

- ¼ cup red wine vinegar
- ¼ cup drained capers
- 1 cup dry white wine
- 2 tablespoons tomato paste
- ¼ cup chopped fresh parsley leaves

#### Directions

1. Sprinkle the chicken with salt and pepper. Heat the oil and butter in a heavy-bottom skillet. Add the chicken breasts and sauté over medium-high heat, turning the pieces often until lightly browned, about 5 minutes.
2. Add the shallots and garlic around the chicken. Cook briefly; add the tarragon, tomatoes, vinegar, capers, wine and tomato paste. Stir to dissolve the brown particles adhering to the bottom of the skillet.
3. Blend well, bring to a boil, and then cover and simmer for 9 minutes. Sprinkle with parsley and serve.

\*\*\*\*\*From NYTimesCooking.com\*\*\*\*\*

#### French Grated Carrot Salad

##### Ingredients

- FOR THE FRENCH GRATED CARROT SALAD
  - 1 tablespoon freshly squeezed lemon juice
  - 1 tablespoon sherry vinegar or white wine vinegar
  - Salt
  - freshly ground pepper to taste
  - 1 teaspoon Dijon mustard
  - 6 tablespoons extra virgin olive oil or canola oil (or a mix of the two), or use 2 tablespoons plain low-fat yogurt or buttermilk and 4 tablespoons oil
  - 1 pound carrots, peeled and grated
  - ¼ cup finely chopped flat-leaf parsley
- FOR THE ADD TO THE CARROTS
  - ¼ cup grated or finely chopped red onion (optional)
  - 3 tablespoons capers, rinsed and coarsely chopped
- FOR THE DRESSING
  - Use 2 tablespoons lemon juice and omit the vinegar
  - Add 1 teaspoon curry powder
  - ½ teaspoon ground lightly toasted cumin seeds
  - Substitute 2 to 3 tablespoons buttermilk for 2 to 3 tablespoons of the oil

##### Directions

1. Whisk together the lemon juice, vinegar, salt and pepper, mustard, and oil (or oil and yogurt and buttermilk). Toss with the carrots and parsley in a large bowl. Taste and adjust salt. Refrigerate if not eating right away (I recommend making this 30 minutes to an hour ahead, then tossing again).
2. Place the onions in a bowl and cover with cold water. Soak for 15 minutes, drain, rinse with cold water, and drain on paper towels. Add to the carrots along with the capers and parsley. Make the dressing as directed, adding to it the curry powder and ground cumin. Toss with the salad.



## Sisters Hill Farm

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<https://sistershillfarm.org>

845-868-7048

Edited by: Bob & Joan Cohen

[cohenrd98@comcast.net](mailto:cohenrd98@comcast.net)

845-724-3518

***Thanks for an awesome picnic! We had great fun enjoying the band, playing lawn games, holding potato sack races, and spending time with everyone! Thanks!***

#### Field notes from Farmer Dave

We're in a little bit of a magic moment here at the farm. Perhaps it's connected with the sun playing peek-a-boo behind the moon this week; the stars have aligned and the rarest of phenomena has occurred—a farmer is actually pleased with the weather! For the past several weeks we've had the ideal combination of sun and rain. It has rained on cue about once a week, usually when I'm contemplating spending my weekend irrigating crops. Then, late at night I hear that pitter patter of rain on my roof and I'm filled with joy and peace!

I'm not the only one who's enjoying the even intervals of rain and sun. Most of the crops are loving it, and thriving. The vast majority of our 1,000+ tomato plants are over my head, some in the field are up to 9 feet tall, and in the hoop house they are up to about 12' (we lower them and lean them at an angle so we can still reach them). The summer squash plants are huge! Yesterday we were picking from 5 successions at once—no wonder there have been so many!

Which brings me to my second point, your shares are entering that late summer-early fall bounty period when they become quite heavy. When I share pictures and videos of our offerings with other farmers their comments are often along the lines of “that's too much, you're giving away all of your profits!” They wonder how we produce so much food and offer it at such an affordable price. It's true that by the standards of local grocery stores, farm stands, and farmers markets, our shares are a tremendous bargain. Most years we calculate that our offerings purchased locally would cost in excess of \$1,200 not even considering the value of PYO items!

Most farmers who do CSA tell me that they offer their CSA offerings at a 10 to 15% discount over their farmer's market prices. For us that would mean a share price of over \$1,000, but more realistically what it would mean is that we would give smaller shares. We buck the trend in terms of share size with CSA, in fact we buck the trend in many ways compared to most CSA's these days!

First and foremost, we are a traditional CSA and we don't sell our produce in

any other way. By traditional I mean we divide the entire harvest between all of you, our customers. If there is a bumper crop, it goes to you (and our charities)! For most CSA's these days that is not the case. Most farmers have a great variety of marketing channels, seeing stability in diversification: they might sell produce to 5 restaurants, 2 health food stores, 3 farmers markets, and 60 CSA customers. When they put together a share, they will carefully assess the value of each item and make sure they don't exceed the predetermined value of the box. If they put too much in the box they can't sell that produce elsewhere for additional profit. Don't get me wrong, making a profit is essential to sustainability, but there are also definite benefits to growing only for CSA (and Charity) the way we do!

