



Sisters Hill Farm

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

June 30 2012
July 3, 2012

The Farm's phone 845-868-7048
<http://sistershillfarm.org>

Edited by: Bob & Joan Cohen
cohenrd98@comcast.net
845-724-3518

Ingredients

- ½ lb. beets (4 to 5 medium)
- 2 Tbs. extra-virgin olive oil
- ¼ tsp. kosher salt
- ¼ cup strained fresh orange juice
- 1 Tbs. white balsamic vinegar
- 1 tsp. fresh lemon juice
- ¼ tsp. sea salt; more to taste
- Freshly ground pepper
- 1 to 2 Tbs. chopped fresh chives (optional)

Directions

1. Position a rack in the center of the oven and heat the oven to 450°F. Trim, peel, and cut the beets into 1-inch wedges. Discard the greens or save for another use. Put the beets in a shallow 9x13-inch (or similar) baking dish, toss them with the olive oil and salt until thoroughly coated, and then arrange them in a single layer. Roast the beets, stirring after 20 minutes, until tender when pierced with a fork or skewer and lightly browned on the edges, 30 to 40 minutes.
2. Meanwhile, whisk the orange juice, vinegar, lemon juice, salt, and pepper in a small bowl until the salt is dissolved.
3. Remove the beets from the oven and while they're still hot, drizzle the dressing over them, tossing to coat. Let the beets cool to room temperature to meld the flavors. Taste and add more salt, if necessary. Serve at room temperature or gently warmed, topped with the chives, if using.

Join us tomorrow July 4th 10am-noon
to harvest this seasons garlic crop!



Notes from Farmer Dave

We are at that point now in the season when things are making a decisive switch from spring to summer. It has been a really nice run with the spring greens and we have had more than ever before! I hope you enjoyed them, but now, as it starts to get really hot, we bid them goodbye until the crisp coolness of fall ushers them back.

Now that summer is upon us the heat loving crops are slowly but surely reaching their stride. Just yesterday we weeded all of the cantaloupe, watermelons and winter squash. It was great to see all of the flowers and tiny little watermelons--still smaller than marbles-- and imagine the treats to come. Everything down in that field looked terrific. We recently mulched all of the tomatoes and eggplants with hay. It was a big project but one with multiple benefits—

1. First and perhaps foremost, if applied thickly enough, it prevents weeds from coming up all season. That alone would be reason enough to do it.
2. It prevents soil from summer rainstorms from splashing up on the fruit and stems and leaves. The plants stay quite a bit healthier since that soil splashing on the plants is how most of the fungal diseases of tomatoes get their start.
3. Another benefit of mulching is comfort. When we harvest we usually go along the rows on our hands and knees picking tomatoes that are hidden deep in the canopy of the plant. The mulch cushions our knees and hands from the painful sharp rocks that are so prolific in our fields.
4. We don't have to worry about the plants during hot dry spells. The mulch holds in moisture extremely well.
5. One of the greatest benefits is actually realized the following year; the growth for the next crop the following spring just can't be beat! By the next spring all the earthworms and soil organisms have broken all the hay down into the most wonderful humus contributing to great fertility.

The field next to the solar panels is where we had most of the tomatoes last year and the spring crops that we grew in them this year were simply fantastic. That field produced some amazing kale, swiss chard, broccoli, bok choy, and cabbage.

Speaking of heat, my brain is fried so that's about all I can think of to write on this hot summer afternoon! Time for a swim! Have a great week everyone!

****From member Linda Cohen adapted from Emeril's Cookbook****

Braised Kale - 4 side servings

Ingredients

- 1 tablespoon olive oil
- 2 cups thinly sliced onions
- 1 teaspoon salt
- 12 turns freshly ground black pepper
- ½ teaspoon red pepper flakes
- 2 tablespoon minced garlic
- 8 cups (firmly packed) torn and stemmed kale pieces
- 2 cups Basic Chicken Stock
- Splash cider vinegar

Directions

1. Heat the oil in a large skillet over high heat. Add the onions, salt, pepper, and red pepper flakes and stir-fry for 2 minutes.
2. Add the garlic, kale, and stock and cook, stirring occasionally, for 8-10 minutes. Add a splash of cider vinegar in the last minutes of cooking.
3. Remove from the heat. Serve immediately.

