

- 1 1/2 teaspoons salt
- 3 tablespoons chopped fresh cilantro

**Directions**

1. Preheat oven to 375°F.
2. Cut squash in half and remove seeds. Brush with oil and place cut-side down in a baking pan. Roast until tender, about 45 minutes. Let stand until cool enough to handle, then scoop the squash out of the skin.
3. Meanwhile, place curry powder and cumin in a small saucepan over medium-low heat; stir until fragrant, 2 to 4 minutes. Add coconut milk and ginger; bring to a boil over high heat. Adjust heat to maintain a simmer and simmer, stirring frequently, until reduced to about 3/4 cup, 13 to 15 minutes.
4. Process pepitas in a food processor until finely ground. Add the squash, the coconut milk mixture, lime zest, lime juice and salt; process, scraping down the sides once or twice, until smooth. Refrigerate until cold, about 2 hours. Serve sprinkled with cilantro and pepitas, if desired.

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

**How to Cook Pumpkin**

**Roast as a Side**

Cut a 1 1/2- to 2-lb. pumpkin into 1/2-inch pieces. Toss with 2 table-  
spoons oil, 1/4 tsp. salt and pepper. Roast at 375°F, stirring once, until  
tender, 15 to 25 minutes.

**Snack on Seeds**

Mix 1 cup cleaned seeds, 1 teaspoon canola oil and 1/8 teaspoon salt;  
spread on a baking sheet. Bake at 350°F for 20 minutes.

**Puree for a Pie**

Place halved, seeded pumpkin, cut-side down, in a steamer basket; cover  
and cook over boiling water until tender, 15 to 20 minutes. When cool,  
scoop the flesh into a food processor; puree. Freeze measured portions  
for use in desserts and soups

\*\*\*\*\**From epicurious.com*\*\*\*\*\*

**Cabbage and Apple Salad - 8 Servings**

**Ingredients**

- 1/2 teaspoons caraway seeds
- 1/2 small head green cabbage, core removed, thinly sliced
- 1 green apple, cut into matchsticks
- 1 cup torn kale leaves
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil

**Directions**

1. Kosher salt, freshly ground pepper Toast caraway seeds in a dry small  
skillet over medium heat, tossing constantly, until fragrant, about 1 mi-  
nute. Let cool.
2. Toss cabbage, apple, kale, and caraway seeds with lemon juice and oil  
in a large



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*Field notes from Farmer Dave*

Don't you just love the fall? I know its bitter sweet because the farm season is coming to an end, but the leaves are just spectacular this year. We're really having a good time in the fields, enjoying the warm sun, cool breezes and brilliant colors. I thought I'd use this week's newsletter to get you up to date on the season as it wraps up.

First off, our final regular pickup of the season will be Saturday November 7<sup>th</sup>. As usual, if you renew by then you'll be entitled to pick up a Pre-Thanksgiving Bonus Share on Saturday November 21<sup>st</sup> (at Sisters Hill Farm). For all you Tuesday folks who aren't used to the time, it's from 8-11AM.

With three full weeks of shares left we are closing in on our biggest harvest total ever. Currently we have harvested over 85,400 pounds of veggies for your shares this season. Last year, our best year yet, we reached 94,462 pounds, so we have a good chance of beating those numbers. As your farmer, I feel it has been a great season representing a tremendous value. Conservative estimates put the retail value of your share this year right around \$1,200 meaning you've saved between 55 and 77% off of local store prices! And you know you couldn't find food as fresh or flavorful! Of course I'm preaching to the choir here... This is why our average member has been with us for over 6 years, and 75 of you have been with us for over a decade. Amazing food at fantastic prices keeps members happy!

But we are not about to rest on our laurels, we know that we can do even better. With that being the case, we'd love your input. I'm going to be sending out an email soon with a link to a survey. Please fill it out as completely as you can, especially in the crop preference section; we use your answers to adjust our crop plan. In case your email is spotty, here's the address of the survey.  
<http://goo.gl/forms/0M8MCQfHQa>

I sincerely hope you have enjoyed this season. Despite my injury 2 months ago, I know I have. I believe strongly in our mission here at Sisters Hill Farm and the mission of the Sisters of Charity. I've had a wonderful crew of apprentices who I have had the great pleasure to mentor and watch grow this season. And finally, I've had a great time feeding and getting to know all of you! Great vegetables and great community, what could be better!

