

## Directions

1. Heat the oil in an 11- to 12-inch skillet (preferably cast iron) over high heat until shimmering hot.
2. Arrange the squash in the skillet, cut side down and in a single layer. Season with 1/4 tsp. salt and a few grinds of pepper.
3. Sprinkle the rosemary over the squash and sear the squash undisturbed until deep golden brown, 3 to 5 minutes. Using tongs, turn the squash onto the other cut side.
4. Sprinkle with another 1/4 tsp. salt and cook until tender and nicely browned on the second side, about 2 minutes more. Transfer the squash and crisp rosemary to plates or a serving bowl.

\*\*\*\*\**From CookingLight.com*\*\*\*\*\*

## Zucchini Tart with Lemon Thyme and Goat Cheese

- 1-1/4 cups all-purpose flour
- 5 oz. cold unsalted butter
- Kosher salt
- 1/2 tsp. white vinegar
- 1-1/2 lb. zucchini, trimmed and sliced into 1/8-inch-thick rounds
- Freshly ground black pepper
- 2 Tbs. extra-virgin olive oil
- 8 oz. plain goat cheese, softened
- 1 tsp. chopped fresh lemon thyme

## Directions

1. In a food processor, pulse the flour, butter, and 3/4 tsp. salt until the butter is the size of small peas. Add the vinegar and 3 to 4 Tbs. cold water, pulsing until the dough just comes together. Shape the dough into a 1-inch-thick disk; wrap in plastic and chill for 30 minutes. Roll the dough on a well-floured surface into an 11-inch round that's 1/4-inch thick. Put the dough on a baking sheet, cover with plastic, and chill until ready to use, at least 30 minutes. Don't roll the crust too thin—it will burn.
2. In a colander, toss the zucchini with 2 tsp. salt and drain for 30 minutes. Gently squeeze the slices with your hands to release excess water and transfer to a medium bowl.
3. Position a rack in the center of the oven and heat the oven to 400°F. Toss the zucchini with 1 Tbs. of the olive oil and pepper to taste. In a small bowl, mix the goat cheese with the lemon thyme and salt and pepper to taste. Spread the cheese over the dough, leaving a 1/2-inch border. Arrange the squash rounds in tightly overlapping concentric circles all the way to the edge of the dough. (The rounds will shrink as they cook.) Drizzle with the remaining 1 Tbs. olive oil and bake until the zucchini is golden-brown, 40 to 50 minutes.



## Sisters Hill Farm

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## Field notes from Farmer Dave

It seems my personal theme for this past week has been one of reconnection. It started out last Saturday night when I went on a multi-family camping trip in the Catskills with two of my best buddies from college. We organized the trip to celebrate our 20 year college reunion! Its amazing how our lives have converged through the years. My friend Dave is now the New York Director of American Farmland Trust--working to preserve and protect agricultural landscapes throughout the country. His wife is a flower farmer up in Saratoga Springs. They have two kids just about the same age as my sons, which was perfect. My other pal, Garrett, is a biology and environmental studies professor at King's College in Pennsylvania, his wife a librarian. It was great relax, eat and play together, look back at our former selves through the lens of today's reality, examine our hopes and dreams; and feel largely content...

The second reunion was a visit from Maureen Thompson. Many of you may remember her as the friendliest, kindest, most effervescent person to ever grace Sisters Hill Farm. She was an apprentice back in 2009 and returned as an assistant farm manager in 2010. She is now teaching at a farm school near Davis California. We had tasty home cooked dinner (eggplant parm from the farm) and talked about old times; what she's learned, and lessons she's now sharing with others. She even came out today to help us in the field for a while before heading back to CA. (She flew to New York for her sister's bachelorette party--we got the bonus of seeing her too!)

My third reunion is yet to come. This weekend I'm headed up to Maine to the wedding of another one of my best friends from college. He and I rowed together during and beyond university. His degree was in accounting, but he was very unhappy in that work--he eventually found his calling; now specializing in timber frame house construction, custom cabinet work, and fine furniture. On top of finding work he loves, he's finally found the love of his life as well!

I haven't seen any of these friends in years, and yet after a few minutes the awkwardness melts away. I feel a kinship with these people, that extends beyond our history. I think it's more than shared values, although that's certainly a part of it. We all have had an impact on each others lives, whether we realize it or not; sometimes its barely a blip, other times it's an explosion.

This point has been driven home to me a couple of times in the past week. On one occasion, a member called me to let me know that on July 13th our oldest farm member, Marie Ferry, passed on at 102. Every time she came with her daughter to one of our farm pickups, I tried to spend as much time as possible with her. I was inspired by her beauty and grace, her wonderful attitude and her

spirit. I asked her what kept her so young. She told me it was her love of nature and her faith in God, plus the good farm produce. One day I asked someone to take a picture of us together. I posted it on Facebook and several members of her extended family were excited to see it and share it. Even though I barely knew her, she touched my life. What comes as more of a surprise, is that apparently I touched hers as well. Her family shared with me that she kept a print of that picture on her nightstand; it was a treasured picture within her family.

