

## Directions

1. In a bowl, whisk together oil, vinegar, mustard, salt and pepper. Stir in basil. Add tomatoes, corn, arugula and onion; toss to coat.

\*\*\*\*\* From *Epicurious.com* \*\*\*\*\*

## Vegetable Quesadillas with Fresh Salsa - makes 6 servings

### Ingredients

- 4 medium plum tomatoes, diced
- 1/4 cup chopped red onion
- 1/4 cup fresh cilantro, chopped
- 1 teaspoon fresh lime juice
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 can (15 ounces) low-sodium red kidney beans, rinsed and drained
- 1 tablespoon chopped chipotle chiles in adobo
- 4 fat-free 8-inch flour (or whole-wheat) tortillas
- 1 avocado, thinly sliced
- 4 cups baby spinach
- 1 cup reduced-fat shredded cheddar

### Directions

1. In a bowl, combine tomatoes, onion, cilantro, juice, cumin and salt.
2. In a second bowl, mash beans; stir in chipotle.
3. Working one at a time, top half of each tortilla with 1/4 avocado slices, 1/4 bean mixture, 1 cup spinach and 4 tablespoons cheese; fold in half.
4. Heat a large nonstick skillet over medium-high heat; add 1 quesadilla and cook, flipping once, until both sides are brown and crispy, 1 to 2 minutes per side. Repeat with remaining quesadillas.
5. Let cool slightly; cut each quesadilla into 3 wedges; serve with tomato salsa. (see below)

\*\*\*\*\* From *Epicurious.com* \*\*\*\*\*

## Tomato Salsa - Makes about 2 cups

### Ingredients

- 1 pound tomatoes, peeled if desired, seeded, and chopped
- 1 small onion, minced
- 1 fresh or pickled jalapeño chili, or to taste seeded and minced (wear rubber gloves)
- 1 tablespoons fresh lime juice
- 2 tablespoons chopped fresh coriander if desired

### Directions

1. In bowl toss together the tomatoes, the onion, the chili, the lime juice, the coriander, and salt to taste and let the salsa stand for 30 minutes. The salsa may be made 4 hours in advance and kept covered and chilled. Let the salsa come to room temperature before serving.



# Sisters Hill Farm

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## Thanks to all who helped with the winter squash harvest!

### *Field notes from Farmer Dave*

It's hard to believe we are now more than 2/3rds of the way through the farm season. And what a season it has been! We have already harvested more than 58,000 pounds of vegetables; we are on track to have our most productive season ever! The weather has mostly cooperated; I felt blessed with both the cold winter (which helped lessen or eliminate many of our worst pest issues) and the cool spring and moderate summer. The crops have flourished under the stress free conditions.

But beyond the amazing veggie season, I feel that we have made some real progress on non-crop related goals. One of our goals this year was to grow the sense of community members feel at the farm. A quantifiable way of making that happen was to improve our picnics. Anyone who came to our picnics so far this season knows just how successful those changes have been. We livened things up by inviting a wonderful band, "Bob and the Boys," to entertain us. We purchased local meat so we could grill, thereby putting less pressure on folks to prepare pot luck main dishes. As a result we've had the best attended, most fun picnics in our 16 year history.

Another goal we had this year was to begin to expand our farm educational efforts beyond our farm apprenticeships and the teaching I do at conferences each winter. In that vein we purchased a couple of video cameras and we've taken a good bit of video footage documenting our tools and techniques. We've shared some of it on YouTube, and plan to edit and upload a great deal more this coming winter. For those of you who read my last newsletter, you know that I feel very strongly that new farmer education is essential to creating economically viable sustainable farms. Hopefully these videos will help us expand our reach.

