

- 2 cups diced onions
- 1/8 teaspoon salt plus 1/4 teaspoon, divided
- 2 tablespoons water
- 1 cup finely chopped spinach
- 3/4 cup chopped cooked shrimp
- 1 tablespoon chopped fresh oregano
- 1/2 cup crumbled feta cheese
- 4 large eggs
- 2 large egg whites
- 3/4 cup low-fat milk
- 1/4 cup sour cream
- 1/4 teaspoon freshly ground pepper

Directions

1. To prepare crust: Whisk whole-wheat flour and all-purpose flour with salt in a medium bowl. Cut butter into small pieces; using your fingers, quickly rub the butter into the dry ingredients until smaller but still visible.
2. Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle 2 tablespoons of ice water over the mixture. Toss with a fork until evenly moist; if the mixture seems dry, add up to 1 more tablespoon water. Knead the dough in the bowl a few times—the mixture may still be a little crumbly—then firmly press into a disk. Cover the bowl with plastic wrap and refrigerate for at least 1 hour.
3. To prepare filling & bake quiche: Preheat oven to 375°F. Coat a 9-inch pie pan with cooking spray.
4. Heat oil in a medium skillet over high heat. Add onions and 1/8 teaspoon salt; cook, stirring frequently, until the onions start to brown, 3 to 5 minutes. Add water, reduce heat to low and cook, stirring frequently, until the onions are golden brown and very soft, about 15 minutes. Remove from heat and let cool while you roll out the crust.
5. Place the dough on a sheet of parchment or wax paper and roll into a 12- to 13-inch circle, dusting the top with a little flour, as needed. (If chilled more than 1 hour, let the dough stand at room temperature for 5 minutes before rolling.) Place the prepared pie pan upside down in the center of the dough. Holding one hand on top of the pan and the other hand underneath the paper, flip pan and dough over so the dough is lining the pan. Remove the paper and patch any tears in the dough. Trim the crust so it evenly overhangs the edge by about 1 inch, then tuck the edges under at the rim and crimp with your fingers or a fork.
6. Spread the caramelized onions in the bottom of the crust. Layer spinach and shrimp on top of the onions and sprinkle with oregano. Top with cheese. Whisk eggs, egg whites, milk, sour cream, pepper and the remaining 1/4 teaspoon salt in a medium bowl. Pour the mixture into the crust. Bake the quiche until puffed and firm when touched in the center, 40 to 50 minutes. Let cool on a wire rack for 15 minutes. To serve, cut into 8 pieces.



Sisters Hill Farm

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<http://sistershillfarm.org>

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The Picnic was AWESOME!

Thanks to everyone who came and contributed to the fun!

The next one is August 3th at 5PM, save the date!

Field notes from Audrey

Hello Sisters Hill Farm Members, new and returning! Audrey here, writing to you on this overcast and mercurial week at the farm. As you may have noticed, I've decided to stay on for another season -- well actually, I never left. I spent the winter at the farm which proved to have some integral farm learning experiences; I worked hard on our crop plan, painted new signage, and updated the website, amongst various other "behind the scenes" improvements. It was an invaluable experience for me, being able to truly witness a whole year and understand how important the work in the winter is to facilitating a smooth and productive season. I also had time to reflect, read and write, and develop my future farm goals, not to mention the chance to take it easy. Ultimately it was a well deserved and fruitful break.

Now it's spring and the solstice is fast approaching. The days are getting longer and we're officially in full blown harvest mode. It's a familiar place for me, and the past two months have allowed me to see the farm without the newness that was in my eyes last season. I've noticed that my focus has been on the bigger picture; balancing the start of season prep work, constant seeding, and the fixing of objects that won't even be acknowledged again until next spring. At the moment, we're still planting, weeding AND harvesting, which puts a lot of pressure on us to make sure we are working with all of the pieces at the same time. Our fields are bursting with food, the bounty just begging for us to pull it out, cut it down and bunch it up. It's a glorious time to just admire how generous the earth can be as long as we take care of her and provide the necessary growing conditions. I'm still amazed at how it all just grows and the cycle repeats.

I'm also focusing my thoughts on infrastructure, wondering how Dave set the farm up in the beginning, how to farm the way we do without the amalgam of tools and equipment we have acquired over the past 16 seasons, and the really tough questions of land access and capital. I can learn how to be a great farmer here, but the missing piece to my puzzle is how I can find land that's affordable, close to markets, and obtain adequate start up funding to make it all happen. These are big questions and thankfully there are a few local and national

organizations who are doing their best to help beginning farmers, but the assistance is still in its infancy. I'm also very grateful for all of you that continue to take stock in Sisters Hill Farm and support us not only by subscribing to a share, but through your questions and enthusiasm, volunteering and general support. I can't wait to get to know more of you and become closer to those of you who I am already friendly with.

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

What are Garlic Scapes?

GARLIC SCAPE This is the curly green stalk that grows out of a garlic plant in very early spring. Most farmers remove them, thinking the head will grow bigger with no scape to divert energy. Crunchy, with a mild garlic flavor, the scapes are easy to cook with, though slightly fibrous on the outside. Cut into short pieces and sauté, roast, or add to soups, stews, risottos, or stir-fries.

GARLIC SCAPE BUTTER: Stew sliced garlic scapes in olive oil and a little water until very tender. Put a stick of softened butter in the bowl of a stand mixer; add the stewed scapes and some chopped fresh flat-leaf parsley, thyme, sage, chives, and chervil. Add a bit of coarse salt and lemon zest and mix until well combined. Use this to make the world's best garlic bread.

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

Crunchy Bok Choy Slaw - 8 servings, 3/4 cup each

Ingredients

- 1/4 cup rice vinegar
- 1 tablespoon toasted sesame oil
- 2 teaspoons sugar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 6 cups very thinly sliced bok choy, (about a 1-pound head, trimmed)
- 2 medium carrots, shredded
- 2 scallions, thinly sliced

Directions

1. Whisk vinegar, oil, sugar, mustard and salt in a large bowl until the sugar dissolves. Add bok choy, carrots and scallions; toss to coat with the dressing.

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

Sesame-Shiitake Bok Choy - 4 servings, about 1 cup each

Ingredients

- 1 tablespoon canola oil
- 3 cloves garlic, chopped
- 1 2-pound head bok choy, trimmed and thinly sliced
- 4 cups sliced shiitake mushroom caps, (9 ounces with stems)
- 2 tablespoons oyster-flavored or oyster sauce, (see Note)
- 1 tablespoon toasted sesame oil
- 1/4 teaspoon salt

- 1 tablespoon toasted sesame seeds, (see Tip)

Preparation

1. Heat oil in a Dutch oven over medium-high heat. Add garlic and cook, stirring constantly, until fragrant but not browned, 30 seconds. Add bok choy and mushrooms; cook, stirring, until wilted, about 2 minutes. Continue cooking, stirring often, until just tender, 3 to 5 minutes more. Stir in oyster sauce, sesame oil and salt. Garnish with sesame seeds.

Note: If you have extra bok choy combine it with the spinach in the recipes below. You will have an interesting change in taste.

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

Florentine Ravioli - 4 servings, about 1 1/2 cups each

Ingredients

- 1 20-ounce package frozen cheese ravioli, or tortellini (4 cups)
- 6 teaspoons extra-virgin olive oil, divided
- 4 cloves garlic, minced
- 1/4 teaspoon salt
- 1/8-1/4 teaspoon crushed red pepper
- 16-ounces of fresh spinach
- 1/2 cup water
- 1/4 cup freshly grated Parmesan cheese

Directions

1. Bring a large pot of water to a boil; cook ravioli (or tortellini) according to package directions.
2. Meanwhile, heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add salt, crushed red pepper to taste, spinach and water. Cook, stirring frequently, until the spinach has wilted and heated through, 5 to 7 minutes. Divide among 4 bowls, top with the pasta and drizzle 1 teaspoon of the remaining oil over each portion. Serve immediately with a sprinkle of Parmesan.

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

Shrimp & Spinach Quiche - 8 servings

Ingredients

Crust

- 3/4 cup white whole-wheat flour
- 3/4 cup all-purpose flour
- 1/4 teaspoon salt
- 2 tablespoons cold butter
- 2 tablespoons sour cream
- 2 tablespoons extra-virgin olive oil
- 2-3 tablespoons ice water

Filling

- 2 teaspoons extra-virgin olive oil