

Ingredients

- 2 large zucchini, trimmed and sliced lengthwise into 6 to 8 1/4-inch-thick slices (12 to 16 slices total)
- Extra-virgin olive oil, for brushing
- Kosher salt and freshly ground black pepper
- 1 cup whole-milk ricotta
- 1 tsp. finely grated lemon zest
- 8 1/2 inch-thick slices sourdough bread

Directions

1. Prepare a medium-high (425°F to 450°F) gas or charcoal grill fire. Brush the zucchini slices with oil and season with salt and pepper.
2. Grill the zucchini until grill marks form on one side, about 2 minutes. Flip the slices and continue to grill until tender, about 1 to 2 minutes more.
3. In a small bowl, mix the ricotta, lemon zest, 3/4 tsp. pepper, and 1/2 tsp. salt. Spread 4 slices of bread with the ricotta mixture, top each with 3 to 4 slices of the grilled zucchini, and sprinkle with salt and pepper. Top with 4 more slices of the bread.
4. Brush both sides of the sandwiches with oil and grill in a hot Panini press until crisp and golden-brown, about 4 minutes. (Alternatively, cook in a 12-inch heavy-duty skillet over medium-high heat for 2 to 3 minutes on each side.)



Sisters Hill Farm

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

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The Farm's phone 845-868-7048
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Join us tomorrow at 6PM for our winter squash harvest! Check your email for details.



Field Notes from Farmer Dave

One of the great joys in my life lately is going on a daily run with my two sons on Sisters Hill Rd. Ben (7), John (10), and I have recently started training for some fall 5K's and fun runs by running to the corner of Sisters Hill and North Anson and then back home again; about a mile. Along the way, we laugh and joke and talk about our days'. It's a perfect confluence of everything a parent hopes for, happy shared memories, and the development of healthy habits.

It's been a long journey to get to this place. It started several years ago when they would come to races to watch me compete. Showing some interest we slowly encouraged them to participate in some 1 mile fun runs and summer track races for kids. We kept the focus on having fun, and giving it a good effort, not worrying about how they placed. They weren't really too interested, so we didn't push it, or not much at least. Our main goal at this stage was to make sure they had enough activity each day, so often a quick run was the path to a treat-- my wife Margaret would say, "Okay, you can watch your movie as soon as you do two laps around the garden." They'd sprint out there and do those laps. For a while they really loved running through our woods, the rougher the terrain, the better they felt. Right now we are on a kick where it's pretty easy to get them to want to join me for a daily run.

Part of what has made it easier is that I've had a neck injury this summer and so I haven't been able to train for triathlon as much as I did last summer. Biking has been painful, and I am fearful of swimming aggravating it, so I mostly I've taken it easy. When relaxing, not being worried about getting in my own running, it has been much easier to say to the boys, "hey, you want to go for an easy run?" A lack of concern about my own development has allowed me to help them progress with patience, and compassion.

In a sense I have taken what I would describe as an ecological approach to this

particular parenting dilemma. I'm trying to look at the whole picture, all the myriad of factors, and I'm trying to gently nurture my boys toward a healthy lifelong habits.

I run Sisters Hill Farm with the same form of *ecological mindfulness*. We grow a huge diversity of crops, modeled largely on natural ecosystems. Because of this diversity I am afforded the luxury of not going on the warpath every time we have an outbreak of pests or diseases. We have multiple successions of many crops so if a certain crop struggles, members may not even notice. A farmer growing only one cash crop, or even a handful of crops, does not have that luxury; he or she must resort to powerful pesticides to save the crop and maximize yields. Most of you joined this farm because we are known far and wide for the outstanding quality of our produce, but I'll be the first to admit that crops flounder and fail sometimes. It's a humbling challenge to put the effort that we do into some crops, only to see them decimated by insects or disease. My approach is to work with nature on these occasions. I refine my approach to fertility or culture, so that hopefully the plant, and the soil it grows in, will thrive. Or I invite in allies, by creating beneficial habitat for them with cover crops. Sometimes I exclude the invaders with floating row fabric. I work with the seasons, avoiding planting certain crops when pests are at their worst; like flea beetles in midsummer -- asian greens and broccoli simply can't compete without pesticides, so rather than spray, we adapt and adjust. All summer we grow you head lettuce, but spring and fall your salads expand to include lots of spicy greens.

