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- 12 pieces of thin-cut bacon

## Directions

1. Tightly wrap each of the scapes with one piece of bacon, spiraling down the scape as you go. When all the scapes have been wrapped, heat a heavy skillet over medium heat and then add the scapes.



2. Cook the scapes until the bacon browns on one side and then turn them. Cover the pan with a lid (this helps to ensure the scapes inside the bacon are well-cooked), removing the lid and turning the scapes as needed until the bacon is brown on all sides.
3. Remove the scapes and drain them on a paper towel. Serve immediately.

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

## Vegetarian Broccoli-Cheese Pie - 6 servings, 1 slice each

### Ingredients

- 2 tablespoons plain dry breadcrumbs
- 4 large eggs
- 1 1/4 cups 1% milk
- 1/2 teaspoon hot sauce, such as Tabasco
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper to taste
- 2 cups cubed whole-wheat country bread (about 2 slices, crusts removed)
- 3 cups broccoli florets
- 2 teaspoons extra-virgin olive oil
- 1 medium onion, chopped
- 1 cup grated Monterey Jack or part-skim mozzarella cheese (4 ounces)

### Directions

1. Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan (6-cup capacity) with cooking spray. Add breadcrumbs, tilting to coat bottom and sides.
2. Whisk eggs, milk, hot sauce, salt and pepper in a large bowl. Add bread and stir to coat. Set aside in the refrigerator.
3. Steam broccoli until just tender, 3 to 4 minutes. Refresh under cold water and drain well. Chop coarsely.
4. Heat oil in a medium nonstick skillet over medium-high heat. Add onion; cook, stirring often, until softened and light golden, 3 to 5 minutes. Add the onion mixture and broccoli to the egg mixture; stir in cheese. Pour into the prepared pan, spreading evenly.
5. Bake the pie until light golden and set, 45 to 50 minutes. Let cool slightly, cut into wedges and serve.

**Thanks to everyone who joined us for the picnic on Saturday, it was great fun!**

## The Apprentice Perspective

One of the things I love about farming is its ability to engage your whole body. A day on the farm is an opportunity to experience life with all your senses. To show you what I mean, let's take a sensory tour of the farm.

*See.* The landscape is lush with all shades of green. Even the fields are predominantly green, although a closer look will reveal yellow squash hidden under the plant's large leaves, red lettuce interspersed among the romaine and green leaf lettuces, purple-blue cabbages colored like little galaxies, and even a few bright red tomatoes popping up in the hoop house! The fields which are not currently planted with crops are thick with a mix of rye, crimson clover, and hairy vetch. The red, conical flowers of the clover are now gone, but the vetch's purple flower clusters are sprinkled throughout. This mix of rye, clover, and vetch is called a cover crop. Take a step closer, and you'll notice there is a lot more going on...

*Hear.* The cover crops are literally buzzing with life. They hum with the busy work of bees and thousands of other insects. Meanwhile, barn swallows cheep and chatter as they swish and swoop overhead, and if you really listen you'll notice there is a constant soundtrack of bird calls. There is a pileated woodpecker that likes to warn us of his presence down by the broccoli with a sharp, staccato call. The distinctive *chicka-dee-dee-dee* call of the black-capped chickadee rings out from a hidden spot in the trees, while brown-headed cowbirds contribute their almost synthetic, liquid-like call. A tractor sputters and starts with a low growl. Back to work!

*Smell.* As we harvest spinach we happily enjoy the scents of a nearby bed of herbs. Basil, parsley, and dill swirl together to create a sweet, earthy perfume. But that isn't the only sweet smell in the air. Early June is characterized by the smell of wild roses. The rising temperatures almost seem to exaggerate the scent, carrying the blooms' sweetness on the balmy wind.

*Touch.* Farming is very physical work, so it may come as no sur-

prise that touch has an important role to play. Sinking your hands deep into the soil, where the earth is cool and soft, is a magical feeling. And pressing a smooth squash seed or a dark sunflower seed into that soil only adds to the magic. The vegetables themselves also offer a wonderful variety of tactile experiences. The crisp snap of a smooth garlic scape, the ruffled leaves of a head of red leaf lettuce, the tight beads of a head of broccoli. The list could go on and on.

*Taste.* Perhaps the most fun sense, don't you think? After all the love and labor put into growing a vegetable, there's nothing better than taking that first bite. Or second, or third. The spicy kick of arugula, the mild nuttiness of spinach, the bittersweet crunch of turnips, the watery snap of bok choi...