Last night as we shared dinner, Maureen told me a story from her trip up to the farm. While she was waiting at the train station, she met a young farmer. She mentioned that she was heading to visit a farm in Stanfordville. He correctly guessed that it was Sisters Hill and shared with her that he was recently here for an apprentice training program farm tour. Apparently he said, "It was the best 2 hours of my life! I learned more that I had in an entire season working on a farm!" Now, I know from our surveys that my tour is well received, but this kind of random kudos is a true gift from the universe! It's great to know you are making an impact.

So this week, whether you are interacting with an old friend, or making a new one, keep in mind that we are all connected and we all have an influence one another, sometimes in ways that are clear, other times in ways that are inexplicable.

\*\*\*\*\* *From Eating Well May/June 2015* \*\*\*\*\*

### **Vegetarian Muffalettas - SERVES 4:1 SANDWICH EACH** **Ingredients**

- 1 small eggplant, cut crosswise into 1/2-inch-thick slices
- 1 large red bell pepper, quartered lengthwise
- 1 small zucchini, sliced lengthwise into 4 slices
- 2 tablespoons extra virgin olive oil 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 4 crusty rolls, such as ciabatta rolls, split 4 slices provolone cheese
- 6 large pimiento stuffed green olives, chopped
- 2 tablespoons chopped pickled
- banana peppers
- 1 tablespoon red wine vinegar

### **Directions**

1. Preheat grill to high
2. Toss eggplant, bell pepper, zucchini, oil, salt and pepper in a large bowl. Grill the vegetables, turning occasionally, until charred and tender, 6 to 10 minutes total. Grill rolls until toasted, 2 to 3 minutes. Put a piece of cheese on the bottom halves of the rolls as they come off the grill, to melt the cheese a little.
3. Reserve 4 roll-size eggplant slices, 2 zucchini slices and 2 bell pepper pieces. Finely chop the remaining vegetables and combine in a bowl with olives, banana peppers and vinegar; divide among the cheesy rolls. Place a reserved eggplant slice on top of each. Cut the reserved zucchini slices in half crosswise and thinly slice the bell pepper; place on the eggplant. Cover with the roll tops.

\*\*\*\*\* *From The Eat Local Cookbook* \*\*\*\*\*

### **Carrot Slaw - Serves 4**

*This is a quick, yummy way to serve vegetables, fresh, in the middle of the winter. The Asian flavors come through really well.*

- In a medium bowl, combine: 2 tablespoons rice wine vinegar 1 tablespoon sesame oil
- 1/2 teaspoon lime zest
- 1 tablespoon fresh lime juice

Add and toss:

- 1 pound carrots, peeled and either shaved with a vegetable peeler or grated
- 1 small bunch scallions, white and green parts, thinly sliced

Add to taste:

- salt
- freshly ground black pepper

Toss once more and serve.

\*\*\*\*\* *From Fresh Indian Cookbook* \*\*\*\*\*

### **Beet and Cilantro Salad - Serves 4**

#### **Ingredients**

- 4 large beets, cooked
- 2 teaspoons cumin seeds
- 1 teaspoon black onion seeds (nigella)
- 1 teaspoon coriander seeds
- 1/4 teaspoon mild chili powder
- 2 tablespoons low-fat coconut milk
- 1 cup low-fat plain yogurt
- handful of cilantro leaves
- 2 tablespoons roasted pumpkin seeds
- sea salt

#### **Directions**

1. Peel the beets & cut them into bite-sized pieces. Place in a large serving bowl.
2. Put a frying pan over medium heat and place the cumin, nigella, and coriander seeds in it. Dry-roast the spices for 2-3 minutes until they release their aromas. Place in a mortar and pestle and lightly crush them. Transfer to a small mixing bowl with the chili powder, coconut milk, and yogurt. Stir to mix well.
3. Roughly chop the cilantro leaves and add to the beets with the pumpkin seeds. Drizzle with the yogurt mixture, season, and serve immediately.

\*\*\*\*\* *From FineCooking.com* \*\*\*\*\*

### **Pan-Seared Summer Squash with Crisp Rosemary Serves 3-4**

#### **Ingredients**

- 3 Tbs. extra-virgin olive oil
- 14 oz. small zucchini and yellow squash (1 each), cut into 1/2-inch rounds
- Kosher salt and freshly ground black pepper
- 1 Tbs. whole fresh rosemary leaves