

- 2 tablespoons sunflower or canola oil
- 1 medium onion and/or 1 stalk green garlic, coarsely chopped
- 1 large head bok choy or other greens, coarsely chopped
- 2 teaspoons rice vinegar, apple-cider
- 4 teaspoons soy sauce or tamari
- 2 teaspoons honey
- 2 teaspoons toasted sesame oil
- 4 scallions, finely chopped
- About 1/4 cup sesame seeds
- 2 cups pea shoots or sugar snap

Directions

1. Cook the soba noodles in boiling water according to the package directions. Drain and set aside.
2. Heat the oil in a large frying pan. Add the onions and/or green garlic, and sauté over medium-high heat until they begin to soften. Add the bok choy and continue to sauté over medium heat, tossing occasionally, until the bok choy is just cooked and no longer crunchy, about 8 minutes.
3. In a large bowl, combine the vinegar, soy sauce, honey, and sesame oil. Whisk to combine. Add the noodles to the bowl and toss to coat. Add the bok choy mixture, scallions, sesame seeds, and pea shoots, and then mix it all together.

Cook's Tip: Many soba noodles do contain wheat flour as well as buckwheat, so if you're looking for a gluten-free noodle, read the package carefully.

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

Baby Spinach Salad with Raspberry Vinaigrette - 4 servings

Ingredients

Vinaigrette

- 1/3 cup canola oil
- 1/4 cup raspberry vinegar or red-wine vinegar
- 3 tablespoons orange juice
- 1/4 teaspoon salt
- Freshly ground pepper to taste

Salad

- 6 cups prewashed baby spinach or a combination of lettuce and other leafy greens.
- 1 small red bell pepper, thinly sliced
- 1 ripe, but firm, nectarine, cut into 1-inch chunks
- 3 tablespoons Raspberry Vinaigrette

Directions

1. To prepare vinaigrette: Add oil, vinegar, orange juice, salt and pepper to a jar with a tight-fitting lid; shake well to combine.
2. To prepare salad: Combine spinach, bell pepper and nectarine in a large bowl; toss with 3 tablespoons of the vinaigrette.



Sisters Hill Farm

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

May 31, 2014
June 3, 2014

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Our first **potluck picnic** of the season will be **Saturday June 14th at 5PM!**
Join us for a **tour** of the farm, fun farm **games**, and a **live musical** performance!

The Apprentice Perspective

We started on March 31st, wrapped in long-johns and covered with rugged winter coats. Hats and gloves kept the warmth in where we needed it most while we worked on helping the farm wake from its winter slumber. Our days were filled with clearing brush away from fence lines or picking rocks from slowly-melting snow piles and learning about the tractors and the various tools that accompany them. Seeding in the warm greenhouse was a luxury, where we could strip down a couple layers and make comfortable conversation among the early spring transplants. We daydreamed to each other about the days to come, when we would spend our time planting, harvesting, and weeding, eating spring greens for every meal. For two weeks it seemed like those days were forever beyond our reach until, finally, on April 10th it happened. We marched out to Field A with tiny transplants in hand: Swiss chard, kale, lettuce, cabbage, Chinese cabbage, and broccoli. Dave taught us how to quickly, yet tenderly, pop each plant into place. There air around us shimmered as we all rejoiced with ooh's and ahh's as rows, then beds, then the field began to take shape.

Here we are, with two months under our work belts. The contrast is stark; we traded in our long-johns for shorts, and winter jackets have been buried behind curtains of rain gear, not to be seen until October. For some of us sunscreen has become a necessity to be applied upwards of two times daily, while the iconic (and unavoidable) farmers tan grows ever stronger, chasing that March chill further and further away. Beyond the fence lines surrounding the farm honeysuckle blooms, scenting the air with a thick and sweet spring perfume. Field A has survived a brief snow-storm and several cultivations; the lettuce has been harvested along with some kale, the Swiss chard is showing off its beautiful trademark rainbow stems, and the broccoli have begun to form tiny heads. Next door in Field B, tomatoes stand supported by a first layer of trellising, and our first succession of melons has been tucked into the soil in W3. Most exciting of all, harvesting has been added to the workload.

In the early spring, especially when multiflora rose thorns lodged themselves in my skin, I will admit I occasionally questioned my decision to leave the comfort and warmth of my previous office job. However, one look at all the work we have accomplished in two short months puts any such unease to rest. We have coaxed a bounty out of the ground, and have begun again the cycle of nourishing the community, our community, who supports us. I look forward to meeting each member of that community as the season goes on! —Hannah Blackmer

*****From The Fresh Food Nation Cookbook*****

Turnip Salad Two Ways - SERVES 4

This sophisticated salad is a lovely way to serve these tender bulbs. The recipe works nicely with grated beets and carrots, as well.

