

Farm News



Last Root Till December—Hi folks! Just wanted to let you know that this is the last weekly Root, though we'll be doing one in mid-December, pre-winter holidays and probably another in Feb. So if you have any favorite holiday recipes you'd like to share w/ your fellow Red-Hillers, send them to me, Melinda Parsons, at m.boydp@gmail.com. Thanks!



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.

Winter Produce at Red Hill Farm!—Our Education and Outreach Coordinator, Adam Hill, is spearheading a new project using one of the hoop houses to grow cool-weather crops over the winter! Great idea Adam! These will be available for our purchase a couple times a month. For more details see page 3 of this *Root*.

Red Hill Revelations

By Aby Ollila



“Aby here, in for Mira. It's just Adam and I these days on the farm. We've been holding up pretty well, I'd say, for having lost our two favorite worker-buddies now. We're just plugging along, trying to get these last two shares out to all of you.



The weather has been cooperating, except for that icy cold whipping wind on Monday morning. I managed

to get away with just a few rubber bands breaking and snapping on my freezing hands. Adam was worse off because he had cut his finger pretty badly while slicing his bagel that morning, and it kept turning numb and he'd snag it on something.

Anyway, other than that, we're doing pretty well. We're enjoying the quiet and the semi-slower pace, and sharing dreams and visions of the day Declan visits the farm for the first time!” (Picture: Selling Turnips, *Les Cris de Paris*, Paris 1874—[see here](#))

Raw Butternut Squash Salad w/ Raisins & Ginger—rather like a carrot salad, but better!



- ❖ 1 butternut squash (~1½ lbs), peeled, seeded, & grated
- ❖ ½ cup raisins
- ❖ ¼ cup vegetable oil [of your choice]
- ❖ 1 or 2 tbsp sherry vinegar, or to taste

❖ 1 tbsp peeled, minced fresh ginger
Combine squash, raisins, oil, vinegar, & ginger in salad bowl. Salt & pepper to taste. Toss & serve immediately, or cover & refrigerate up to 3 hrs. (Mark Bittman, [source](#))

Thanksgiving Roasted Root Veggies

- ❖ 1 head garlic, peeled & separated into cloves
- ❖ 1 to 2 lbs root veggies of your choice, peeled & cut in 1-in. pieces—potatoes, carrots, turnips, parsnips, sweet potatoes, beets, rutabagas
- ❖ 1 medium onion, peeled & cut in ¼ in. wedges
- ❖ 2 tbsp olive oil
- ❖ 1 to 2 tbsp smoked paprika or mild chile powder

Heat oven to 400. Put veggies except garlic in bowl. Toss w/ oil & sprinkle w/ salt, pepper, & paprika. Spread veggies in roasting pan (don't crowd pieces; use 2 pans if needed). Roast, stirring every 15 min, till tender & evenly browned, ~45-50 min. Add garlic cloves in last 20 min. Taste & adjust seasonings. ([source](#))



Roast Turkey in 45 Minutes—Seriously!—This is a Mark Bittman “non-recipe” recipe. Take a whole turkey & cut out the backbone; flatten the turkey out. Place it breast side up in the pan, smear w/ olive oil or butter, add garlic, herbs, and whatever, & put in the oven and roast. Takes 45 minutes or less! For an easy-to-follow video see here: http://video.nytimes.com/video/2008/11/21/dining/1194833563448/roast-turkey-in-45-minutes.html?ref=thanksgiving_day

Garden Vegetable Gratin—this could be a side for carnivores (8 servings) or a main dish for veg folks.

- ❖ 3 lbs russet potatoes, peeled [or not?]
- ❖ 2 tbsp unsalted butter
- ❖ 4 oz shallots, diced
- ❖ 1 medium carrot, diced
- ❖ 1 small zucchini, diced
- ❖ 1 cup frozen peas, thawed
- ❖ 2 cloves garlic, minced
- ❖ 2 tbsp fresh thyme leaves, removed from stems
- ❖ 1 tsp salt
- ❖ ½ tsp black pepper
- ❖ ¼ tsp grated or ground mace
- ❖ 3 cups veggie broth [or chicken broth]
- ❖ 1 cup cream

