

- 1/2 cup flat-leaf parsley leaves
- 1/2 cup walnuts, toasted
- 1/4 cup fresh basil leaves, torn

#### Directions

1. Bring quinoa and 4 cups water to a boil in a medium saucepan. Season with salt, cover, reduce heat to medium-low, and simmer until quinoa is tender but not mushy, 12–15 minutes. Drain; return quinoa to hot saucepan. Cover and let sit for 15 minutes. Uncover; fluff with a fork and let cool.
2. Cut squash into 1/8"-thick slices, some lengthwise and some crosswise. Transfer to a large bowl, season with 2 teaspoons salt, and toss to coat. Let sit until slightly wilted, about 15 minutes. Rinse under cold water and drain well. Pat dry with paper towels.
3. Whisk grated Parmesan, zest, juice, and vinegar in a medium bowl. Gradually whisk in oil. Season dressing with salt and pepper.
4. Combine squash, quinoa, parsley, walnuts, and basil in a large bowl. Pour dressing over; toss to coat. Garnish with shaved Parmesan.

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

**Summer Squash Sauté** - Makes 4 servings

#### Ingredients

- 2 pounds summer squash and/or zucchini, cut into matchsticks
- 1 teaspoon kosher salt plus more
- 1/4 cup sliced almonds
- 2 tablespoons olive oil
- 2 garlic cloves, sliced
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup finely grated Parmesan
- Freshly ground black pepper

#### Directions

1. Place squash in a colander set in the sink or over a large bowl and toss with 1 teaspoon salt. Let squash stand 10 minutes, then squeeze well to remove as much excess moisture as possible (do not rinse).
2. Meanwhile, toast almonds in a large dry skillet over medium heat, tossing occasionally, until lightly browned, about 3 minutes. Transfer to a plate; let cool.
3. Heat oil in same skillet over medium heat. Add garlic and red pepper flakes and cook, stirring often, until fragrant but not browned, about 2 minutes. Add squash and cook, tossing occasionally, until crisp & tender, about 5 minutes. Fold in Parmesan and season with salt and pepper. Fold in almonds.



## Sisters Hill Farm

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### *From the Apprentices' Perspective*



Hello Members!

Last time I had the pleasure of writing to you it was raining cats and dogs. Now, it would be an understatement to say that it's been hot. Muggy, sweaty, sticky and at times scorching is more like it. We've been starting bright and early when the sun's just starting to come up in order to beat the heat, although we still catch some of it midday. We humans can control our environments and intake of water but our job as farmers is to take care of our crops, especially in these severe weather conditions. We've been doing a lot of maintenance on our precious produce this past week; laying out drip tape to irrigate the plants, moving the overhead sprinklers to water various parts of the fields, a good deal of weeding with our hands, hoes and cultivating tractor, along with soil amending. We're doing our very best to insure that the crops are going to make it through this hot patch and from what I can tell, they look strong and have bulked up in size nicely.

When the work day is done and it comes time to make dinner, I have little desire to turn on the stove or oven. I look at these times as an opportunity to really immerse myself in fermentation projects. If you're not familiar, fermentation is a process of transforming various foods through a guided cultivation of microorganisms. Traditionally, fresh produce, grains and milk were fermented in order to preserve them in times before there was refrigeration, freezing or canning. Our most basic staples are fermented; think bread, cheese, vinegar, wine and beer. Not only is it fun to experiment in the kitchen, but fermented foods and drinks can have more nutrition than their fresh counterparts. Consuming living microbial life in these foods helps us to break them down, aids in our digestion and can introduce immune building microflora that can make our stomachs stronger and our bodies healthier. One of the easiest ways to begin fermenting produce you've received from your share would be to determine what vegetable you'd like to ferment: summer squash, cucumbers, beans, carrots, cabbage, the list goes on. For this recipe, I'm going to use beets. Start by chopping 'em up into bite sized pieces and put them into a ball jar with few cloves of garlic. Next we make a brine. The basic rule is to dilute 6 tablespoons of salt for every gallon of water you need. You can cut that quantity in half, thirds or by whatever volume of

water you need to fill the jar. It's best to use sea salt or non-iodized salt since iodine can effect the fermentation process negatively. Depending on the size of the jar you've filled with beets, top it off with enough brine to fully cover them, add a weight to keep the vegetables submerged (I use a smaller jar nestled inside the larger one), cover with a cheesecloth or towel and let it sit in a spot with good airflow for a few days. You can taste a bite of beet after three days. Is it tangy yet, or just salty? If the latter, then you can eat the beets or move them into the fridge to slow down the fermentation process. If they're still salty, let them sit out for a few more days. Since it's hot, the microbes are working much faster and will make whatever you are fermenting become ready much sooner than if it was December.

