

- 2 cloves garlic, chopped
- 1 teaspoon chopped fresh thyme or parsley
- 5 cups chopped carrots
- 2 cups water
- 4 cups reduced-sodium chicken broth, “no-chicken” broth (see Note) or vegetable broth
- ½ cup half-and-half (optional)
- ½ teaspoon salt
- Freshly ground pepper to taste

Directions

1. Heat butter and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.
2. Stir in carrots. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 25 minutes.
3. Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.

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

Roasted Squash & Fennel with Thyme - 4 servings, 2/3 cup each

Ingredients

- 2 small summer squash, (about 12 ounces)
- 1 ½ cups sliced fennel bulb, (about 1 small bulb), plus 1 tablespoon chopped fennel fronds, divided
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh thyme
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ cup thinly sliced garlic

Directions

1. Preheat oven to 450°F. Quarter squash lengthwise, then cut crosswise into 1-inch pieces. Combine the squash with sliced fennel, oil, thyme, salt and pepper in a large bowl.
2. Spread the mixture evenly on a large, rimmed baking sheet. Roast for 10 minutes. Stir in garlic and roast until the vegetables are tender and the fennel is beginning to brown, about 5 minutes more. Stir in fennel fronds and serve.



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

September 22, 2012
September 25, 2012

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Notes from Farmer Dave

What a wonderful time of year it is; I absolutely love the fall. The mornings start out cool and crisp eventually warming to that perfect temperature where you feel caressed by sunshine. I’ve been thinking a lot lately about how different this year has been from last. Remember hurricane Irene, and how it wiped out many farms and CSA’s in the region? Remember that freak snowstorm in October? We had to dig through 16 inches of snow to bring you shares that week. The whole season was wet and it was a constant struggle to keep the plants healthy. I had a myriad of digestive problems, and I’m sure stress played a role. Now contrast that with this season... We have had some of the best shares ever! The weather, although extremely warm was mostly dry; that coupled with an excellent irrigation system and our yields have been outstanding.

It is not all weather though. It is also the result of hard work and always looking and planning for a better future. On a farm, and in any business, one has to balance the needs of production with the need to increase and maintain production capability. I have always been very big on looking at ways to improve, ways to grow healthy veggies more efficiently and with less strain on our bodies. When I redesigned our wash station and new cooler several years ago, I put a lot of thought into how we would lift, wash, transport, and cool all those many tons of produce. I also planned to upgrade the apprentice quarters so that I could comfortably house 3 apprentices rather than 2. I realized after having my best year ever in 2010 with 1 assistant manager and 2 apprentices, that having another set of hands on staff not only made the work more tenable, it actually helped us increase our yields. In 2011 this point was strongly hammered home, we had to replant some crops 3 times because they got washed away in storms! So it was particularly satisfying to have the final stage of the construction plan happen this winter. We are finally able to house 3 apprentices comfortably. Now we don’t have to make quite as many hard decisions as to what to harvest for your shares, because we have more time to devote to harvest. That’s one of the reasons you have gotten more beans than ever before, we have actually had time to pick them all! An added benefit is that I can now train 3

apprentices each year, helping to make more sustainable farms a reality!

Oh, and to get back to my health for a minute; I'm aiming to be in the best shape of my life by the time I hit 40 next May. I'm well on my way, and my whole family is catching the fitness bug; we all ran in the Dutchess Classic last Sunday. So planning can pay off-- I'm certainly capable of greater production with less chance of injury-- given my improved fitness. But my real goal is longevity. I want to be able to happily do this for years to come so you can eat fantastic food and stay healthy too!

With the cool fall weather, here are a few hearty recipes.

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

Fennel & Pork Stew - 8 servings, generous 1 cup each

Ingredients

- 8 cups thinly sliced fennel (2-3 medium bulbs), plus ¼ cup chopped fronds
- 1 medium onion, halved and thinly sliced
- 2 ½ pounds pork shoulder or Boston butt, trimmed of excess fat and cut into 2-inch chunks
- 1 ½ teaspoons kosher salt, divided
- 1 ½ teaspoons freshly ground pepper, divided
- 2 tablespoons extra-virgin olive oil, divided
- ¾ cup dry white wine, such as Sauvignon Blanc
- 4 cloves garlic, minced
- 1 tablespoon finely chopped fresh rosemary
- 2 teaspoons finely chopped fresh oregano
- 1 28-ounce can whole tomatoes, drained (in place of the canned tomatoes use fresh plum tomatoes)

Directions

1. Spread fennel and onion in an even layer in a 5- to 6-quart slow cooker. Cover and refrigerate fennel fronds.
2. Sprinkle pork with ¼ teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet or Dutch oven over medium-high heat. Add about half the pork and cook until brown, 4 to 5 minutes. Transfer to the slow cooker. Repeat with the remaining oil and pork. Add wine to the pan and scrape up any browned bits; remove from the heat.
3. Sprinkle garlic, rosemary, oregano and the remaining ¼ teaspoon each salt and pepper over the pork. Top with the drained tomatoes and pour in the wine from the skillet.
4. Cover and cook for 5 hours on High or 7 to 8 hours on Low. Stir the stew well to combine; serve garnished with the reserved fronds.

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

Chicken with Creamy Braised Leeks - 4 servings

Ingredients

- 8 medium or 4 large leeks

- 2 cups reduced-sodium chicken broth
- 6 cloves garlic, halved
- 6 sprigs fresh thyme
- 4 boneless, skinless chicken breasts (5-6 ounces each), trimmed and tenders removed (see Note)
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 1/2 cup heavy cream

Directions

1. Preheat oven to 425°F.
2. Trim roots and dark green tops from leeks, leaving 5 to 6 inches of white and light green parts. Cut the leeks in half lengthwise (or in quarters, if large); rinse well. Place the leeks in a single layer in a 9-by-13-inch baking dish, on their sides if necessary, nestling them together. Pour in broth; submerge the garlic and thyme in the broth between the leeks.
3. Bake the leeks for 40 minutes.
4. After about 30 minutes, sprinkle chicken with 1/4 teaspoon each salt and pepper. Heat oil in a large skillet over medium heat; add the chicken and cook until golden brown, 3 to 5 minutes per side. Remove from the heat.
5. After 40 minutes, remove the leeks from the oven and nestle the chicken into them. Add cream and the remaining 1/4 teaspoon salt to the hot skillet (but do not turn the burner back on). Stir up any browned bits and let the cream heat up from the warmth of the pan. Pour the cream mixture over the leeks and chicken.
6. Return the baking dish to the oven and bake until an instant-read thermometer inserted into the thickest part of a breast registers 165°F, 10 to 15 minutes. Serve the chicken with the braised leeks, spooning the sauce over both.

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

Carrot Soup - 8 servings, about 1 cup each

Ingredients

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped