



THE RED HILL ROOT



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

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Farm News



Sweet Patooties!—Sweet potatoes have arrived! If you ordered a box you can pick them up when you come for your share. They are \$20 and need to be paid for separately from membership renewals and/or other off-farm products. We take cash or check. We are hoping everyone will pick up their sweet potatoes by the end of this week.... Storage in the barn is not ideal. Enjoy!

Hoodies--Pre-ordered sweatshirts should be here by next week as well. We haven't gotten a final price yet, but anticipate they will be \$35, cash or check.

Don't forget to renew your membership—Forms for renewal and survey forms (about your satisfaction level w/ your membership this season) are available at the Farm, and they are also attached to last week's *Root* email. The surveys are anonymous, and we appreciate your feedback. To ensure a spot, folks should get their forms w/ payment in ASAP, especially for small shares, which are limited. The deadline for form return and payment is Dec. 31st.

WE NEED MORE BAGS!—If you could please bring up any spare bags you have at home, we (and you!) can use them in the share room. Thanks!

Red Hill Revelations

By Mira Kilpatrick



We had our Harvest Fest last weekend; it was a beautiful afternoon/evening. Thanks to all who came out and



helped, brought food, and just enjoyed the fest with us. The food was amazing this year... and some folks said this was the best fest yet. We hope to see more of you next year! The Bowrockers' music was

great, as usual; everyone enjoyed them and the square dancing. And the bonfire kept everyone snug and cozy as the night wore on. Another highlight of the evening was that the Phils won! Although they're not doing as well at

the time I'm writing this, I'm hoping they'll pull it off this year and we're all celebrating next week! [We'll defer that pleasure till next year: "mighty Ryan has struck out."]



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Black-Bean-Smothered Sweet Potatoes—serves 2

- ❖ 2 medium sweet potatoes
- ❖ one 15-oz can black beans, rinsed
- ❖ 1 medium tomato, diced
- ❖ 2 tsp olive oil
- ❖ ½ tsp ground cumin
- ❖ ½ tsp ground coriander
- ❖ ¼ tsp salt
- ❖ 2 tbsp sour cream
- ❖ 2 tbsp fresh cilantro, chopped

Prick sweet potatoes w/ a fork in several places.



Microwave on high till tender all the way to the center, ~12-15 min. (Or put in baking dish & bake @425 till tender, ~1 hr.)

Meanwhile, combine beans, tomato, oil, cumin, coriander, & salt in medium microwave bowl; nuke till heated thru, 2-3 min. (Or

heat in small saucepan on medium.) When just cool enough to handle, slash each potato lengthwise, press open to make well in center, & spoon bean mix into the well. Top each w/ sour cream & cilantro. ([source](#))

Pasta w/ Broccoli and Chickpeas—serves 4. You could substitute cabbage for broccoli & add meat if omnivorous.

- ❖ 1 lb broccoli, broken in florets, stems peeled & cut in small dice, stems & florets separated
- ❖ 2 tbsp olive oil
- ❖ 2 garlic cloves, minced
- ❖ ¼ tsp red pepper flakes (optional)
- ❖ 1½ cup cooked chickpeas, or one 15 oz can drained & rinsed
- ❖ ¾ lb short pasta (fusilli, bow-ties, orecchiette)
- ❖ ¼ cup grated parmesan or pecorino

Bring large pot of salted water to boil. Fill a bowl w/ ice water. Add broccoli stems to boiling water—boil for 5 min, then remove w/ slotted spoon. Add florets & boil for 3 min. Transfer to ice water, drain, & chop medium-fine so some of the florets are falling apart. Return pot of water to heat. Heat 1 tbsp oil in wide heavy skillet on medium. Add garlic & red pepper & cook, stirring, till fragrant, ~30 sec. Stir in broccoli florets & stems, season w/ salt & cook, stirring, ~1-2 min. Add chickpeas & stir all together. Bring pot of water back to boil & add pasta. Cook *al dente*, following directions on package. Add ½ cup pasta cooking-water to pan w/ broccoli. Drain pasta and toss

immediately w/ broccoli mix & 1 tbsp oil. Serve, adding cheese if desired. ([source](#), w/ lots of other pasta recipes)

Glazed Radishes

- ❖ 1 lb radishes, trimmed (save greens for pesto or stir fries)
- ❖ 1 tbsp butter or oil
- ❖ 1 tsp sugar
- ❖ ½ tsp salt
- ❖ 2 tbsp minced fresh parsley leaves

In heavy saucepan big enough to hold radishes in 1 layer cook radishes in butter with sugar & salt on medium low, stirring, for 1 minute. Add ½ cup water & simmer radishes covered, 10-15 min, till tender; then boil them, uncovered, shaking pan a bit, till liquid is reduced to a glaze. Cook them on moderate heat, swirling them, till they're coated with glaze; sprinkle them w/ parsley. (*Gourmet* 1991)

Cream of Radish Soup—serves 6

- ❖ 4-6 cups radishes, trimmed & sliced
- ❖ 1 cup onion, chopped
- ❖ 2 tbsp butter or oil
- ❖ 3 tbsp flour
- ❖ another 2 tbsp butter or oil
- ❖ 3 cups milk or milk substitute, warmed
- ❖ 2 tsp salt [or less to taste or need]
- ❖ ¼ tsp black pepper
- ❖ 1 tsp ground nutmeg [or to taste]
- ❖ chopped parsley

In skillet, sauté onions & radishes in 2 tbsp. butter till both are limp. Put in blender and process till smooth. In medium pot, melt 2 tbsp. butter, stir in flour, & cook on low, stirring constantly 2 min. Add milk all at once & bring to boil, stirring. Reduce heat and stir until thickened. Add veggies, salt, pepper, and parsley. ([source](#))

Roasted Radishes w/ Soy Sauce & Sesame Seeds

- ❖ 20 medium radishes, trimmed & cut in quarters
- ❖ 1½ tbsp roasted peanut oil
- ❖ 1-2 tbsp soy sauce
- ❖ 2 scallions, trimmed & sliced thin
- ❖ 1 tbsp sesame seeds, toasted in dry pan

Preheat oven to 425. Toss radishes w/ oil, then roast in baking pan in oven ~20 min, stirring a couple times. When tender & starting to brown, remove from oven, toss w/ soy sauce & add scallions. Roast ~5 min more, remove from oven & sprinkle w/ sesame seeds. Serve. ([source](#))