If I've sparked any curiosity in you regarding fermentation, I'd recommend checking out "Wild Fermentation" or "The Art of Fermentation" by Sandor Ellix-Katz from the library or feel free to talk to me at the next distribution.

Stay cool! —Audrey

\*\*\*\*\*From *FineCooking.com*\*\*\*\*\*

#### **Roasted Green Beans with Lemon, Pine Nuts & Parmigiano**

Serves four to six.

##### **Ingredients**

- 1-1/4 lb. fresh green beans, rinsed well, stem ends trimmed
- 1 small head garlic
- 1/4 cup plus 2 Tbs. extra-virgin olive oil
- 1-1/2 Tbs. finely grated lemon zest (from 1 to 2 medium lemons), plus 2 Tbs. fresh lemon juice
- Kosher salt and freshly cracked black pepper
- 1/3 cup (about 1-1/2 oz.) pine nuts
- 1/4 cup coarsely grated Parmigiano-Reggiano
- 1 Tbs. coarsely chopped fresh flat-leaf parsley

##### **Directions**

1. Position oven racks in the top and bottom thirds of the oven. Heat the oven to 450°F.
2. Put the beans in a large bowl. Peel the garlic, quarter each clove lengthwise (if the cloves are small, halve them), and add them to the green beans. Toss the beans and garlic with 1/4 cup of the olive oil, 1 Tbs. of the lemon zest, 1 tsp. salt, and 1/2 tsp. pepper.
3. Spread the beans on a rimmed baking sheet and roast in the top third of the oven for 10 minutes. Stir the beans and garlic with a spatula for more even cooking and coloring. Continue roasting until the beans and garlic pieces are lightly browned and tender throughout, another 10 to 15 minutes.
4. Meanwhile, spread the pine nuts out on a rimmed baking sheet and toast in the bottom third of the oven until just golden, about 5 minutes
5. Transfer the beans to a small serving platter or shallow bowl and dress with the lemon juice and the remaining 2 Tbs. olive oil. Toss gently to coat and season to taste with salt and pepper. Sprinkle on the toasted pine nuts, the

remaining 1/2 Tbs. lemon zest, the Parmigiano, and the parsley. Serve hot or at room temperature.

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

#### **Lamb Chops with Lebanese Green Beans**

**4 servings, 2 chops & 1 cup vegetables**

##### **Ingredients**

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 1 medium yellow onion, chopped
- 2 tablespoons chopped fresh mint, or 2 teaspoons dried, divided
- 1/2 teaspoon ground cinnamon
- 1 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper, plus more to taste
- 3 cups diced tomatoes, (4-5 medium)
- 1/3 cup water
- 12 ounces green beans, trimmed
- 8 lamb loin chops, trimmed (1 1/2-1 3/4 pounds total)

##### **Directions**

1. Preheat oven to 400°F.
2. Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, until tender and light brown, about 5 minutes. Add 1 tablespoon fresh mint (or 1 teaspoon dried), cinnamon, 1/2 teaspoon salt and pepper to taste; cook, stirring, until fragrant, about 30 seconds. Add tomatoes and water and increase heat to high. Cook, stirring occasionally, until the tomatoes begin to break down, 2 to 3 minutes. Stir in green beans. Reduce heat to medium, cover and cook, stirring occasionally, until the green beans are tender, about 12 minutes.
3. Meanwhile, sprinkle both sides of lamb chops with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Heat the remaining 1 teaspoon oil in a large ovenproof skillet over medium-high heat. Add the lamb chops and cook until browned on one side, about 2 minutes. Turn them over and transfer the pan to the oven. Roast until an instant-read thermometer inserted horizontally into a chop registers 140°F for medium-rare, 6 to 10 minutes, depending on thickness.
4. Stir the remaining mint into the green bean mixture. Serve the lamb chops with the green beans.

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

#### **Summer Squash and Red Quinoa Salad with Walnuts—Makes 4 to 6 servings**

##### **Ingredients**

- 1/2 cup red or other quinoa, rinsed in a fine-mesh sieve, drained
- 2 teaspoons kosher salt plus more for seasoning
- 1 pound assorted summer squash
- 2 tablespoons finely grated Parmesan plus 1/4 cup shaved with a peeler
- 1 teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- 1 tablespoon Sherry vinegar
- 6 tablespoons extra-virgin olive oil
- Freshly ground black pepper