Ingredients

For the Asian dressing

- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- 2 teaspoons honey or brown sugar
- 1 1/2 teaspoon grated fresh ginger
- Dash of hot sauce (optional)
- 1/3 cup chopped peanuts, or
- 2 tablespoons sesame seeds, toasted

For the honey-mustard dressing

- 2 tablespoons olive oil
- 2 tablespoons apple-cider vinegar
- 2 tablespoons honey
- 1/2 teaspoon kosher salt
- 2 teaspoons Dijon or grainy mustard
- 1/3 cup sunflower seeds, toasted
- 1 bunch Hakurei turnips (8 ounces), julienned or grated
- 1 small head butter or leaf lettuce, or
- 4 ounces salad mix

Directions

1. Choose either the Asian or honey-mustard dressing, and whisk together all the ingredients except the peanuts or sunflower seeds.
2. Put the turnips in a medium bowl and pour the dressing over the top; stir well to coat. Let the salad sit for at least 10 minutes so the turnips can absorb the dressing.
3. Arrange a bed of lettuce on each plate and top with the turnip salad. Sprinkle with either the peanuts or the sunflower seeds (based on your dressing) and serve right away.

Cook's Tip: When you have access to really fresh root vegetables, you learn that the roots aren't the only delicious part. As soon as you get your turnips home, cut off the greens, wash in cool water, and dry well in a salad spinner.

*****From The Fresh Food Nation Cookbook*****

"Turnips Two Ways" Pasta - SERVES 4

This light and fresh pasta dish is an excellent demonstration of two important things: 1) turnips are delicious! and 2) the leafy green tops of root vegetables are as tasty as their underground bulbs.

Ingredients

- 2 bunches Hakurei (or other sweet Japanese) turnips (about 1 pound total), washed and greens separated from roots
- 1/4 cup olive oil
- Kosher salt and freshly ground black pepper
- 1 stalk green garlic, finely chopped
- 8 ounces dried delicate pasta, such as capellini or fettuccine
- 1 to 2 tablespoons fresh lemon juice
- 1/2 to 1 cup freshly grated Parmigiano-Reggiano

Ingredients

1. Put a large pot of water on to boil for the pasta.
2. Wash the turnip greens thoroughly in several changes of cool water to remove any grit (or bugs!). Coarsely chop and set aside; it's fine if the greens are still slightly wet. Rinse the turnip roots, pat dry, and cut into 1/8-inch slices.
3. Heat 2 tablespoons of the olive oil in a large frying pan over medium-high heat, and sauté the turnip slices, stirring and flipping frequently so they brown nicely as they soften. Season with salt and pepper, add the garlic, and continue cooking for a few more minutes, until the turnips are tender and browned (but don't let the garlic get brown). Scrape the turnips out of the pan and set aside, keeping them warm.
4. Return the pan to the heat, add the remaining 2 tablespoons oil, and then add the slightly wet turnip greens. Reduce the heat to medium low, and let the greens steam and wilt until collapsed and tender but still bright green, tossing frequently with tongs. Season lightly with salt and pepper.
5. Meanwhile, cook the pasta according to the package directions. Right before draining, scoop out about 1 cup of the cooking water and reserve. Drain the pasta well and then add it to the frying pan with the turnip greens. Toss in the turnip rounds and any oil that was on them. Add 1 tablespoon of the lemon juice and toss. Add about two-thirds of the cheese and toss again, adding a few spoonfuls of the reserved cooking water as needed to give the dish a nice consistency. Taste again and add more of the lemon juice, salt, or pepper as needed. Serve the remaining cheese at the table.

Note: What is green garlic? Before the garlic plant actually forms heads divided into cloves, it looks like a scallion or other slender spring onion. The flavor is sweet and mild, and so it can be used generously in dishes. For the recipe use finely minced garlic cloves or medium onion.

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

Bok Choy and Soba Noodles in Sesame Dressing - SERVES 3 OR 4

The bok choy will sweeten as it cooks, with the leaves becoming meltingly tender while the succulent ribs keep a bit of crunch. This dish is delicious at any temperature and makes for amazing cold leftovers.

Ingredients

- 9 ounces buckwheat soba noodles