

- ½ teaspoon kosher salt
- Freshly ground black pepper
- 1 tablespoon whole fresh rosemary leaves

Directions

1. Heat the oil in an 11 to 12-inch skillet (preferably cast iron) over high heat until shimmering hot.
2. Arrange the squash in the skillet, cut side down and in a single layer.
3. Season with ¼ teaspoon of the salt and a few grinds of pepper.
4. Sprinkle the rosemary over the squash and sear the squash undisturbed until deep golden brown, 3 to 5 minutes.
5. Using tongs, turn the squash onto the other cut side. Sprinkle with another ¼ teaspoon salt and cook until tender and nicely browned on the second side, about 2 minutes more.
6. Transfer the squash and crisp rosemary to plates or serving bowl.

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

Panzanella - Makes: 6

Ingredients

- 2 pounds ripe tomatoes
- ¼ cup finely chopped red onion 1/4 cup chopped flat-leaf parsley
- 3 tablespoons finely slivered fresh basil
- 4 cups torn bite-size pieces stale crusty white bread
- ¼ cup extra-virgin olive oil
- 3 tablespoons red-wine vinegar or sherry vinegar
- ½ teaspoon kosher or sea salt
- ¼ teaspoon freshly ground pepper

Directions

1. Cut larger tomatoes into wedges or chunks; cut any cherry tomatoes into halves or quarters. Combine in a large bowl with onion, parsley and basil. Add bread.
2. Whisk oil, vinegar, salt and pepper in a small bowl. Pour it over the salad and gently toss to coat the bread well. Let stand for about 5 minutes before serving.



Sisters Hill Farm

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The Farm's phone 845-868-7048

<http://sistershillfarm.org>

Edited by: Bob & Joan Cohen

cohenrd98@comcast.net

845-724-3518

Notes from Our Apprentice Julia.



It's been another fantastic week at Sisters Hill Farm, and one that's left me feeling like a kid again. Out in the fields, our melons continue to ripen. Harvesting these football-sized fruits is one of my favorite activities on the farm. Tossing, catching, and placing them into large wooden crates brings me back to years playing basketball, making what's *technically* work a whole lot of fun.

Also newsworthy this week was our trip to the Dutchess County Fair, where Audrey, Rose, and I entered our best vegetables in the agricultural competition. Like apprentices in the past, we scoured our fields in the week leading up to the Fair to find the shiniest red peppers, silkiest purple lettuce heads, and roundest beets with which to impress the judges. Altogether, we entered vegetables in 29 different categories, from chard, to scallions, to carrots and parsley, as well as best overall vegetable collection.

Since April, Audrey, Rose, and I have been looking forward to the Fair, and channeling our competitive spirits in the hopes of adding our own blue ribbons to the collection of Sisters Hill Farm awards. Enthusiastically, we arrived at the Fair on Sunday night to set up our vegetables. As a first time Fair go-er, I was taken back by the detailed decorations within the "Celebration of Agriculture" tent. Everything from the painted wooden signs with information about different vegetables, to the rocking chairs lining the entrance like the porch of a country cottage showed a level of care that seemed to reflect the region's pride in the Fair and its history. Inside the tent, we scurried about delicately placing our vegetables on the correct tables, with numbered tags for judging. Once everything was in place, we walked around to admire the colorful mix of categories. When we reached the peppers, Audrey asked me to guess which of the half dozen entries belonged to our farm. Without having seen where she placed our display, it took me only a few seconds to pick out our large green bell peppers from among the crowd. We played the same game with scallions, leeks, tomatoes, and beets and the results were the same- correct on the first try.

I think my success at our veggie brainteaser says less about my memory skills and more about the kind of care we take in growing our food at the farm. Though we might harvest thousands of pounds of vegetables each year, we are intimately involved in their lifespan. First, we hold them in our hands as seeds. Then we plant them into trays to be nurtured in the greenhouse, or sow them directly into the ground. From there, we watch

them grow, sometimes with our faces inches from each plant as we crawl among their stems and leaves pulling up pesky weeds, and giving them enough water and nutrients to flourish.

Blue ribbons or not, farming is always a rewarding job. Though lucky for us, Sisters Hill Farm walked away with seven first place ribbons, seven second place, and five third place awards this year, including a blue ribbon for



best vegetable collection. We were proud to represent the farm, and happy for the opportunity to display our vegetables for all who visit the Fair this year.