Taking a moment to bring awareness to all of your senses not only allows you a more full experience of the farm, but it also reveals all the work being done by nature, and those who work alongside her, to make the farm possible. All the green we see is thanks to the sun's energizing rays, which feed the plants through photosynthesis. Above the soil, the flowering cover crops provide nectar for bees and other insects. Below the soil, these crops are helping to fix nitrogen and add organic matter to the fields. Those buzzing bugs in the cover crops are pollinators and beneficial insects that are essential if we want the crops to bear fruit and stay safe from damaging pests. The birds also prey on insects and eat weed seeds. Finally, using our sense of touch we can determine if a bed is in need of irrigation, when a head of cabbage is tight and ready for harvest, or how gently to handle transplants.

There is so much to see, hear, smell, touch, and taste on the farm. The next time you visit I encourage you to check in with your senses and see what you discover!  
—Breezy—

\*\*\*\* [GardeningAbout.com](http://GardeningAbout.com) \*\*\*\*

### **What are Garlic Scapes?? How do you use them?? What Do You Do with Them??**

Although garlic plants do not flower, they do produce flower stalks. On hardneck garlic, the stalks are known as garlic scapes and they are surprisingly tasty and versatile to use in the kitchen. Garlic scapes start to form a month or so after the first leaves. They start off growing somewhat straight and then start curving in circles. Most gardeners cut the scapes off of their garlic plants, since leaving them on only diverts the plants strength and energy away from forming a plump bulb. Garlic scapes are both edible and delicious

\*\*\*\* [PitchforkDiaries.com](http://PitchforkDiaries.com) \*\*\*\*

### **Garlic Scape Vinegar**

The scapes have a flavor that is definitely garlic, but much mellower, with hints of herbal summerness. They make a stunning pesto, turning into an outrageously bright green paste that keeps its color when cooked or frozen. You can just puree garlic scapes with olive oil and freeze in about one cup portions that will keep for several months. If your herb garden is overflowing, you can certainly add a few sprigs of basil, dill, thyme, or even a dried

chili pepper to the bottle for your own personal mélange. Experiment, use what is around you, and enjoy. The vinegar will be beautiful in simple vinaigrettes to dress greens and cucumbers from the garden, and also added to a marinade for grilling meat and seafood, splashed on sautéed chard, collards or kale, or for dunking crusty grilled bread.

### **Ingredients**

- 1-2 whole garlic scapes, about 12" in length
- 1 cup light flavored vinegar, such as white wine vinegar or rice vinegar
- Glass container
- non-metal cap or cover

**Note:** I like the ratio of 1-2 scapes per cup of vinegar, but you can certainly add more to make the flavor more concentrated. And absolutely double or triple the recipe based on the size of container you are using. Triple the recipe, for example, if using a wine bottle.

### **Directions**

1. Sterilize the bottle and cap, either by simmering in hot water on the stove for 10 minutes or washing in the dishwasher right before using. Allow to container and cap to dry thoroughly.
2. Wash garlic scapes and dry completely. Cut into lengths that will allow the scape to be completely submerged below the level of the vinegar. Any exposed piece of scape not in the vinegar will start to deteriorate and rot.
3. Gently bruise the scapes, by rolling over slightly with a rolling pin, to release a bit more flavor.
4. Place the scape pieces in the sterilized container and cover completely with vinegar. Cover with lid, cap or cork.
5. Store in the refrigerator, or other cool, dark place. The following day, check the level of the vinegar and add more if the level has dropped at all. It is possible that the scapes will absorb some overnight.
6. Allow to infuse for 10 days to 2 weeks, in a cool, dark place. Strain out original garlic scape pieces, if desired, and replace with fresh ones (if available), primarily for decoration. Will keep for 2-4 months.
7. Keep vinegar bottle out of sunlight or it will become cloudy.
8. The acid in the vinegar acts as an inhibitor for bacteria growth, but certainly keep an eye out for changes in color, an off smell, or cloudiness in the bottle and discard if there is a question. Storing the vinegar in the refrigerator, particularly in the summer months, is the safest.

**Note:** Experiment with the vinegar you use. For stronger vinegars up the ration of scapes to vinegar and bruise them more.

\*\*\*\* [ColdGarden.com](http://ColdGarden.com) \*\*\*\*

### **Bacon Wrapped Garlic Scape Appetizer**

#### **Ingredients**

- 12 six to eight inch long tender pieces of garlic scapes, peeled