



# THE RED HILL ROOT



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

Volume VII, Number 3

Mar 2010

## Farm News

**Fruit Shares!**—Nancy & Bob Bernhardt of *Indian Orchards* still have fruit shares available. They also have local honey, homemade preserves, apples, and dried fruit. Contact them for more information at 610-565-8387.

**Lamb: half, whole, or varying cuts**—Nancy, from Indian Orchards, has also ordered lamb from Wyndoor Farm for many years. It is local, pastured lamb that you can order by 1/2 and whole lamb, and they package different cuts for you. Call Nancy (610-565-8387) to learn more or call the farm direct at 610-368-3332.

**Off-Farm Products**—As we receive member checks, we're mailing out invoices, and info about pre-order, off-farm products. Please mail your orders back in to us. The **deadline for these** is the date of the Plant Sale, May 22nd.

**Plant Sale**—Join us at the **Plant Sale Saturday May 22<sup>nd</sup>, from 1 to 4, with farm orientations at 1 and 3 p.m.!**

We'll have some great veggie, herb, and flower transplants for sale and do orientations for new & returning members. It's the kick-off for the upcoming season and we had a blast last year! We'll see you there!

## Red Hill Revelations

By Mira Kilpatrick

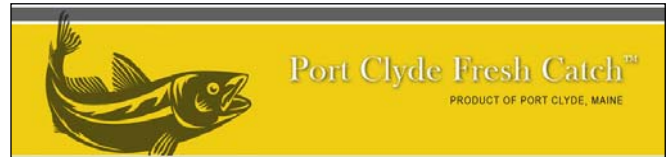


We have pruned the raspberries and blackberries, prepped the tunnel for planting tomatoes and other goodies, and we continue to chip away at installing the rest of the secondary deer fence. We have had a lot of great volunteer help from Neumann students these past few weeks. After this rain, we will start a lot more tractor work: spreading compost, chisel-plowing the fields to break any hardpan, discing the soil to prep it for seeding early crops like peas and spinach, etc! Soon, we also hope to get plastic mulch laid for our field of onions and nightshades (tomatoes, peppers, and eggplants). The plastic helps retain moisture, control weeds, and heat up the soil for those heat-lovers! The seeding in the greenhouse marches on. What's on the horizon in our greenhouse schedule: yarrow, rudbeckia, snapdragons, sunflowers, greens, and eggplant. Exciting!

## Tidbits

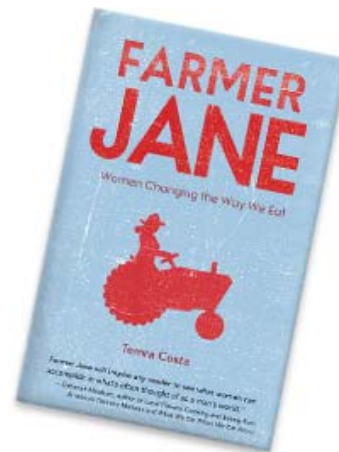


**Update on Port Clyde Fresh Catch CSF**—Melinda here! I found out that the *Port Clyde Fresh Catch CSF*



(Community Supported Fishery) will ship individual orders to our area. This is the season for Maine shrimp, which are smaller, sweeter, cleaner, and more sustainable than most any other shrimp, either domestic or imported. I ordered ten 1-lb packages of headless, frozen, raw shrimp (I wanted the shells for making broth) for \$4.75 per lb, plus \$15.00 2-day shipping (in a cooler w/ ice packs). That comes to \$6.20 per lb delivered, which is a great price for wild-caught, sustainably managed shrimp. However, if I do it again, I'll probably get whole frozen shrimp @ \$1.40 per lb, plus \$15.00 shipping. The season for Maine shrimp is usually Jan to Mar, though it may extend till May this year according to the *NYT* ([see here](#)). **For Port Clyde Fresh Catch, [see here](#).**

**Enough of Farmer John—What About “Farmer Jane”????**—“*Strong women with seasonal sensibilities*”



is how the Farmer Janes are characterized in Temra Costa's new book, *Farmer Jane; Women Changing the Way We Eat* (available May 1<sup>st</sup>). I'd say that this surely applies to our own farmers, Aby and Mira, and to the myriad other women (and men) who support their efforts, including the Sisters of St. Francis, their seasonal workers, and the

workshares! For the *Farmer Jane website*, see [here](#); their **blog** is [here](#), and you can see [here](#) for the book.