First of all, other than when we create our yearly budget and do our monthly accounting, we don't have to think about money. Most farmers have great market days and terrible market days, stellar years and terrible years. We are spared the drama of dealing with these financial highs and lows! Also there is a great deal of efficiency in the way we harvest, wash, pack and present your produce to you. We use hard plastic bins that have a service life of decades, saving on cardboard costs. We don't have to cull 50% or more of our vegetables because they aren't the perfect shape, or length—some of you appreciate slightly smaller summer squash, some want them as big as you can get; so there is very little waste. We don't have to spend time on the phone or computer creating product availability lists, or time in delivery trucks, or time at farmers markets on rainy days making meager sales. We get to spend our time here, at the farm, 6 days a week making sure we grow and harvest the best vegetables just for you!

We view our relationship with you as a partnership. We are in the business of growing healthy food which nurtures bodies, spirits, communities and the earth! We care more about your health, the freshness and taste of our vegetables, and creating a lasting and fruitful relationship with you than we do getting every dollar's worth of each vegetable we give you. And what does that mean from your end? Well, hopefully you are pleased and stick around. One of the things I'm most proud of in my work at Sisters Hill Farm is that members are part of the farm for so long! Half of the people that joined in 2008 are still members today; almost a quarter of the people who joined in 1999 are still members!

So how do we do it? How do we grow approximately 90,000 pounds of produce for 317 families (182 weekly shareholders, 135 biweekly shares) each year with only 4 people? Well, first and foremost it takes a great deal of planning. I look very closely at our survey results and our harvest records to come up with a comprehensive planting plan that will keep you all happy and well fed. Second, it is creating systems for the work we do on the farm that make sense given our scale and diversity. Third it's effective leadership and mentoring—attracting and training highly motivated, dedicated employees. We work very hard to move seamlessly from one task to the next—our workdays are carefully choreographed.

That's one of the exciting things about this time of year for me. It's now that I begin the apprentices' final exams; I ask them to alternate being in charge of the farm for a

week at a time. They get a real sense of what it takes to plan out weekly and daily tasks, be the decision maker, and lead and motivate coworkers and volunteers. Hopefully if all goes well, they gain confidence while at the same time learning their strengths and weaknesses as leaders. And if it goes really well—they fall in love with farming and continue their path toward owning or managing a farm. And our circle of influence grows!

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

### **Spaghetti With Fresh Tomato and Basil Sauce** **Ingredients**

- 3 pounds fresh plum tomatoes, blanched, peeled, seeded and quartered
- 3 ounces olive oil
- Salt and freshly ground pepper to taste
- 1 pinch crushed red-pepper flakes
- 1 pound dry spaghetti
- 2 ounces extra-virgin olive oil
- 1 tablespoon butter
- 6 leaves fresh basil, shredded
- 2 tablespoons freshly grated Parmigiano-Reggiano cheese

### **Directions**

1. Blanch the tomatoes and remove the skins. Cut in half lengthwise and scoop out the seeds. Cut the tomatoes crosswise. Set aside in a bowl.
2. Heat 3 ounces olive oil in a large, deep skillet over medium-high heat until it smokes slightly. Add tomatoes, salt, pepper and crushed red pepper. Since the tomatoes will reduce and the salt will be concentrated, it is better to season initially with a lighter hand.
3. Chop the tomatoes with a potato masher until they are in fine chunks and all their liquid is released. Be sure they are chopped and crushed fine, for a semichunky sauce. Simmer for 25 minutes over medium heat.
4. While the sauce simmers, heat the water for the pasta. Cook the spaghetti in salted water about half of the way cooked. Drain, reserving some of the water.
5. Taste the sauce and adjust the seasoning if necessary. Add the pasta to the sauce and cook over medium-high heat until all the liquid is absorbed and the pasta is al dente. If the sauce is over-reduced, use the pasta cooking liquid to adjust it.
6. At the last moment, remove the pan from the heat; add the extra-virgin olive oil, butter, basil and cheese. Mix thoroughly until the pasta is an orangy color. Taste again and adjust the salt if necessary. Remove to a platter. Serve.

\*\*\*\*\*From *Cooking.NewYorkTimes.com*\*\*\*\*\*

### **Chicken Breasts With Tomatoes and Capers** **Ingredients**

- 4 boneless, skinless chicken breasts (about 2 1/4 pounds)
- Salt and freshly ground white pepper to taste
- 2 tablespoons olive oil
- 2 tablespoons butter
- 6 tablespoons finely chopped shallots
- 2 teaspoons finely chopped garlic
- 4 teaspoons finely chopped fresh tarragon, or 2 teaspoons dried tarragon
- 8 ripe plum tomatoes cut into small cubes (or one 28-ounce can of tomatoes, drained and chopped)