



THE RED HILL ROOT



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

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Farm News



Food donation delivery volunteer needed!—If anyone is willing to volunteer their time to pick up leftover produce from the farm, on Wednesday mornings, and coordinate with/deliver to City Team Ministries in Chester, please contact Mira at mkilpatrick@osfphila.org Thank you!



Red Hill Revelations

By Mira Kilpatrick



This past weekend we had our annual plant sale, which went really well! Thanks to everyone who came out to see the farm, purchase plants, etc. And a special thanks to all the Core Group and Workshare members who helped with setting up/breaking down/sales/tours/etc.! I think we're all getting really excited for a fun and productive growing season!

Our 2nd employee, Adam Hill, has come on and we are so happy to have him. Please see his bio to learn more about his background/interests.

In the fields we've been busy planting lots of things in the



U-Pick garden: cherry tomatoes, tomatillos, ground cherries, herbs, lots of cut flowers, and seeding green beans,

soybeans, and sunflowers. The peas are staked and ready for trellising. We're also planting and seeding lots of greens for salads, and hoping to get all the field tomatoes planted and staked in the next week or so. And of course, always always always trying to do our best to stay on top of weeds, with both the tractors, as well as with our hands and hoes. (Above, Chris, Adam, and Amy staking tomato plants; photo by Mira)

MORE EXCITING FARM NEWS!!!!!! Mira is pregnant! She's due Nov. 4th, and we are all excited to watch her little one grow as the season progresses.



Above, left: Aby operating the skidsteer for a delivery of heavy-duty plastic greenhouse trays; right: young scallions and onions in front of our early tomato plants under row cover (photos by Mira)



Adam Hill, our Second New Employee

Adam grew up and currently lives in the Germantown section of Philadelphia. He graduated from the University of Pittsburgh, where he studied anthropology and Latin-American studies. He was united with sustainable agriculture when he studied abroad in Oaxaca, Mexico. There he researched indigenous and other sustainable farming practices. Last year he worked at the Weavers Way Farm in Philadelphia and was involved with their educational programs. This year he is working as a seasonal worker at Red Hill Farm and will be the new education/outreach coordinator. He is excited to be here and looks forward to a great season. He enjoys hiking, drinking IPA's [India Pale Ales], and disc golfing.

Soldiering in the Fields!

Organic Gardening published an essay, which Mira was kind enough to send along, on the **Farmer-Veteran Coalition (FVC)**, a group that connects returning vets, who otherwise might not find a job in our tight economy, with organic farms that need them across the country.



FVC Director Michael O'Gorman discusses the "agricultural niche that returning veterans seem to be uniquely able to fill. On the one hand, there is a shortage of young farmers in rural America; on the other hand, the



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support system and demand for locally grown and organic food are burgeoning. 'The incredible sense of hard work, self-sacrifice, and service developed in the military is perfectly suited and immediately transferable to farming. And there have never been so many opportunities for new farmers,'" O'Gorman says. ([source](#)) Here is [FVC's website](#), should you know anyone who fits the bill!

Cobb Salad w/ Poached Eggs—serves 2; can be doubled or tripled—use any tender-leafed lettuce. *Poached eggs* are gently broken & cooked in water—for how, [see here](#).



- ❖ 2 tbsp olive oil
- ❖ 2 tbsp red-wine vinegar
- ❖ 1 tsp Dijon mustard
- ❖ 1 head Bibb lettuce, leaves separated & torn
- ❖ ½ cup shredded & cooked chicken

- ❖ 2 strips crisp, cooked bacon, crumbled
- ❖ 2 tbsp crumbled blue cheese
- ❖ 2 warm poached eggs

In small bowl, whisk together oil, vinegar, mustard; season w/ salt/pepper. Divide lettuce b/tw plates & add chicken, bacon, & cheese. Top each salad w/ a poached egg. Serve w/ dressing on side. (*Everyday Food*, 03/10)

Family-Style Rolled Omelet w/ Spinach or Arugula

- ❖ olive oil for pan
- ❖ 1 cup milk
- ❖ 1/3 cup all-purpose flour
- ❖ 8 large eggs
- ❖ 1 tbsp Dijon mustard
- ❖ 1 lb spinach, arugula, or a mix of both, tough stems removed, greens chopped & steamed or sautéed just till soft
- ❖ 1½ cups shredded cheddar (6 oz)

Preheat oven to 350. Brush 10 x 15-in. rimmed baking sheet w/ oil. Line bottom of pan w/ parchment [find @ supermarket], w/ a 1-in. overhang on each short end of pan. Brush parchment w/ oil. In bowl, whisk together milk & flour. Add eggs, mustard, 1 tsp salt [or to taste] & 1 tsp pepper [ditto]. Whisk to combine; pour into pan. Sprinkle greens atop in even layer. Bake until edges of omelet are set, 10 to 12 minutes. Sprinkle with cheddar; bake until cheese has melted, 2 to 4 minutes. Beginning at one shorter end, lift parchment, and roll up omelet tightly, peeling back parchment as you go. Slice & serve. ([source](#))

Baked Radish Chips—makes 1-2 servings; multiply for more. Works w/ turnips too!

- ❖ 10 radishes [leaves & stems trimmed & saved to make spicy stir fry, below (!)]
- ❖ 1 tsp chili powder
- ❖ ½ tsp garlic salt
- ❖ ½ tsp paprika

Preheat oven to 350. Thinly slice radishes. Steam in microwave for 5 min. Put in bowl w/ spices & stir to coat. Bake on baking pan at 350 for 10 min. Flip the chips & bake another 10 min. ([source](#))

Spicy Stir-Fried Radish/Turnip Greens—Greens of these root veggies are both delicious & nutritious. For a wonderful thesaurus of cooking greens, [see here](#).

- ❖ 8-10 oz radish greens and/or turnip greens
- ❖ 2-3 tsp peanut oil [or olive oil], or more
- ❖ 2 large garlic cloves, chopped
- ❖ 1 tbsp soy sauce
- ❖ 1 tsp rice vinegar (not seasoned)
- ❖ 1 tsp agave nectar [or sugar or honey]
- ❖ ¼ tsp hot sauce [or to taste]



Wash and dry radish greens/turnip greens. Working in batches, cut greens crosswise into ½ in. slices. Mix soy sauce, vinegar, agave, hot sauce, & set aside.

Preheat wok or large, heavy frying pan till very hot, then add oil. When oil is hot, add garlic and cook ~30 seconds, making sure garlic doesn't brown. Add greens all at once and stir-fry, turning greens over and over till almost all are wilted. Then add sauce ingredients, stir, and cook 30 secs more. Serve hot. ([source](#)) (I've altered this somewhat from the source.)

Arugula & Olive Pesto Sauce

- ❖ 3 cups arugula
- ❖ ½ cup olive oil
- ❖ 1 clove garlic, chopped
- ❖ ¼ cup pine nuts
- ❖ ¼ cup chopped kalamata olives
- ❖ ¼ tsp salt & fresh-ground pepper
- ❖ ¼ cup pecorino or parmesan cheese, grated

Put everything but cheese in food processor & process till smooth. Transfer to small bowl & add cheese. [I would whiz the cheese w/ other ingredients in processor.] Adjust seasoning & serve w/ pasta. ([source](#), w/ other recipes too)