



# THE RED HILL ROOT



The Seasonal Weekly Newsletter for Members of the Red Hill Farm CSA, Aston, PA

Volume VII, Number 1

Jan 2010

## Farm News



**Farm Memberships Now Open to the Public**—A reminder to old members: if you haven't renewed your membership, the pool is now open to the public as well. Please send in your form and check today to ensure a spot. (See address in the footer of this page, below.) Thanks! Spread the word to your friends!!!!

**New Email**—Our farmer Aby is now Aby Ollila. Her new email address is [aollila@osfphila.org](mailto:aollila@osfphila.org).



## Red Hill Revelations

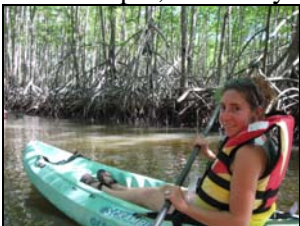
By Mira Kilpatrick

**Happy New Year!**



Aby and I have both returned from our trips. I had a lovely time in England with my family. Meeting my 4-month-old nephew was so great! And Aby and Tom went to Costa Rica on their

honeymoon; they enjoyed tropical beaches, forests, and wildlife like monkeys and sloths! She also has a harrowing tale of some jittery horses... not an ideal situation with narrow trails and steep drop-offs! Suffice it to say, the time off was wonderful for both of us, but after 2 weeks we were ready to come back home. (Photos of Mira & Jasper, and Iffley Lock near Oxford)



Above: Aby kayaking in the mangroves at Dominical, and Tom jumping in the pool w/ resident dogs at Rio Magnolia (Aby highly recommends!)

**Since we've come back, we've been working on our seed inventory, and crop and field plans. This takes ages! We**

rotate our crops into new fields every year, so we have to figure out what to increase & what to decrease, what performed well, calculate bed feet/row feet, etc. It's kind of like a big puzzle. It can get tedious, but it's also a lot of fun. It always gets us excited about the coming year, streamlining our records from the past 2 years, introducing new crops, etc. (Photos of Aby and Tom in Costa Rica)



Hope everyone's doing well. We'll be in touch next month.

## Tidbits



**Community-Supported Fishing**—Mira sent along a link to this Maine-based, community-supported fishing organization in Port Clyde, Maine. The idea for CSF groups is much the same as CSAs—members pay a set fee at the beginning of a season and then participate in their share of the harvest from the sea for however long that season lasts. As the article notes, the idea is spreading from Maine southward. Consumers are happy because they pay less per lb. of fish in a CSF than they would at retail. And for their part, fishermen are happy with the higher prices they get in the CSF than they do selling to wholesalers. Their higher income also means they can fish less aggressively, which is good for the environment. For the essay, "Economy of Scales," from the *Boston Globe*, [see here](#). For Port Clyde's CSF, [see here](#). Thanks for this, Mira!



**American Foodways**—If you're interested in how North Americans have eaten over the centuries, here's a great website, *The Food Timeline*, with links to many different food-related cultural traditions in the history of our continent. For more, [see here](#).



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**Acquacotta**—serves 6; vegetarian

- ❖ 2 medium red onions, thinly sliced
- ❖ 6 ripe tomatoes, peeled & chopped (or substitute equivalent canned, chopped tomatoes)
- ❖ 1/3 cup olive oil
- ❖ 1 stalk celery, finely chopped
- ❖ 1/4 tsp sea salt
- ❖ 1/4 tsp fresh-ground black pepper
- ❖ 1 small bunch basil, shredded
- ❖ 4 cups water
- ❖ 6 slices Tuscan or other hearty Italian bread, toasted
- ❖ 6 *peperoncini* (check ethnic section at grocery)
- ❖ 1/3 cup grated pecorino or parmesan cheese
- ❖ 6 eggs

Sauté onions in oil on medium heat till translucent & slightly golden. Add celery, salt, pepper & continue cooking on medium. Stir in tomatoes & basil & cook 15 min. Pour in water & bring to boil; lower to simmer & cook 20-30 min on low. Season to taste. Put slice of toast in each bowl & bring soup back to boil. Sprinkle bread w/



cheese, put one pepper in each bowl, & break an egg over each piece of toast. Add boiling soup to each bowl & serve as soon as egg white is cooked. (This recipe is from a spectacularly beautiful blog, *The Oracular Cook*, [here](#).)

**Mushroom Burgers w/ Almonds & Spinach**—vegan

- ❖ 1/4 cup fine bulgur wheat
- ❖ 1/2 cup roasted almonds
- ❖ 2 tbsp olive oil
- ❖ 1 lb fresh mushrooms, trimmed & quartered
- ❖ 2 large garlic cloves, minced
- ❖ 1 tsp fresh thyme leaves
- ❖ salt/pepper to taste
- ❖ 2 tbsp dry white wine (optional)
- ❖ one 6-oz bag baby spinach, or 12-oz bunch of spinach, stemmed & washed
- ❖ *1 egg beaten (optional)*

Put bulgur in bowl w/ a little salt. Cover w/ 1/2 cup hot water & leave for 20-25 min, till most of water is absorbed & bulgur is soft. Drain in strainer & squeeze out water. In food processor, grind almonds coarsely. Heat 1 tbsp oil in large, heavy skillet on medium-high & add mushrooms. When they start to soften/sweat, turn heat to medium &

cook, stirring often, 5 min, till mushrooms are soft. Add garlic, thyme, salt, pepper, white wine & continue to cook, stirring, till no more liquid in pan, ~5 min. Remove from heat & pulse in food processor till very finely chopped.



Return pan to heat & add spinach a handful at a time. Cook till it just wilts & remove from heat. Put in strainer & press out water w/ back of spoon. Add to processor & process w/ mushroom mix till well blended. Scrape mix into bowl, stir in bulgur & egg (if using), & season to taste. Form into 4-6 patties. If there's time, cover & chill 1-2 hrs. Heat remaining oil in skillet on medium & brown patties 3 min each side, being careful when you turn them. If they fall apart, just patch back together! Serve on buns w/ condiments of choice.

([source](#); vegan w/o egg)

**Crispy Stuffed Chicken w/ Ham, Cheese, &**

**Sauerkraut**—3 servings

- ❖ 6 boneless, skinless chicken cutlets
- ❖ kosher salt/black pepper
- ❖ 2 large egg whites
- ❖ 2 tbsp corn starch
- ❖ 1 tsp chopped parsley
- ❖ 2 tsp minced garlic
- ❖ Dijon mustard
- ❖ 1 1/2 oz provolone cheese (1 1/2 slices)
- ❖ 1 1/2 oz thinly sliced ham (1 1/2 slices)
- ❖ 3 tbsp sauerkraut, packed; more for serving
- ❖ 3/8 tsp caraway seeds
- ❖ 2 cups plain breadcrumbs
- ❖ 2 tbsp olive oil

Season chicken lightly w/ salt/pepper. In bowl, whisk egg whites, cornstarch, parsley, garlic till lumps dissolve & mix is slightly foamy. Set aside. Brush one side of each cutlet w/ mustard. Divide cheese & ham among 3 cutlets, placing on



the mustard side. Top each w/ 1 tbsp kraut & 1/8 tsp caraway seed. Place remaining 3 cutlets mustard-side down atop kraut to sandwich the ham & cheese. Press to seal. Dip cutlets in egg white mix & dredge in crumbs. Heat oil on medium-high; put cutlets in pan & fry till dark brown & cooked thru, ~2-3 min. per side. Drain on toweling. Serve w/ extra sauerkraut. ([source](#))