



THE RED HILL ROOT



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

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Farm and Member News



“Vintage Tuesday” was really fun!—Vintage Tuesday, sponsored this past week by Eric Lienhard and Mia Painter, was a wonderful success! It was a beautiful late afternoon, and it was so pleasant to sit and chat with Farm friends & colleagues. Eric provided “Two Buck Chuck,” the inexpensive vintage wine sold at some Trader Joe’s stores. My, it was delicious, as was the cider! We hope some Friday people will organize a similar event!



Left: Marcy, Aby, & Mira chillin’; right: our host Eric simply closes his eyes to Amy’s joking! (photos M. Parsons)

News from the Furrow

By Mira Kilpatrick



“The big news on the Farm is that we are turning in ‘the meadow’ between the raspberries and tomatoes and creating a whole new field! Aby did an initial tilling today. We recently measured all the fields we’re using, and realized we’re cultivating just over 2 acres. We were surprised! This is not really all that much when you think about how many people the Farm feeds! We’re feeling we could use a little more space to grow.

We may relocate the hoophouses and reconfigure some fields as well. So it’s pretty crazy; before summer’s over you actually need to start planning for the next season! There is a lot that needs to happen before things get planted all over again next year, such as figuring out plant family rotations, cover-cropping the fields, and adding compost to the soil.

In our brainstorming, we are playing around with the idea of doing a big U-Pick area in the new field. There is a bit of a slope in that area, so we’ll have to monitor erosion

and things like that. We’re also hoping to sort of expand the children’s garden, or create more of a common space, that can segue into the U-Pick area.”



One of Aby’s beautifully tilled fields, at sunset! (photo M. Parsons—it made me kind of just want to get down and roll around in it, tho I didn’t!)

Late August Holidays

23rd Aug. is the Feast Day of **St. Rose of Lima**, the patron



saint of South America, the Philippines, and florists (the latter because she wore a crown of rose thorns). Oddly, among the sweetest images of this saint is one by the “decadent” late 19th-century artist, Aubrey Beardsley, done after his conversion to Catholicism in 1895. He created a beautifully colored version of it on his deathbed in 1898.

(Above, Beardsley, *Ascension of St. Rose of Lima*, 1896)

24th Aug. is the Feast Day of **St. Bartholomew**, patron of butchers (b/c he was flayed) and hence associated with the meat and ale at harvest festivals like St. Bartholomew’s Fair in old London. His day also was one for weather forecasting: “*If Bartlemas Day be fine and clear, then a prosperous autumn comes that year.*” Hope so! ([source](#)) Finally, **the 30th is St. Fiacre’s Day, the patron saint of gardeners and herbalists (that’s us!).** For more, see [here](#).



St. Fiacre, patron of gardeners and herbalists ([source](#))



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Swimmin' in Squash!



(credit)

Feeling a little overwhelmed by our summer squash? Not to worry—**BZM (Basic Zucchini Mix)** to the rescue! Once you make this mix, which uses 5 lbs of squash (any summer squash, doesn't have to be zukes), you freeze it in 1-to-3-cup batches & pull it out for all kinds of recipes! The onion & garlic do *not* affect the taste of BZM, which can be used in both sweet & savory recipes. *As the recipe writers note, "Rest assured that in such small quantities the flavors of these ingredients...are imperceptible.... [T]heir function...is to add and maintain moistness, not to contribute to...flavor."* (Andrew Schloss and Ken Bookman, *Fifty Ways to Cook Most Everything*, 1992)

Basic Zucchini Mix (BZM)—makes 8 cups cooked

- ❖ 1 finely chopped onion
- ❖ 1 clove minced garlic
- ❖ 1 tbsp butter and 1 tbsp oil, or 2 tbsp oil
- ❖ 5 lbs grated zucchini or other summer squash (using the grating blade of a food processor makes this fast; next quickest would be a mandoline)

Sauté onion & garlic in 2 tbsp fat (butter and/or oil) in large skillet or pot. Add 5 lbs grated squash & stir over medium or medium-low for 4-5 min, till squash wilts a bit (you'll have to eyeball it). Let cool & drain. Squeeze in clean kitchen towel to remove most moisture before freezing or using in cooking. (Schloss & Bookman)



Schloss & Bookman have 50 recipes using BZM. I'll print several & give you a site that's cribbed their recipe (without credit!—my students would be in trouble for that, but they see it on the web constantly!) to use in recipes.

Zucchini Soup—serves 6

- ❖ 1 finely chopped onion
- ❖ 1 clove minced garlic
- ❖ 2 tbsp butter or oil
- ❖ 3½ cups **BZM**
- ❖ 1 tsp curry powder & cayenne pepper to taste
- ❖ 3 cups chicken or veggie stock
- ❖ 1 cup light cream or vegan substitute

Cook onion & garlic in 2 tbsp fat. Add BZM, curry powder & cayenne, & stock. Simmer 10 min. Add the cream & heat through. (Schloss & Bookman)

Chocolate Zucchini Cake—serves 12 (*NOT* low fat!)

- ❖ ½ lb butter (2 sticks)
- ❖ 2 tsp vanilla extract
- ❖ 2 cups sugar
- ❖ 5 eggs
- ❖ 2¾ cups flour
- ❖ 1 tsp baking powder
- ❖ 2 tsp baking soda
- ❖ 2 tsp ground cinnamon
- ❖ 1 tsp ground ginger
- ❖ ½ tsp ground cloves
- ❖ ½ tsp ground nutmeg
- ❖ 1 cup cocoa powder
- ❖ 2 cups **BZM**
- ❖ 1½ cups walnut pieces (for "Two-Chocolate Zucchini Cake" [gasp!], substitute 1½ cups chopped white chocolate for the nuts—egads!)
- ❖ confectioners' sugar for garnish

With electric mixer, beat butter, vanilla, & sugar till light & fluffy. Beat in eggs, 1 at a time. Add the flour sifted together with all the spices & the cocoa. Mix in BZM & walnuts. Turn into greased & floured 10-inch tube pan & bake in preheated 325 oven for 1 hr, 10 min, or till a tester [e.g., clean end of broom straw] comes out w/ only a crumb clinging to it. Cool 10 min before removing from pan. Dust w/ confectioners' sugar. (Schloss & Bookman)

For *many more BZM recipes* (most from Schloss & Bookman) see this Garden Club site, [here](#), or check Schloss's book out of the library. The *Daily Kos* blog has links to hundreds of other recipes for zucchini (see [here](#)); see also [recipesource.com](#) for 577 zucchini recipes, [here](#), & 422 squash in general, [here](#). Find 22 yellow squash [here](#); and 1 pattypan squash [here](#). Or try this meatless carpaccio recipe from Epicurious ([here](#)).

Roasted Fennel w/ Potatoes and Peppers—serves 4

- ❖ 1 fennel bulb, inner core removed if tough, & stems cut in 2-inch pieces
- ❖ 6 new potatoes, cut in bite-size chunks
- ❖ 1 red bell or Italian frying pepper, chopped

Put all veggies on baking sheet, drizzle w/ olive oil, salt & pepper, mix, spread flat, & bake in 400° oven for 30 min. This recipe is from *Melinda Welsh*, a member of IMBY Misty Hollow CSA, our sister CSA in Westtown!

"Summer makes a silence after the spring." Vita Sackville-West