A final goal that I talked a lot about earlier this season, is the trail initiative here at the farm. My first couple of calls for volunteers were a little too short on notice, and as a result we had poor attendance for our work parties. Even without a crowd we were able to create one 3/4 mile loop through the woods opposite the farm, and I'm happy to report it's a really fun trail. My family and I have been

testing it out daily, preparing for the Dutchess Classic 5K and 1 mile kids run coming up next weekend, but we don't want to be the only ones out there! Now that the farm season is becoming a bit less hectic, it's time for me to focus on the trails once again. So, if anyone would like an introduction to the trails, I'll be there on Wednesday night this week at 6PM. And I'm going to create a Facebook page where we can all contact one another about organizing runs, walks, or bike rides, and trail work as well. For those of you not on Facebook, we will have an email list, and eventually we will create a little sign in book at the trail head so people can write notes to one another. Let's get this thing going so we can all get healthier together!

\*\*\*\*\* From *Epicurious.com* \*\*\*\*\*

### **Fresh Spinach with Garlic-Yogurt Sauce** - Makes 6 servings

#### **Ingredients**

- 4 tablespoons olive oil, divided
- 2/3 cup chopped onion
- 1/2 tablespoon tomato paste
- 4 dried chiles de árbol\*
- 1 1/2 pounds fresh spinach leaves (four 6-ounce bags), divided
- 1 1/2 tablespoons uncooked medium-grain white rice
  
- 2 garlic cloves
- 6 tablespoons plain Greek yogurt or drained plain whole-milk yogurt
- 1 tablespoon butter
- 1/2 teaspoon cayenne pepper
  
- Small, thin, very hot red chiles; available at some supermarkets and at Latin markets.

#### **Directions**

1. Heat 3 tablespoons oil in heavy large skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Add tomato paste; stir 1 minute. Add chiles and 1/3 of spinach. Cook until spinach wilts, adding remaining spinach in 2 additions and tossing often, about 4 minutes. Mix in rice. Cover and simmer until rice is tender and moisture from spinach is absorbed, adding water by tablespoonfuls if needed for rice, about 10 minutes. Uncover and continue to cook until mixture is dry, about 2 minutes; discard chiles.
2. Meanwhile, press garlic cloves into small bowl, stir in yogurt, and season with salt and pepper. Melt butter with 1 tablespoon oil in small skillet. Mix in cayenne and remove from heat.
3. Spread spinach mixture on platter; make indentations with back of spoon. Spoon yogurt into indentations and drizzle with cayenne butter.

\*\*\*\*\* From *Epicurious.com* \*\*\*\*\*

### **Arugula and Roasted Pear Salad** - Serves 4

#### **Ingredients**

- 4 firm, almost-ripe pears (Bartlett or Bosc), peeled, cored, and cut lengthwise
- 2 tablespoons sugar
- 1 tablespoon butter, melted
- 2 tablespoons pine nuts
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 clove garlic, minced
- Salt and pepper, to taste
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon maple syrup
- 6 cups arugula or mixed salad greens
- 2 tablespoons dried cranberries
- 1/4 cup fresh Parmigiano-Reggiano cheese
- 12 calendula blossoms

#### **Directions**

1. Preheat the oven to 400°F.
2. In a medium bowl, toss the pears, sugar, and butter. Arrange the pears in a single layer in a baking sheet. Bake, turning once, until the pears are barely tender, 10—15 minutes.
3. Dry roast the pine nuts in a skillet for 5 minutes, until toasty brown. Remove from the heat and set aside.
4. In a large salad bowl, prepare the dressing by whisking together the oil, vinegar, garlic, salt, pepper, mustard, and maple syrup. Add the arugula or salad greens and toss to coat.
5. Divide the salad onto four chilled plates. Arrange the roasted pears in a fan around the center, and sprinkle with the cranberries, Parmesan cheese, and pine nuts. Scatter with petals from the calendula blossoms.

\*\*\*\*\* From *Epicurious.com* \*\*\*\*\*

### **Tomato and Corn Salad** - 6 servings

#### **Ingredients**

- 2 tablespoons extra-virgin olive oil
- 2 teaspoons balsamic vinegar
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup fresh basil, finely chopped
- 2 1/2 pounds heirloom tomatoes cut into bite-size wedges
- 1 1/4 cups (2 ears) cooked corn
- 4 cups arugula
- 1 red onion, thinly sliced