

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

Roasted Beets with Mustard - 4 servings

Ingredients

- 2 pounds small beets, (12-16 beets)
- 2 teaspoons extra-virgin olive oil
- ¼ cup sliced scallions
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice
- Salt & freshly ground pepper, to taste

Directions

1. Preheat oven to 425°F.
2. Discard greens from beets and cut off the stems and root ends. Scrub the beets well and cut in half lengthwise. Toss the beets with oil on a baking sheet with sides. Arrange cut-side down and roast until tender when pierced with a fork, about 30 minutes. Let cool for 5 minutes, then peel off and discard the skins.
3. Cut the beets into matchsticks. Place in a serving bowl and toss with scallions, mustard and lemon juice. Season with salt and pepper.

*****From Member Gail Hass*****

Eggplant

Hi, those scallions are so delicious; here is a recipe that I keep going back to.

Ingredients

- 2 eggplants cut into 1/4" thick pieces
- ¼ cup soy sauce
- ¼ cup rice or white wine
- 2 TBS sugar
- 1 clove garlic smashed
- a quarter size chunk of ginger
- ¼ cup chopped peanuts
- 3 scallions chopped

Directions

1. Steam the eggplant (you could grill it, brush with oil 1st)
2. Mix the peanuts and scallions together for later
3. Mix everything else together in a pot and reduce for 3 minutes
4. Put the eggplant on a plate, pour the reduced sauce on, top with peanuts and scallions



Sisters Hill Farm

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Field notes from Farmer Dave



It is hard to imagine but it has been 15 years since I started this farm for the Sisters of Charity. Another fellow who is absolutely integral to the farm, but much more behind the scenes is Peter Christman. For those of you who have been around a while, he needs no introduction. He's the amazing guy, now in his 8th decade who comes nearly every day to the farm to weed or pick rocks! Every year, for quite a while now, we have taken Pete and his lovely wife Danielle out for drinks and appetizers as a small token of the immense gratitude that we feel toward Pete. We did that just this week, and the celebration of his spirit of service is at the forefront of my mind.

Even though Pete is here nearly every day, coming as early as 5am to avoid the hotter hours of the day, we don't get the opportunity to talk to him much. He prefers the solitude and meditative aspects of working independently. So this time out is a great chance to get together, celebrate all that we have accomplished, and to reminisce.

The Apprentices asked Pete what brought him to us in the first place and what made him stay all these years. He told a story of meeting me at the farm, an enthusiastic young man of 25, and seeing the immense task before me; I was clearing the fields of rocks. He felt compelled to help me succeed. Well, I believe that we have succeeded these many years, and Peter has always been there, like a rock, someone we can depend on to make this farm the very special place that it is.

Peter's official self-appointed title is "Senior Field Maintenance Engineer," he got a promotion from "Field Maintenance Technician" many years ago. He has cleared nearly 3/4 of a million pounds of rocks from the field by hand. He also weeds the beds that get away from us, making the farm look pristine. He gets a tremendous sense of satisfaction in doing something tangible, where he sees the results of his labor immediately—where there once was weeds, there is now perfect straight rows of verdant veggies.

If you've ever thought about joining us as a volunteer, we'd love to have you. We have a number of fantastic folks that regularly come to help harvest. We also have members who volunteer as part of our core group on various committees and at our distribution in the Bronx. You never know what pleasures it may bring!

*****From Simplyrecipes.com*****

How to Store Parsley, Cilantro, and Other Fresh Herbs

Have you ever had trouble keeping fresh herbs fresh? Do your cilantro and parsley go wilted, limp, or dry after a few days? Several years ago my mother taught me this super easy trick, which really works, and keeps fresh herbs fresh and useable for up to a couple of weeks. The trick involves the clever use of a plastic bag. Now, I don't know why this works. It just does.

Directions

1. Snip off the bottom of the stems.
2. Make sure the leaves are completely dry. Better to hold off rinsing them until you're about to use them.
3. Fill a jar or a water glass partially with water and place the stem ends of the herbs into the water in the jar.
4. If you are storing the herbs in the refrigerator, cover loosely with a plastic bag. Cilantro loves cool temperatures and should be stored in the refrigerator. Parsley can be stored at room temperature or in the refrigerator. Basil is ideally stored at room temperature and not in the refrigerator, because it is susceptible to damage from cold.
5. Change the water after several days if the water starts to discolor.
6. Fresh parsley, cilantro, basil, and other fresh herbs can last up to 2 weeks or longer when stored this way.

Herbal Butters

Another great method for preserving herbs is to make them into flavored butter and freeze. Mince 1 part herbs (one type, or a blend) and mash into 2 parts softened organic butter, shape into a log, and freeze. Cut off slices of herb-flavored butter as needed to melt over vegetables, meat, or fish, or to sauté in recipes for the taste of summer all winter long. My favorite flavored butter is made with minced garlic and parsley, which makes awesome garlic bread! Try making your own organic butter

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

Japanese Cucumber Salad - 4 servings, about 1 cup each

Ingredients

- 2 medium cucumbers, or 1 large English cucumber
- 1/4 cup rice vinegar
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 2 tablespoons sesame seeds, toasted

Directions

1. Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture.
2. Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately

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

Summer Squash Sloppy Joes – 6 servings

Ingredients

- 1 pound ground lean beef or turkey
- 1/2 onion, finely chopped (about 3/4 cup)
- 1 carrot, chopped
- 1 1/2 cups summer squash, diced
- 1 6-ounce can tomato paste
- 3 garlic cloves, minced
- 1 tablespoon mild chili powder
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- Kosher salt and freshly ground black pepper to taste
- 3 ounces cheddar cheese, thinly sliced
- 6 hamburger buns

Directions

1. Preheat the broiler. In a large skillet over medium-high heat, sauté the ground beef or turkey until browned, about 7 minutes. Add the onion and sauté 2 minutes. Add the carrot and sauté 2 minutes. Add the squash and sauté 1 minute more.
2. Stir in the tomato paste and 1 1/2 cups water, stirring until the paste has dissolved. Add the garlic, chili powder, paprika, and oregano, and season with the salt and pepper. Reduce heat to medium and continue to cook until the mixture has thickened, 8 to 10 minutes.
3. Divide the cheese among the bottom halves of the hamburger buns. Transfer both halves of the buns to the broiler, open-faced, and toast until the cheese has melted and the top buns are toasted.
4. Remove the buns from the oven and fill each sandwich with the squash-and-meat mixture. Serve immediately.

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

Roasted Squash & Fennel with Thyme - 4 servings, about 2/3 cup each

Ingredients

- 2 small summer squash, (about 12 ounces)
- 1 1/2 cups sliced fennel bulb, (about 1 small bulb), plus 1 tablespoon chopped fennel fronds, divided
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup thinly sliced garlic

Directions

1. Preheat oven to 450°F.
2. Quarter squash lengthwise, then cut crosswise into 1-inch pieces. Combine the squash with sliced fennel, oil, thyme, salt and pepper in a large bowl. Spread the mixture evenly on a large, rimmed baking sheet.
3. Roast for 10 minutes. Stir in garlic and roast until the vegetables are tender and the fennel is beginning to brown, about 5 minutes more. Stir in fennel fronds and serve.