, summer squash, peppers, eggplant, and tomatoes, will die if unprotected. There are basically two options we have to protect them. One is simply covering them with the floating row fabric. It's like an enormous thin white blanket—35x200', protecting them from temperatures down to about 28 degrees. That's how I'll protect eggplants, peppers, summer squash, (the cucs are all done anyway) and flowers. For the tomatoes in the hoop house I will simply close the roll up sidewall and close the doors. The tomatoes in the field are a little trickier. They're difficult to cover because of the stakes we use for trellising. The floating row fabric gets stuck on every last stake making it nearly impossible to spread the fabric over the plants without an army of volunteers. We have done it with some success in the past, but not without ripping the fabric to shreds. Fortunately, there are old raggedy pieces we're willing to sacrifice. A second option is to use overhead irrigation to protect them. It may not make sense immediately but spraying water on plants and continuing to allow it to freeze over their leafy surfaces actually keeps them warmer. As the water changes phase from a liquid to a solid it releases a tiny amount of heat. This heat keeps the plant at or near 32F and doesn't allow it to go lower as long as new water is being deposited and freezing. The challenge will be how to get the irrigation water high enough to hit the tall plants. But that's part of the fun of farming, there's never a dearth of challenges!

Speaking of tomatoes, I hope you have enjoyed the long run of tomatoes we've had this season! We gave regular quantities earlier than ever this year—thanks to the new hoop house. Dry weather helps tomatoes, but it has been an exceptionally dry year! Overall I think we have weathered it well. A couple of crops didn't yield as well as we had hoped, notably potatoes and onions. But

many other crops like summer squash, cucs, lettuce, beans, leeks, spinach, and arugula have thrived. It's part of the beauty of this CSA, thanks to our tremendous variety, and extensive planning and experience, there have never been skimpy shares!

We actually find dry years easier to farm than wet ones. Since we grow organically, there are very few options when it comes to protecting crops from fungal diseases that invariably come with continually wet weather. What's strange this year is that even now the rains haven't come. This year I have even had to focus on watering in cover crop. Usually in late Summer or Autumn I can depend on natural rainfall to get them started and keep them growing fast. This year I have had to water the entire farm encouraging them to germinate.

Besides planting cover crops and protecting plants from frost this is also the time of year when the apprentices have their final exams. For them the true test of what they have learned comes as they have their hand at managing the farm. After a Sunday meeting with me reviewing all the needs to be accomplished, they act as temporary farm boss for a week. This gives them a great sense of what they have learned and mastered and what they have yet to work on, preparing them well for their future careers in farming. So even though the farm season is slowly winding down it is a time of tremendous growth and possibility! Thank you all and have a great week! Enjoy the beauty of the fall!

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

SPICED BRAISED LAMB WITH CARROTS AND SPINACH

Ingredients

- 3 1/2 lb boneless lamb shoulder, trimmed and cut into 2-inch pieces
- 1 teaspoon black pepper
- 1 1/2 teaspoons salt
- 1 to 3 tablespoons olive oil
- 1 large onion, chopped
- 1 celery rib, chopped
- 3 garlic cloves, finely chopped
- 4 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 cups water
- 1 (14- to 16-oz) can whole tomatoes in juice
- 6 medium carrots, cut crosswise into 2 1/2-inch pieces
- 1 1/2 lb spinach, coarse stems discarded
- Accompaniments: matzo scallion pancakes and haroseth

Directions

1. Preheat oven to 350°F.
2. Pat lamb dry and sprinkle with pepper and 1 teaspoon salt. Heat 1 tablespoon oil in a 10-inch heavy skillet (preferably cast-iron) over moderately high heat until hot but not smoking, then brown lamb in 5 batches, turning occasionally, about 4 minutes per batch, adding more oil as needed. Transfer as browned to an ovenproof 6- to 7-quart wide heavy pot.
3. Pour off all but 1 tablespoon fat from skillet, then cook onion and celery in

remaining fat over moderate heat, stirring occasionally, until golden, about 3 minutes. Add garlic, cumin, and coriander and cook, stirring, 1 minute. Add 1 cup water and deglaze skillet by boiling, stirring and scraping up any brown bits, 1 minute, then pour mixture over lamb in pot.

4. Pour juice from can of tomatoes into stew, then coarsely chop tomatoes and add to stew along with remaining cup water and remaining 1/2 teaspoon salt
5. and bring to a boil (liquid should almost cover meat).
6. Cover pot and braise lamb in middle of oven 1 1/2 hours. Stir in carrots and continue to braise until carrots and lamb are tender, 20 to 30 minutes. Transfer pot to top of stove and, working over moderately high heat, stir in spinach by handfuls to soften it. Cook, uncovered, stirring occasionally, until spinach is tender, 5 to 8 minutes. Season with salt and pepper.

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

SPINACH AND CHICK PEAS WITH BACON

Ingredients

- 3 slices thick-cut bacon
- 3 tablespoons extra-virgin olive oil
- 15-ounce can chickpeas, rinsed
- 1/4 teaspoon dried hot red pepper flakes
- 8 cups baby spinach (6 ounce), any tough stems discarded
- 1 garlic clove, minced

Directions

1. Bring a 3-quart pot three fourths full of water to a boil. Add bacon and cook 2 minutes. Drain bacon and rinse in cold water. Pat dry and cut crosswise into 1/4-inch pieces.
2. Cook bacon in a 12-inch heavy skillet over moderate heat, stirring, until browned. Leaving bacon in skillet, spoon off all but 1 tablespoon fat. Add 2 tablespoons oil, chickpeas, and red pepper flakes to skillet and sauté over high heat, stirring occasionally, until chickpeas begin to brown, 3 to 4 minutes. Stir in spinach and garlic and sauté, stirring, until spinach is wilted. Season with salt and pepper and drizzle with remaining tablespoon oil.

******From Everyday Vegetarian******

Zucchini Fritters - Serves 3 to 4

Ingredients

- 1 pound zucchini, shredded Salt and pepper
- 8 ounces feta cheese, crumbled (2 cups)
- 2 large eggs, lightly beaten 2 scallions, minced
- 2 tablespoons minced fresh dill 1 garlic clove, minced
- 1/4 cup all-purpose flour
- 6 tablespoons extra-virgin olive oil
- 1 recipe Cucumber-Yogurt Sauce (recipe follows)

Directions

1. Adjust oven rack to middle position and heat oven to 200 degrees. Toss zucchini with 1 teaspoon salt and let drain in fine-mesh strainer for 10 minutes.
2. Wrap zucchini in clean dish towel, squeeze out excess liquid, and transfer to large bowl. Stir in feta, eggs, scallions, dill, garlic, and 1/4 teaspoon pep-