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

## Glazed Rutabagas & Potatoes - 8 servings

### Ingredients

- 2 1/2 pounds boiling potatoes, peeled and cut into 1-inch cubes (6 cups)
- 2 pounds rutabaga, peeled and cut into 1-inch cubes (6 cups)
- 2 tablespoons canola oil
- 3 tablespoons sugar
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper

### Directions

1. Place rack in lower third of oven. Preheat oven to 425°F.
2. Toss together potatoes, rutabagas and oil in a large bowl. Spread out on a large baking sheet. Cover with foil and roast until just tender, about 45 minutes.
3. Sprinkle the vegetables with sugar, salt and pepper; toss gently to coat. Return to the oven and roast, uncovered, until golden brown and glazed, about 25 minutes longer

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

## Creamy Parsnips & Pears - 8 servings, 1/2 cup each

### Ingredients

- 2 pounds parsnips, peeled and cut into 2-inch pieces
- 1 large pear, (Bartlett or Anjou), peeled, cored and halved
- 4 cloves garlic, peeled
- 1 tablespoon butter
- 2 teaspoons lemon juice, juice
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper, to taste

### Directions

1. Place parsnips, pear and garlic in a large saucepan and cover with lightly salted water. Bring to a boil. Reduce heat to medium-low, cover and simmer until the parsnips are tender and can be easily pierced with a knife, 20 to 25 minutes.
2. Drain and transfer to a food processor. Add butter, lemon juice, salt and pepper. Process until completely smooth. Scrape into a serving bowl and serve hot. (To keep puree hot for up to 1 hour, cover with parchment or wax paper and set the bowl in a pan of barely simmering water.)

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

## Fried Green Tomato Sandwiches w/Rémoulade Sauce - 4 servings

### Ingredients

#### Green Tomatoes & Garnish

- 3/4 cup buttermilk
- 1 large egg white
- 1 1/2 cups yellow cornmeal
- 1/2 teaspoon salt

- 1/2 teaspoon cayenne pepper
- 2 large green tomatoes, cored and cut into 1/4-inch-thick slices
- 2 teaspoons extra-virgin olive oil, divided
- 2 teaspoons butter, divided
- 4 iceberg lettuce leaves
- 4 hamburger buns

#### Rémoulade Sauce

- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons nonfat sour cream, or nonfat plain yogurt
- 1 tablespoon prepared horseradish
- 1 tablespoon Dijon mustard
- 2 teaspoons lemon juice
- 1/2 teaspoon cayenne pepper
- 2 scallions, chopped
- 2 sweet gherkins, chopped, or 1 tablespoon sweet pickle relish
- 1 tablespoon capers, drained and chopped

### Directions

1. To cook tomatoes: Preheat oven to 450°F.
2. Whisk together buttermilk and egg white in a medium bowl. Mix together cornmeal, salt and cayenne in a shallow dish. Dip half of the tomato slices into the buttermilk mixture, then transfer to the cornmeal mixture. Gently turn each slice in the cornmeal mixture to coat.
3. Heat 1 teaspoon oil and 1 teaspoon butter in a large nonstick skillet over medium heat until foamy. Add tomato slices and cook until the undersides are golden brown, 4 to 5 minutes. Transfer the slices to a baking sheet, browned-side up. Repeat the process with the remaining oil, butter and tomato slices. Bake the tomatoes in the hot oven until both sides are well browned, 8 to 12 minutes.
4. To make rémoulade sauce: While the tomatoes are in the oven, combine mayonnaise, sour cream (or yogurt), horseradish, mustard, lemon juice, cayenne pepper, scallions, gherkins (or pickle relish) and capers in a small bowl.
5. To assemble sandwiches: Place lettuce on the bottom halves of buns. Top with the tomato slices and rémoulade sauce; cover with bun tops.

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

## Curried Butternut Squash Dip - 3 1/2 cups

### Ingredients

- 1 2-pound butternut squash
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- 1 1/4 cups "lite" coconut milk
- 1 tablespoon finely chopped fresh ginger
- 1 cup pepitas, toasted, plus more for garnish
- Zest of 1 lime
- 1/4 cup lime juice