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

Sautéed Swiss Chard - Serves four

Ingredients

- 3 lb. Swiss chard (from about 3 bunches)
- 3 Tbs. extra-virgin olive oil
- 1 Tbs. finely chopped garlic (from about 6 cloves)
- Kosher salt
- Pinch crushed red pepper flakes

Directions

1. Fill a sink with cold water and wash the Swiss chard to remove any grit. Transfer to paper towels and let dry for a couple of minutes (it's fine if a little water clings to the leaves).
2. Remove the thick part of each stem by cutting a V-shaped notch part-way into the leaf. Split each leaf in half lengthwise by slicing down the center rib. Stack the halved leaves (in batches if necessary) and cut them in half crosswise to get 4- to 6-inch pieces.
3. Heat the oil in a large skillet over medium-high heat for 1 minute. Working in batches, pile the Swiss chard into the pan, turning and tossing gently until the leaves begin to wilt and turn glossy. Add a new batch of leaves as the previous batch wilts and makes room for more.
4. When all the Swiss chard is wilted, sprinkle in the garlic and a little salt and toss well. Lower the heat to medium low, cover, and cook for 4 minutes. Remove the lid, raise the heat to high, add the red pepper flakes, and continue to cook for 2 to 3 minutes so that much of the liquid evaporates; the leaves should be tender but not overly soft. Serve immediately.

Variation—Sautéed Swiss Chard with Gremolata:

Ingredients

- 2 tsp. finely grated lemon zest (from about 1 lemon)
- 1 small clove finely chopped garlic
- 2 Tbs. minced fresh parsley

Directions

1. In a small bowl, combine lemon zest, garlic, and parsley in a bowl.
2. Sauté the chard as directed in the basic recipe.
3. When the chard is tender, toss with the gremolata and serve immediately.

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

Grilled Zucchini with Lemon-Balsamic Vinaigrette – serves 4

- 3 small or 2 medium zucchini (about 1 pound)
- Kosher salt
- 2 Tbs. plus 1 tsp. extra-virgin olive oil
- 1 Tbs. balsamic vinegar
- ½ tsp. chopped fresh thyme
- ½ tsp. finely grated lemon zest
- Freshly ground black pepper
- 3 Tbs. freshly grated Parmigiano Reggiano

Directions

Slice and salt the zucchini:

1. Wash the zucchini well to remove any grit and dry them with paper towels.
2. Trim off the ends and quarter the zucchini lengthwise. Slice off the top ¼ to ½ inch of the soft seed core by running a sharp knife down the length of each quarter; it's all right if some of the seeds remain.
3. Arrange the zucchini, cut side up, on a baking sheet lined with paper towels. Sprinkle with kosher salt (about ½ tsp. per 1 lb. of zucchini) and set aside for 10 min. Blot the quarters dry with the paper towels.

Assemble and cook the dish:

1. Heat a gas grill to medium high or prepare a medium-hot charcoal fire. In a small bowl, whisk 2 Tbs. of the oil, the vinegar, thyme, lemon zest, ¼ tsp. salt, and 1/8 tsp. pepper.
1. Toss the zucchini with the remaining 1 tsp. olive oil. Set the zucchini cut side down on the grill and cook (if using a gas grill, keep the lid closed), flipping occasionally, until it browns and softens but doesn't turn mushy, 6 to 8 min.
2. Cut the zucchini into 3-inch pieces and put in a medium bowl. Whisk the vinaigrette again and drizzle over the zucchini. Sprinkle on the Parmigiano, toss well, adjust the seasonings to taste, and serve immediately.

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

Roasted Beets with White Balsamic & Citrus Dressing