



THE RED HILL ROOT



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

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Farm News



Member Forms and Surveys available in the barn!

Please take a form, and return with payment in order to secure a spot for next year. One of the great things about the CSA model is that members support the farm in advance, so if you are able to re-join now, please do so. Return to folders in barn or mail to Red Hill Farm, 609 S. Convent Road, Aston, PA 19014.

Your feedback is important to us... please make sure to fill out the surveys and return them as well. Thanks much!

Pick-ups from Now Thru November—Last days for share pick-up will be Tuesday Nov. 16th and Friday Nov. 19th.

As of right now, it looks like we will have harvests every week until then. We will keep you posted. Some things start to slow down as we move forward, but there is still a lot in the fields that we need to harvest for y'all!

Turkeys—For those of you who pre-ordered Thanksgiving turkeys, pick-up for them will be the Tuesday before Thanksgiving, Nov. 23rd. We will provide more details closer to the date.

Foxes on the Farm—Many folks have seen a fox in the Children's Garden and U-Pick area. They are beautiful animals and we like having them on the farm b/c they help with rodent control. However, it seems a little curious that they would be so visible during the day, and near so many people. Always be cautious around any wild animal and please let us know if you notice any strange behavior. Thanks!

Red Hill Revelations

By Mira Kilpatrick



Still plugging away at our final fall projects: the garlic is now planted and will hopefully be mulched by week's end. We're continuing work on supplemental fencing, and tunnel-endwall construction. We have started annual tractor maintenance work on the Farmall tractor and will proceed with John Deere next.

One of our lovely seasonal workers, Amy, will be leaving us this week. She will be moving to Germantown, and

working in prepared foods at the Weaver's Way Co-op in Chestnut Hill. Food is probably her first love, so she's happy to get back into the kitchen. We wish her all the best, and hope she'll stay connected to the local farm/food scene!

My big baby-making project this year is coming to a close as well. The due date is November 4th, but it could be any day now, or closer to mid-November. Of course, I'm hoping we'll have "Little Sprout" news for the Root sooner rather than later, but only time will tell. Thanks to everyone for all your support and encouragement throughout the season... so many well wishes, hand-me-downs, gifts, cards, food!, etc. It's really meant a lot to have so many people sharing the excitement.

Tidbits

Eleven-Year-Old Advocate of Organic, Local Cuisine and Farming!



Mira sent along a link to the Rodale Institute featuring this precocious boy, **Birke Baehr**, who's been interested in food ever since he was eight and read that there is mercury in high-fructose corn syrup! He's now an indefatigable advocate for locally grown and organic foods, recently giving one of the prestigious TED talks about his interests. For Rodale's link about

him, which includes a video of his TED talk, [see here](#). Birke wants to be an organic farmer like Joel Salatin when he grows up! Very cool kid.

Spiders—Recently I got into a discussion on Facebook of



materials from which cookware is made, and the safety (or toxicity) of those materials. One friend who favors cast iron recalled his granny using an iron pan she called a "spider," though he didn't know why. So I checked it out—a spider is an old-fashioned, three-legged skillet, the legs holding it above a fire's coals. [See here](#).



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Root Vegetable Pot Pie—You can substitute any kind of root veggie for any of the listed ones, including even beets, though their flavor is strong and tends to overwhelm some of the more delicate tastes. Meat is optional.

- ❖ 2 parsnips
- ❖ 2 carrots
- ❖ 1 large turnip or several small ones
- ❖ 1 medium onion
- ❖ 4 cloves garlic, peeled & crushed
- ❖ olive oil
- ❖ ½ tsp salt
- ❖ ¼ tsp pepper
- ❖ ½ lb stew meat (optional)
- ❖ ¼ cup white wine or dry vermouth
- ❖ 2 cups veggie or chicken stock
- ❖ 1 tsp thyme
- ❖ 2 tbsp flour plus 2 tbsp cold water
- ❖ 1 or 2 piecrusts

