

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

### Green Tomato Soup - 4 to 6 servings

#### Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 oz thinly sliced Black Forest ham, chopped (1/2 cup)
- 1 1/2 cups thinly sliced scallions (from 1 bunch)
- 1 tablespoon chopped garlic (2 cloves)
- 1 Turkish or 1/2 California bay leaf
- 2 lb green unripe tomatoes, chopped
- 1 cup low-sodium chicken broth
- 2 cups water
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Garnish: sour cream (optional)

#### Directions

1. Heat oil in a 3-quart heavy saucepan over moderate heat until hot but not smoking, then cook ham, stirring occasionally, until beginning to brown, 1 to 2 minutes. Add scallions, garlic, and bay leaf and cook, stirring occasionally, until scallions are tender and lightly browned, 6 to 8 minutes.
2. Add tomatoes, broth, water, salt, and pepper and simmer, partially covered, until tomatoes are tender, 15 to 20 minutes. Discard bay leaf and season soup with salt and pepper.

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### Spinach Jewish Style - Serves 6

#### Ingredients

- 3 pounds small-leaved bulk spinach
- Salt
- 1/2 cup dark seedless raisins
- 1 cup lukewarm water
- 6 tablespoons olive oil
- 1/2 small onion, minced
- 1/4 cup *pignoli* (pine nuts)
- Freshly ground black pepper
- Dash nutmeg

#### Directions

1. Remove the stems and roots from the spinach. Rinse in many changes of cold water until any trace of sand is removed. Place in a large pot with a pinch of salt and no water other than that retained from washing. Cook over moderately high heat, covered, for 5 minutes. Drain.
2. Soak the raisins in the lukewarm water for a couple of minutes, then drain.
3. Meanwhile, heat the oil in a large skillet, add the onion and sauté until the onion is soft and translucent; add the raisins, *pignoli*, and small amounts of salt and pepper. Sauté, stirring, 1 minute. Add the spinach and nutmeg and sauté, stirring frequently, until the spinach looks dry and crisp



## Sisters Hill Farm

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

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## Renew starting today and enjoy a Pre-Thanksgiving Bonus Share on Saturday November 22nd 8-11AM!

### Field Notes from Farmer Dave

Well, here we are, nearing the end; just 3 more weeks left in the season. It's been a wonderful one; we are neck and neck with our best year ever yield wise. I certainly hope you have enjoyed it! My hope is that by the end of the season we will have reached a lifetime farm harvest total of 1 million pounds! Right now we are about 8,000 pounds short of that goal, so we have a very good chance of making it.

We will start renewing memberships for the 2015 season today. We have decided to raise the prices just a little bit. In the past month I have spent some time researching retail prices of organic veggies in the surrounding area, something I have done many times in past years as well. What I have found is that our share this year has a retail value of about \$1,250 not factoring in the pick-your-own items. With PYO the value is easily over \$1,500 so our veggies are costing you roughly half what they would at local stores. To determine prices we used an average of the following locations: Adams, Stop and Shop, Rhinebeck Health, Mark Burdick's Stand in town, and Mother Earth in Kingston -- eliminating any anomalous highs or lows.) As you know part of our mission is to make healthy food available to people of all income ranges and walks of life, so we have intentionally kept the prices very low. This very modest increase will simply help the farm to meet our operating expenses and continue our programing. The average cost will go up just \$25 or \$1 per week.

Which brings us to my next topic, something we don't talk a lot about in the newsletter, our charitable component. It's very fulfilling to me that a part of my job and our mission is to help those in need. As a child growing up I was exposed to the hardships that many people face starting as early as birth. My par-

ents were divorced and my mother, her heart filled with love and compassion, took in foster children. The great majority of those children began life in conditions that would be hard for many of us to imagine. When my three adopted brothers were taken away from their birth mother, there were 6 children in their house, all under 6, from 5 different fathers. The 4 year old was accustomed to making bottles of sugar and water to feed to his crying 5 month old brother while his mother was away. When the police finally interveined, the parents hadn't been home in days and the baby was found under a pile of laundry. When the 3 and 4 year old first ate dinner with us, they hid food in their pockets to take to bed with them, not expecting or knowing when their next meal might come.

Life in a crowded (at the peak moment, there were 12 of us!), crazy, yet loving house taught me that compassion for others is vital for a healthy community. That's why I'm so grateful for my role with the Sisters of Charity today! Just to give you a simple run down of our contributions and where your donations go... We have 12 totally free to partially subsidized shares that go directly to local families. To these families we simply say, "What are you able to pay?" In addition we give large quantities of produce each week to 4 different organizations in the Bronx (where the Sisters are based) that feed people in need. Also, we've made a recent connection with *Sparrow's Nest*, an organization devoted to cooking and delivering meals to the families of moms with cancer in the Hudson Valley. So when you fill out your renewal form, please consider paying toward the upper end and/or giving a donation to share in this valuable work!

\*\*\*\*\* *Ball Blue Book* \*\*\*\*\*

**Dilled Green Tomatoes** - Yield: about 6 pints

**Ingredients**

- 5 pounds small, firm green tomatoes
- 1/4 cup canning salt
- 3 1/2 cups vinegar
- 3 1/2 cups water
- 6 or 7 cloves garlic
- 6 or 7 heads fresh dill or 1/4 cup dill seeds
- 6 or 7 bay leaves

**Directions**

1. Wash and core tomatoes; cut into halves or quarters. Combine salt, vinegar and water in a large saucepot. Bring to a boil.
2. Pack tomatoes into hot jars, leaving 1/4-inch headspace. Add 1 garlic clove, 1 head of dill (or 2 teaspoons dill seeds) and 1 bay leaf to each jar. Ladle hot liquid over tomatoes, leaving 1/4-inch headspace. Remove air bubbles. Adjust two-piece caps. Process 15 minutes in a boil-ing-water canner.

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Fried Green Tomato BLT - Makes 2 servings

**Ingredients**

**For the fried green tomatoes:**

- 1/2 cup cornmeal
- cup all-purpose flour
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/8 teaspoon cayenne pepper
- 1 1/4 teaspoons kosher salt, divided
- 1/2 teaspoon black pepper, divided
- 1 cup buttermilk
- 3 dashes hot sauce
- Vegetable oil, for frying
- 1 to 2 large green tomatoes, ends removed, cut into 4 slices, each 1/2 inch thick

**for the sandwich:**

- 2 pieces green leaf lettuce
- 2 slices red tomato
- 1/2 ripe avocado, sliced
- 4 slices thick-cut bacon, cooked until crisp
- 2 tablespoons mayonnaise

**Directions**

**Fry the green tomatoes:**

1. Whisk the cornmeal, flour, garlic and onion powders, cayenne, 1/2 teaspoon salt, and 1/4 teaspoon black pepper in a medium bowl.
2. In another medium bowl, stir in the buttermilk, hot sauce, 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper.
3. Fill a large Dutch oven or cast-iron skillet with oil to a depth of 1 inch and heat carefully to 350°F. Dip the tomato slices in the buttermilk, then dredge in the cornmeal mixture.
4. Fry until crispy and golden brown, 3 to 4 minutes per side. Sprinkle with remaining 1/4 teaspoon salt and drain on a wire rack placed over a sheet tray.

**Assemble the sandwich:**

1. Place 1 fried green tomato on a plate and layer with 1 piece lettuce, 1 slice red tomato, half the avocado slices, 2 slices bacon, and 1 tablespoon mayonnaise.
2. Top with another fried green tomato to form a sandwich. Repeat with remaining ingredients to make a second sandwich.