So the next time you are traveling down Sisters Hill Road, slow down and watch out for me and my boys-- maybe my wife Margaret will even be with us too. And think about how everything worth doing takes time, patience, and a holistic view with the end in mind. That's why my goal for both my work life and my home life is one in the same... to nurture bodies, spirits, communities, and the earth!

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

Heirloom Tomato and Cheese Pie

This to-die-for rustic tart (or galette) is ideal for brunch, lunch, or a light supper with a green salad. The secret to keeping the crust from getting soggy despite all of the juicy, ripe tomatoes is to sprinkle a bit of semolina flour under them, where it will absorb the juice.

Ingredients

- ¼ cup semolina flour
- 1 recipe Buttermilk Biscuit Dough (see below)
- All-purpose flour, for rolling
- 3 to 4 medium ripe tomatoes (1 ½ lb. total), preferably heirloom, cored and sliced crosswise ¼ inch thick
- Kosher salt
- 2 oz. coarsely grated Gruyère (about 2/3 cup using the large holes of a

box grater)

- ⅓ cup mayonnaise
- ¼ cup finely chopped mixed fresh herbs, such as parsley, basil, and chives
- 1 tsp. finely chopped fresh oregano or marjoram
- Freshly ground black pepper

Directions

1. Position a rack in the center of the oven and heat the oven to 425°F.
2. Sprinkle a 12x17-inch sheet of parchment with 2 Tbs. of the semolina flour. On the semolina, pat the biscuit dough into a 5-inch round. Using a floured rolling pin, roll the dough into a 13-inch round, lightly dusting with all-purpose flour to keep the dough from sticking, if necessary.
3. Transfer the dough on the parchment to a large rimmed baking sheet. Sprinkle the remaining 2 Tbs. semolina flour over the dough, leaving a 1-1/2-inch border.
4. Arrange the tomatoes over the dough in two flat, slightly overlapping concentric circles, lightly salting each circle as you go.
5. Combine the cheese, mayonnaise, herbs, and 1/8 tsp. pepper in a small bowl. Dollop in generous tablespoons over the tomatoes. Fold the dough border over the edges of the tomatoes, pleating the dough as necessary.
6. Bake until the crust is golden-brown and the tomatoes are tender, 20 to 25 minutes. Let cool on a wire rack until warm, about 30 minutes, before cutting into wedges and serving. You can also serve it at room temperature.

Buttermilk Biscuit Dough

Ingredients

- 8 oz. (1-3/4 cups) unbleached all-purpose flour; more as needed
- 2 tsp. baking powder
- 1 tsp. granulated sugar
- ½ tsp. baking soda
- ½ tsp. table salt
- 3 oz. (6 Tbs.) cold unsalted butter, cut into 1/2-inch pieces
- ¾ cup cold, well-shaken buttermilk

Directions

1. In a large, wide bowl, combine the flour, baking powder, sugar, baking soda, and salt. Using a pastry blender or your fingertips, cut in the butter until the mixture resembles coarse meal with some pea-size lumps.
2. Using a silicone spatula, stir in the buttermilk just until the flour mixture is moistened. Do not overmix; the dough should just come together, and it will be sticky.
3. Transfer the dough to a floured work surface and gently knead 6 to 8 times, dusting lightly with flour if needed to keep it from sticking.

Make Ahead Tips

The flour and butter mixture can be refrigerated in a zip-top freezer bag for up to 1 week, or frozen for up to 1 month. If frozen, thaw at room temperature for 30 minutes before proceeding with the recipe

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

Grilled Zucchini Panini