Preheat oven to 500 F. Cut veggies into ½ -in. pieces. Toss them & garlic w/ the olive oil, salt & pepper in large baking pan. Roast, turning occasionally, for 20-25 min, till all veggies are tender. Turn oven down to 375. If using meat, brown in skillet till cooked thru; set aside. When veggies are done, remove them from roasting pan & set aside. Deglaze roasting pan by pouring wine or vermouth into it & scraping up the little crusty bits from the bottom of pan. Pour this liquid into skillet, add stock & thyme, and bring to boil. Shake flour w/ cold water in jar & add to stock, stirring vigorously. Simmer till gravy is thickened & reduced by about half. Toss the meat & veggies in the gravy. If you like your potpies to have a bottom crust, pour filling into bottom crust with which you've lined a pie plate. Otherwise, just pour directly into pie plate. Seal the top crust over everything [make a few small slits w/ knife]; bake 30 min, or till crust is golden brown. ([source](#))

Best Ever Mashed Sweet Potatoes—serves 4

- ❖ 4 tbsp butter
- ❖ 2 tbsp light or heavy cream or whole milk
- ❖ 1 tbsp pure maple syrup, or more as needed
- ❖ 1 tsp salt [or to taste]
- ❖ 2 lbs sweet potatoes, peeled, quartered lengthwise & thinly sliced
- ❖ fresh-ground black pepper

Combine butter, cream, syrup, salt, & potatoes in saucepan. Cover & cook on low, stirring a bit, till potatoes are quite tender & fall apart as you stir, ~35 min. Remove pan from heat & mash potatoes w/ potato masher. Whip w/ a whisk or spoon. Season w/ pepper, taste, & adjust

seasoning. Transfer to serving dish and serve hot. (Andrea Chesman, *Serving Up the Harvest*, 2007)

Penne w/ Chard and Sausage—serves 4-5

- ❖ 2 tbsp olive oil
- ❖ 1 lb sweet or hot Italian sausage, removed from casing & crumbled [vegans can substitute Tofurky Italian sausage, crumbled]
- ❖ 9 – 12 chard leaves w/ stems, thinly sliced
- ❖ 3 garlic cloves, minced
- ❖ 1½ cups fresh or canned tomatoes
- ❖ 1 cup chicken or veggie broth
- ❖ 3 tbsp chopped fresh basil
- ❖ 1 tbsp chopped fresh mint
- ❖ 1 lb penne or similar short pasta
- ❖ salt & black pepper
- ❖ grated parmesan or pecorino cheese to serve

Heat oil in large heavy saucepan or Dutch oven on medium-high. Add sausage & sauté till brown, 8-10 min. Add chard & garlic & sauté till chard is wilted & garlic fragrant, ~3 min. Add tomatoes, broth, basil, & mint. Reduce heat & simmer while you cook pasta. Bring large pot of salted water to boiling. Add pasta & cook till al dente; drain well. Transfer to warmed serving bowl. Season pasta sauce w/ salt & pepper to taste. Add sauce to pasta & toss & serve. Pass cheese at table. (Chesman)

Pasta Ribbons w/ Peppers—serves 4

- ❖ 1 onion, quartered
- ❖ 1 celery stalk, roughly chopped
- ❖ 1 carrot, roughly chopped
- ❖ 2 garlic cloves, peeled
- ❖ 3 tbsp olive oil
- ❖ ½ cup finely diced prosciutto
- ❖ 6 red, yellow, or green peppers, cut in thin strips
- ❖ ¼ cup chopped fresh basil
- ❖ 1 lb fresh fettuccine, cut into 4-in. pieces
- ❖ 1 cup freshly grated parmesan

Combine onion, celery, carrot & garlic in food processor; pulse till finely chopped. Heat oil in large saucepan on medium. Add onion mix & sauté ~3 min. Add prosciutto & sauté till crisp, ~5 min. Stir in peppers, cover, & cook 10 min, till peppers are soft. Stir in basil & season well w/ salt and pepper. Cook pasta in large pot salted boiling water till al dente. Drain, reserving ½ cup cooking water. Add pasta to pepper mix. Toss & add reserved cooking water as needed to make moist. Transfer to serving dish or individual plates, sprinkling w/ a bit of cheese, passing the rest at table. (Chesman)