Position rack in center of oven & preheat to 350. Thinly slice potatoes & keep in bowl of cool water. Melt butter in large skillet on medium. Add shallots, carrot, zucchini, & peas. Cook, stirring often, till softened, ~3 min. Add garlic, thyme, salt, pepper, & mace. Stir well to warm thru & remove from heat. Layer potatoes & veggie mix in 9x13 baking pan by 1st blotting some potato slices on toweling, then laying them across bottom of pan. Add some veggie mix, spread it over slices, then blot dry more slices & add them as another layer. Keep layering, ending w/ a layer of potato slices. Whisk broth & cream in bowl & pour over contents of baking dish. Bake uncovered, basting a few times, till it's golden & most liquid is absorbed, ~ 2 hrs. ([source](#))

Sage, Onion, & Sausage Stuffing—serves 4-6

- ❖ 3 medium onions
- ❖ a small bunch of fresh sage
- ❖ ½ large loaf of stale, unsliced bread
- ❖ Olive oil
- ❖ 1 tbsp butter
- ❖ Optional: a handful of roasted, peeled chestnuts chopped (from vacuum pack/jar), or handful of chopped dried fruit, e.g. apricots or sour cherries
- ❖ 1 ¾ lbs sausage meat

Preheat oven to 400. Peel, halve & chop onions. Pick sage leaves from stalks & rough-slice. Cut crusts off bread & save for another use. Tear bread in large chunks; fill bowl w/ cold water. Put large skillet on medium heat & add 2 glugs olive oil & butter. Add onions & cook gently 7-10 min. Stir in sage leaves. Take handfuls of bread & dip in bowl of water. Squeeze water out well, then add wet bread to skillet, stirring & breaking up any big chunks w/ wooden spoon. Let cook a few minutes. Add any optional

ingredients you're using & stir in. Remove pan from heat, put contents in large bowl, & put aside to cool completely. Once cooled, mix sausage meat into onion mix & season w/ salt/pepper. You can now freeze it, or cook right away by putting stuffing in oiled baking dish & bake on lower rack of oven for 50 min, till quite golden & crispy on top. (Jamie Oliver, *Jamie's Food Revolution*, 2008)

Fabulous Vegan/Vegetarian Gravy

- ❖ 3 tbsp olive oil or butter
- ❖ 3 tbsp whole wheat flour
- ❖ 1 pint water or stock
- ❖ 3 tbsp Tamari or Shoyu soy sauce
- ❖ Salt/pepper

Heat oil in saucepan & add flour. Stir on moderate heat for a few min, till flour turns nut-brown. Standing well back, pour in water & stir till slightly thickened. Simmer 10 min, then add soy sauce & a little seasoning to taste. (Rose Elliot, *Vegetarian Christmas*, 1992)

Fiery Sweet Potatoes—10-12 servings

- ❖ 5 lbs sweet potatoes
- ❖ 1 cup coconut milk
- ❖ 1 tbsp Thai red curry paste [or to taste]
- ❖ ½ cup dark brown sugar
- ❖ 4 tbsp unsalted butter
- ❖ 1 tsp salt

Heat oven to 375 & bake sweet potatoes on baking sheet till very soft, ~1 hr. When cool, peel & mash. In small saucepan, heat coconut milk w/ curry paste on low. Mix coconut-milk mix, half the sugar, half the butter, & salt into potatoes. Keep warm till ready to serve, or refrigerate up to 2 days. At least 30 min before serving, heat oven to 425. Put potatoes in baking dish, cover w/ foil, & bake 20 min. Uncover potatoes, dot w/ remaining butter & sugar, & broil till brown & crusty on top, being careful not to scorch. ([source](#))

Other Sources for Thanksgiving Recipes—have at it!

http://topics.nytimes.com/topics/reference/timestopics/subjects/t/thanksgiving_day/index.html?ref=dining (Thanksgiving recipes)

http://www.nytimes.com/interactive/2010/11/08/health/20101108_thanksgiving.html?ref=dining#-1 (vegetarian Thanksgiving)

http://www.nytimes.com/2009/11/18/dining/18mini.html?_r=1&ref=dining (Bittman's "101 Starts on the Day"—great quick recipes!)

<http://allrecipes.com/Recipes/holidays-and-events/thanksgiving/leftovers/Main.aspx> (Thanksgiving leftover recipes)

<http://www.foodnetwork.com/thanksgiving-leftovers/package/index.html> (more Thanksgiving leftover recipes!)

Starting in December we will offer winter produce at a market exclusively for Red Hill Farm members.



Arugula, Spinach, Spring Mix, Carrots, Scallions, Lettuce Heads, Herbs
and more.....

We are aiming for every other Saturday from 10AM-1PM at the farm.
Stay tuned for more info...

This is a chance to stay connected with and support your farmers
through the off-season.

Hope to see you there!!