



# THE RED HILL ROOT



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

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## Farm News



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

## Red Hill Revelations

By Mira Kilpatrick



After some gorgeous falls days, including some that put some of us back in shorts and tees, this week on the farm we had our first frosts. The early frosts are usually light enough that they don't affect too much, except some of the heat lovers. We had already taken all the peppers off the pepper plants as we knew a frost would be coming soon. And you may have seen some of the herbs and flowers go downhill in the U-Pick.

These first fall frosts actually sweeten up the more cold-hardy root crops and greens. Sometimes it just means we have to start harvest a little later to let things thaw a bit.

We never know when the first frosts will hit in a given season, sometimes late October, or early November. But we're always taking note, and for me, it's a sign that the season's finally winding down. It's somewhat sad but also exciting. The land and farmers can take a bit of a rest, get cozy and a little more reflective as winter begins to set in.

## Red Hill Sprouts!!!!

By Mira Kilpatrick

“Gerard and I welcomed our baby boy, Declan Gilmore Olson on November 5th at 4 p.m.! He's 6 lbs, 5 oz, 19" long. Totally gorgeous. Everyone is healthy and on cloud nine. Aby joined us during the birth, as well as our other friend, Sue. It was an amazing experience and we're so thankful for everything & everyone. Love you Ab & Sue!”



**BIRTH DAY!!! Declan Gilmore Olson**



## Thanksgiving and a Time for Reflection



Mira sent a link to an anonymous 17<sup>th</sup>-century prayer of reflection for the harvest season (source: [see here](#)).



### *The Harvest Prayer*

*Please be gentle with yourself and others.  
We are all children of chance,  
And none can say why some fields blossom  
While others lay brown beneath the harvest sun.  
Take hope that your season will come.  
Share the joy of those whose season is at hand.  
Care for those around you.  
Look past your differences.  
Their dreams are no less than yours,  
Their choices in life no more easily made.  
And give.  
Give in any way you can.  
Give in every way you can.  
Give whatever you possess.  
Give from your heart.  
To give is to love.  
To withhold is to wither.  
Care less for the size of your harvest  
than for how it is shared,  
And your life will have meaning  
And your heart will have peace.*



**New Crops**—*Purple-top turnips* are really good storage turnips—store in a cold area w/ fairly high humidity for best results ([see here](#)). *Daikon radishes* are mild-flavor East Asian radishes w/ many uses; they come in different sizes, shapes, & colors ([see here](#)). They can be stored in a cool, dry place with leaves removed. W/ both veggies, chop & use highly nutritious tops in soups, stews, etc.

**Turnip “Soufflé”**—serves 6 as a side; double for more; if turnip skins seem tough, just peel w/ veggie peeler.

- ❖ 1 cup cooked turnips
- ❖ 2 tbsp cream
- ❖ 1 cup cracker or bread crumbs
- ❖ 1 tsp salt [or to taste]
- ❖ 1 tbsp butter
- ❖ 1/8 tsp pepper
- ❖ 1 egg
- ❖ [chopped fresh herbs of your choice]
- ❖ 1 tbsp sugar
- ❖ 1 cup milk

Mash cooked turnips & add ½ cup crumbs, beaten egg, cream & seasoning. [Add chopped fresh herbs of your choice too, if using.] Mix together & add milk gradually. Put in greased baking dish & cover w/ remaining crumbs & dots of butter. Bake at 350 for 45 min, & serve. (Mary Emma Showalter, *Pennsylvania Dutch Cooking*, 1950)

**Turnip Slaw**—serves 6. Makes a nice side dish for Thanksgiving.

- ❖ 6 medium-sized turnips
- ❖ 2/3 cup sour cream
- ❖ 2 tbsp vinegar
- ❖ 2 tbsp sugar [or to taste]
- ❖ 1 tsp salt [or to taste]
- ❖ 2 tbsp minced parsley

Peel raw turnips & grate [or pulse in food processor till chopped]. Toss w/ a dressing made of sugar, salt, vinegar, and cream; garnish w/ parsley. (Showalter)

### **Overnight Daikon Radish Pickles**

- ❖ 1½ cups chopped radish
- ❖ ¾ tsp salt
- ❖ 1 tbsp rice vinegar
- ❖ ¼ tsp black pepper
- ❖ ¼ tsp sesame oil

In bowl, toss daikon with salt. Cover & refrigerate until 1 to 2 tablespoons of water is released, about 30 minutes. Drain and rinse daikon, removing as much salt as possible. Pat dry with a paper towel, and return to bowl.

Stir in rice vinegar, black pepper and, if desired, sesame oil. Cover & refrigerate at least 8 hours. Eat! ([source](#))

### **Braised, Glazed Radishes, Turnips, or other root veg\***

- ❖ 2 tbsp butter or olive oil
- ❖ 1 lb daikon radish, turnips, etc, peeled & diced
- ❖ ½ cup or more veggie stock, white wine, or water
- ❖ Salt/fresh-ground black pepper
- ❖ Fresh-squeezed lemon juice (optional)
- ❖ Chopped parsley leaves for garnish

Combine butter, radishes (or turnips), & stock in pot, season w/ salt/pepper, & bring to boil. Cover & adjust heat to simmer; cook till radishes are tender, 15-20 min. Add additional liquid as needed. Uncover & raise heat to boil off almost all liquid, so the veggies become glazed in the combo of butter & pan liquid, ~5-10 min. Taste & adjust seasoning; add a little lemon juice if desired, garnish, & serve. \*Other good veggies to use include carrots, jícama, parsnips, celeriac. (Bittman, *How to Cook Everything Vegetarian*, 2007; great book, whether vegetarian or not!)

### **Daikon Radish Rémoulade**—serves 6

- ❖ 1 lb Daikon radish, peeled
- ❖ 3 tbsp Dijon-style mustard
- ❖ 4 tbsp olive oil
- ❖ 1 tsp wine vinegar
- ❖ ¼ cup chopped parsley, for garnish

Cut daikon into 2-in.-long fine julienne strips or grate it coarse. In clean, dry large bowl, whisk mustard with 3 tbsp hot water. Add oil in slow stream, whisking till dressing is emulsified, & whisk in vinegar & salt/pepper to taste. Add daikon strips & parsley & toss well. ([source](#))

### **Bean and Spinach Burgers**

- ❖ one 14-oz can cooked beans (white, black, red)
- ❖ 1 medium onion, peeled & quartered
- ❖ ½ cup non-instant rolled oats
- ❖ 1 tbsp chili powder or spice mix of your choice
- ❖ 1 egg
- ❖ ~8 oz spinach, steamed, chopped (~1 cup cooked)
- ❖ olive oil if needed

Put beans, onion, oars, chili powder, salt/pepper to taste, spinach, egg in food processor & pulse till chunky; add a little water if necessary (probably not) to make moist, not wet, mix. W/ wet hands, shape into burgers & let rest a few minutes. Coat skillet w/ oil & turn to medium. In a min., add patties & cook till brown on 1 side; flip & cook other side till browned & firm. Vegans substitute ½ cup mashed potatoes or cooked rice for egg. (Bittman, above)