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

Cantaloupe Smoothie - 1 serving

The fresh combination of banana, cantaloupe and low-fat dairy in this smoothie packs a powerful punch of potassium, calcium, vitamin C and beta carotene.

Ingredients

- 1 banana
- ¼ ripe cantaloupe, seeded and coarsely chopped
- ½ cup nonfat or low-fat yogurt
- 2 tablespoons nonfat dry milk
- 1 ½ tablespoons frozen orange juice concentrate
- 2 teaspoons honey
- ½ teaspoon vanilla extract

Directions

1. Place unpeeled banana in the freezer overnight (or for up to 3 months).
2. Remove banana from the freezer and let it sit until the skin begins to soften, about 2 minutes. Remove the skin with a paring knife.
3. Cut the banana into chunks; combine in a blender or food processor with cantaloupe, yogurt, dry milk, orange juice, honey and vanilla. Cover and blend until smooth.

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

Watermelon & Goat Cheese Salad with Citrus Vinaigrette

5 servings, 2 cups each

The contrasting flavors and textures of crisp, sweet watermelon and creamy, tangy goat cheese are magical partners. Top with sliced grilled chicken to make it a meal.

Ingredients

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons orange juice
- 1 tablespoon red-wine vinegar
- ¼ teaspoon salt
- Freshly ground pepper, to taste
- 8 cups watercress, tough stems removed, or mixed salad greens (5 ounces)
- 4 cups diced seedless watermelon, (about 3 pounds with the rind)
- 1/4 cup very thinly sliced red onion, (1/4 small)
- 2 ounces goat cheese, crumbled
- ½ cup chopped hazelnuts, (2 ounces), toasted

Directions

1. Whisk oil, orange juice, vinegar, salt and pepper in a large bowl until well combined.
2. Add watercress, watermelon and red onion; toss to coat. Divide among 5 plates.
3. Top with goat cheese and hazelnuts to serve.

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

Chicken & Fruit Salad - 4 servings

Chicken, melon, walnuts and feta top mixed salad greens for a refreshing summer salad. Use your favorite summer fruit in place of the melon if you wish.

Ingredients

- ¼ cup reduced-fat sour cream
- 3 tablespoons fruit-flavored vinegar
- 4 teaspoons sugar
- 1 ½ teaspoons poppy seeds
- ¼ teaspoon salt
- Freshly ground pepper, to taste
- 8 cups mixed salad greens
- 2 cups sliced cooked chicken breast
- 2 cups chopped melon, such as cantaloupe and/or honeydew
- ¼ cup chopped walnuts, toasted
- ¼ cup crumbled feta cheese

Directions

1. Whisk sour cream, vinegar, sugar, poppy seeds, salt and pepper in a large bowl until smooth.
2. Reserve ¼ cup of the dressing in a small bowl.
3. Add the mixed greens to the large bowl and toss to coat.
4. Divide among 4 plates and top with chicken, melon, walnuts and feta.
5. Drizzle each portion with 1 tablespoon of the reserved dressing.

*****From Fine Cooking in Season Cookbook*****

Summer Squash

KEEPING IT FRESH

Store summer squash in a plastic bag in the fridge for 3 to 4 days, taking care not to let other objects bruise their skin.

PREPARING

Scrub gently under the faucet, taking care not to abrade the skin. There's no need to peel summer squash; the skin helps the vegetable hold together when cooked.

HOW TO USE IT

Summer squash are mild and therefore quite versatile, but they do benefit from deft seasoning so "mild" doesn't mean "bland". Mediterranean flavors such as garlic, basil, and olive oil are nice partners, as are ginger, soy, and other Asian seasonings. Summer squash are watery, so they do best with high heat cooking, which will cook off the water and concentrate their flavors; sautéing and grilling are great for squash, as is layering into a gratin, perhaps with some cheese for depth of flavor.

*****From Fine Cooking in Season Cookbook*****

Pan-Seared Summer Squash with Crisp Rosemary—SERVES 3 TO 4

Ingredients

- 3 tablespoons extra-virgin olive oil
- 14 ounces small zucchini and yellow squash (about 1 each), cut into ½-inch rounds