Farmers: Abygail Ollila and Mira Kilpatrick, [aollila@osfphila.org](mailto:aollila@osfphila.org)  
Newsletter writer/editor: Melinda B. Parsons, [m.boydp@gmail.com](mailto:m.boydp@gmail.com)  
Newsletter Archive: <http://www.osfphila.org/red/news>  
Red Hill Farm, 609 Convent Road, Aston, PA, 19014 (610) 558-6799



## Springing Ahead Using Spring Veggies!



### Pea and Parsley Pesto w/ Linguine—serves 4

- ❖ 2 cups frozen [or fresh, shelled] peas
- ❖ 1 cup packed fresh parsley leaves
- ❖ ½ cup walnuts, toasted
- ❖ 2/3 cup Parmesan
- ❖ 3 cloves garlic, smashed & peeled
- ❖ ½ cup olive oil
- ❖ 12 oz linguine

Cook one cup peas according to package directions [or boil fresh, shelled peas 2-3 min]. In food processor, combine cooked peas, parsley, walnuts, Parmesan, garlic & 1 tbsp water. Pulse till a paste forms; w/ machine running, slowly add oil, processing till blended; season w/ salt/pepper. In large pot of boiling salted water, cook pasta according to package directions, adding 1 cup peas 30 seconds before end of cooking. Reserve 1 cup cooking water; drain pasta & peas. Return pasta/peas to pot; toss w/ ¾ cup pesto (reserve rest for another use), adding enough water to create a sauce that coats pasta. Serve w/ more cheese. (source: *Everyday Food*, Mar 2010)

### Moroccan Carrot Soup—serves 4

- ❖ 2 tbsp butter [or oil]
- ❖ 1 cup chopped white onion
- ❖ 1 lb carrots, peeled, cut in ½" dice
- ❖ 2½ cups low salt chicken or veggie broth
- ❖ 1½ tsp cumin seeds
- ❖ 1 tbsp honey
- ❖ 1 tsp fresh lemon juice
- ❖ 1/8 tsp ground allspice
- ❖ ½ cup plain yogurt, stirred to loosen

Melt butter in large saucepan on medium-high. Add onion; sauté 2 min. Mix in carrots. Add broth & bring to boil. Reduce heat, cover, & simmer till carrots very tender (~20 min). Stir cumin seeds in small skillet on medium-high till fragrant, ~3-4 min; cool & finely grind in spice mill. Remove soup from heat. Purée in batches in blender till smooth. Return to same pan. Whisk in honey, lemon juice, allspice. Season w/ salt/pepper. Ladle into bowls, drizzle yogurt over, & sprinkle w/ cumin to taste. (source: *Bon Appétit*, Apr 2010)



### Chicken w/ Bitter Herb Pesto—serves 6-8

- ❖ 1 clove garlic, peeled
- ❖ 1/3 cup toasted pine nuts
- ❖ 1/3 cup dried currants
- ❖ 1½ cups coarsely chopped escarole leaves
- ❖ 2 tbsp flat-leaf parsley
- ❖ 3 lbs boneless, skinless chicken thighs, ~12
- ❖ 5 tbsp olive oil
- ❖ ½ cup matzo meal
- ❖ 1 cup chicken stock
- ❖ 1 tbsp balsamic vinegar

Turn on food processor & drop garlic in. When minced, add pine nuts & currants & chop finely. Add escarole & parsley & process till very fine. Season w/ salt/pepper. Spread chicken pieces flat, pound lightly, season inside w/ salt/pepper. Spread w/ some escarole mix & close up. Brush w/ a little oil. Reserve 1 tbsp matzo meal; season the rest w/ salt/pepper & use to coat chicken. Heat oven to 250. Heat remaining oil in large, heavy skillet. Cook chicken, turning once, on medium-high till golden (inside will not be cooked yet). Put in baking pan, cover loosely w/ foil, & put in oven 1½ hours. Add chicken stock to skillet & set aside. When chicken is done, transfer to plate & keep warm in turned-off oven. Put baking-pan juices in skillet, bring to simmer, whisk in vinegar & reserved matzo meal, & cook, stirring constantly, till slightly thickened. Remove from heat & season to taste. Serve sauce in gravy boat to pour on chicken. (source)

### Asparagus Gruyère Tart—serves 4

- ❖ 1 sheet store-bought frozen puff pastry
- ❖ 2 cups shredded Gruyère cheese
- ❖ 1½ lbs medium or thick asparagus
- ❖ 1 tbsp olive oil

Preheat oven to 400. On floured surface, roll puff pastry into 16x10" rectangle. Trim uneven edges. Put pastry on baking sheet. W/ sharp knife, lightly score pastry 1" in from edges to mark rectangle. Using fork, pierce dough inside markings at ½" intervals. Bake till golden, ~15 min. Remove pastry from oven & sprinkle w/ cheese. Trim bottoms of asparagus to fit crosswise inside pastry; arrange in single layer over cheese, alternating ends & tips. Brush w/ oil, season w/ salt/pepper. Bake till spears are tender, ~20-25 min. (source, with video available)

