



THE RED HILL ROOT



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

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Farm News



Plant Sale—Join us at the [Plant Sale Saturday May 22nd, from 1 to 4, with farm orientations at 1 and 3 p.m.!](#)

We'll have great veggie, herb, and flower transplants for sale, and we'll also 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!

First Seasonal Employee!—Our first seasonal employee, Chris, has joined us. Welcome Chris! She will be doing farmwork with us, as well as focusing on education and outreach. Learn more about her in the bio below. Adam will be starting in the near future... keep your eyes peeled for his bio next month!

Canning Demonstration Volunteer Needed—We would like someone to volunteer to lead a canning demonstration one Saturday this season, perhaps in September. Many members have expressed interest in a canning demo and we'd like to make it happen! Someone who has a lot of experience canning, knows the ins and outs, feels comfortable explaining to a large group, and educating about the food safety issues to be aware of. If you are interested, please email Mira ASAP to set a date/time. Email: mkilpatrick@osfphila.org

First Pick-Up Date!!!!—The first pick-up of the season is scheduled for the week of May 31st. **Tuesday members would come June 1st and Friday members June 4th. Any changes to this plan will be relayed via email, so stay tuned...!**

T-Shirt Donations—We're looking for members to donate old T-shirts. We use them to cover the produce in bins to keep it moist and cool. We're looking for shirts on the larger size and clean. **Thank you!!!**

Red Hill Revelations

By Mira Kilpatrick



So far, the fields are seeded with peas, spinach, lettuce-mix, beets, carrots, radishes, turnips, and we've planted early tomatoes, cabbage, broccoli, kale and collards,

lettuce heads, sunflowers, fennel, scallions, etc! In the



greenhouse, things that will be moving out to the fields in the near future: summer squash, melons, parsley, celery, onions, escarole, bok choy, etc! And we have a lot of baby transplants that will need to be in the greenhouse a little while longer, until things warm up a bit more... peppers, eggplant, tomatoes, lots of flowers. It's all so exciting! And **BUSY!**

In addition to all that, we are trying to stay on top of weeds, get the Children's Garden planted and looking pretty, set up irrigation, and so on. We have moved the perennial herb garden down to the U-Pick area, so now everything in the world of U-Pick will be in one spot. The deer fence is close to 100% installed, and we have been seeing less signs of deer presence on the farm, although the groundhogs have already done some damage, as well as some other rodents (voles?) in the tunnel. It's always something! We'll let you know how things have progressed next month!

Chris Henwood, Our 1st Seasonal Employee

Hi, my name is Chris Henwood and I am the new **Education and Outreach Coordinator** for the Farm. I am excited to be here and am looking forward to meeting all of you this season.

My background is in outdoor and experiential education. I have worked with Outward Bound USA for several years as an instructor, community liaison, rock-climbing specialist and staff trainer. I have my Masters in Contemplative Education and am committed to facilitating experiences of lasting connection with nature. With the guidance of many amazing farmers in Chester County, my husband and I started our own farm—Turning Roots



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Farm—in Downingtown about 2 years ago. It has been a great adventure and the land continues to be a committed and patient teacher.

As part of my role at Red Hill, I will be exploring ways to develop and deepen the education programs at the farm. Partnerships with local schools and organizations will certainly be central to this effort, so if you have contacts you can pass along that would be greatly appreciated (i.e. your child's school, local organizations, teachers, etc.). You can contact me at farmeducator@osfphila.org. Thanks and see you at the farm.



Chris Introducing Her Niece & Nephew to her Chickens

Escarole Soup with Rice—serves 4; considered a “restorative” food in Italy. ([source](#))

- ❖ ¼ cup olive oil
- ❖ 3 or 4 cloves garlic, minced, and 4 or 5 sliced
- ❖ ½ cup chopped onions
- ❖ 4 cups coarsely chopped escarole
- ❖ 6 cups chicken or veggie stock
- ❖ ¼ cup short-grain white rice, like Arborio
- ❖ fresh-grated Parmesan cheese, optional

Heat 2 tbsp oil in large, deep saucepan on medium. When hot, add minced garlic & cook ~2 min. Add onions & continue cooking, stirring often, till soft, ~5 min. Add escarole & cook, tossing gently, till it begins to wilt, ~3 min. Add stock & rice to pan; bring to boil. Lower heat, cover, & cook ~20 min, or till rice is tender. Meanwhile, put remaining 2 tbsp oil in small skillet. When hot, add sliced garlic & cook on medium till it turns golden brown & begins to crisp. Remove w/ slotted spoon & set aside. When rice is cooked, season soup w/ salt/pepper, top w/ Parmesan, & garnish w/ garlic slivers.



Frugal Recipe—Stale-Bread Pizza—about 15 slices

- ❖ ½ cup olive oil
- ❖ 2 cups whole milk
- ❖ 15 slices stale rustic Italian bread, or if not stale, leave out until dry & slice ½" thick
- ❖ ¾ lb buffalo mozzarella, thinly sliced
- ❖ ¾ pint cherry tomatoes, halved & crushed
- ❖ 2-3 tbsp Parmesan
- ❖ 1 tbsp fresh or dried oregano, torn or chopped [or substitute or also add 1 tbsp fresh/dried basil]

Heat oven to 350. Grease baking sheet w/ 2 tbsp oil. Pour milk into bowl. Briefly dunk 1 slice of bread at a time into milk & squeeze out excess. Put bread on baking sheet, sprinkle w/ salt/pepper, & cover w/ mozzarella slices. Top w/ tomatoes, Parmesan, & herbs. Drizzle w/ oil. Bake on bottom shelf of oven for 10-20 min, being careful not to burn the bottom of the bread! ([source](#) for recipe & photo of Donatella Arpaia with stale-bread pizza)



Pasta w/ Spinach Clam Sauce—serves 4-6

- ❖ 1½ -2 lbs fresh spinach, tough stems removed
- ❖ 1/3 cup olive oil
- ❖ 4 cloves garlic, minced
- ❖ 1 8-oz bottle clam juice
- ❖ 1 cup chicken broth (or substitute another 8-oz bottle clam juice)
- ❖ 2 six-oz cans chopped clams in clam juice
- ❖ ½ cup dried bread crumbs
- ❖ 1 lb vermicelli

Bring large pot salted water to boil. Add spinach & cook till wilted, ~30 sec. Remove from water w/ tongs or slotted spoon & let drain in colander. Let water return to boil. Heat oil in medium saucepan on medium heat. Add garlic & sauté till fragrant but not brown, ~1 min. Add clam juice & broth. Strain clam juice from cans of clams into saucepan. Add bread crumbs & let simmer. Squeeze excess water from spinach. Transfer to cutting board & chop. When water boils, cook pasta till *al dente*; drain pasta, reserving 1 cup cooking water. Return pasta to pot, add clams, spinach, & simmering sauce. Toss to mix & add reserved water to make pasta moist. Season to taste w/ salt/pepper & serve. (*Chesman, Serving Up the Harvest*)