



THE RED HILL ROOT



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

Volume VII, Number 7

14 June 2010

Farm News



Making Purchases During Pickups—Please do not leave cash or checks for off-farm products on the desk or anywhere. If we are not in the barn, wait a few minutes or come find us. We typically do not stray too far from the barn/U-Pick area. We are tallying what we sell this year. ***Each purchase needs to be made with a farmer*** so we can account for what has been bought. Thank you.

Red Hill Revelations

By Mira Kilpatrick



Lots of weeding and lots of planting. With Aby in Spain, the workshares have really picked up the pace to help us out. Thanks guys! The onions in the tunnels are weeded,



as are the shallots in the field, the last bed of squash, two beds of baby carrots, and hopefully the beets, lettuce mix, and Asian greens in the next couple of days. We also got some

tractor cultivating (weeding) done in the U-Pick to keep the weeds from getting too crazy down there. This is a BIG time of year for weeds... we are constantly trying to keep up with them. If you ever feel like helping out, even for a half hour, when you come to pick up, let us know! We can always use some extra hands. (Illustration: *Picking Beets from the Tacuinum Sanitatis*, 1300s)

We also planted Swiss chard and lettuce, watermelon and winter squash, and peppers this week. Whew!

Got a lot of crops out there growing by now! Happy finally for some rain.

Some of you will notice the peas and parsley are showing signs of groundhog damage. We do our best to trap and control the groundhogs on the farm, but to a certain extent it's out of our hands. The peas are supposed to reach 5-6' in height, but they are getting topped off, which results in diminished flowering, which leads to less fruit. We're hoping they will still push through and give us a decent harvest, but I just wanted to bring you up to speed on that.

Until next week, be well!

Tidbits

A Few Good Blogs!—I'm always on the lookout for interesting blogs about cooking, food in general, gardening, food politics, nutrition, and so forth. Here are a few I've discovered recently:

- ❖ ***Vegetablematter*** describes itself as a "Tex-Med" site (how can you miss with Texan & Mediterranean cuisine?!). The recipes sound really great, and there are a number of posts about vegetable gardening too. [Click here](#) for this blog.
- ❖ ***InKitchenandGarden*** is *Leslie Land*'s blog about—obviously—cooking and gardening! Land used to write about gardening/cooking for the *New York Times*, so she knows her stuff! And she takes real pleasure in growing & eating food (in both New York State and Maine). Her links are great too. [See here](#).
- ❖ ***101Cookbooks*** is a blog by professional food photographer, *Heidi Swanson*, who's addicted to acquiring cook books! She's a vegetarian, and her site also features vegan recipes. It's a visually beautiful blog w/ great recipes. [Click here](#).
- ❖ ***LornaSassAtLarge***—Well known cookbook writer and James Beard award winner *Lorna Sass* has one blog that focuses on food, urban farming in NYC, & cooking ([see here](#)), and another blog on pressure-cooking, something potentially useful to all of us ([see here](#))! Sass includes vegetarian, vegan, and omnivore recipes.



Farmers: Abygail Ollila and Mira Kilpatrick, aollila@osfphila.org
Newsletter writer/editor: Melinda B. Parsons, m.boydp@gmail.com
Newsletter Archive: <http://www.osfphila.org/red/news>
Red Hill Farm, 609 Convent Road, Aston, PA, 19014 (610) 558-6799



Lettuce Soup—serves 4 [you may substitute other tender greens like spinach, arugula, etc, for different flavor]

- ❖ 2 tbsp olive oil
- ❖ 1 cup sliced onion
- ❖ 1 tsp chopped garlic
- ❖ 1 tbsp chopped parsley leaves & more for garnish
- ❖ 1 tbsp chopped chives & more for garnish
- ❖ 2 tsp chopped tarragon leaves & more for garnish
- ❖ 2 heads Boston or other tender lettuce, leaves torn
- ❖ 3 cups broth (chicken, veggie)
- ❖ ½ cup heavy cream (or vegan substitute)
- ❖ ½ tsp salt
- ❖ ¼ tsp pepper
- ❖ chives blossoms for garnish (optional but yummy)

Heat oil on medium low in large saucepan. When hot add onions & garlic & cook ~4 min. Add parsley, chives, tarragon, & lettuce & stir till lettuce wilts, ~3 min. Add stock & simmer, uncovered, 20 min. When ready to serve, liquidize soup in blender, processor, or w/ immersion blender & return to clean saucepan. Stir in cream, salt & pepper & simmer ~5 min. Adjust seasoning to taste & serve garnished w/ fresh herbs. ([source](#))

Grilled Teriyaki Chicken Strips w/ Sesame Spinach

- ❖ 2 peeled garlic cloves
- ❖ 1 piece peeled ginger, 1 in. long
- ❖ ½ cup Tamari soy sauce
- ❖ ¼ cup sake or dry sherry
- ❖ 3 tbsp dark sesame oil
- ❖ 2 tbsp brown sugar
- ❖ 4 boneless, skinless chicken breast halves, cut lengthwise into ½-in. strips
- ❖ 1 ½ lbs fresh spinach, tough stems removed
- ❖ 1 large carrot, grated
- ❖ 1 tbsp rice vinegar
- ❖ hot, cooked rice (~4-6 cups)
- ❖ 3 tbsp toasted sesame seeds

To make marinade, mince garlic & ginger together in food processor. Add Tamari, sherry, oil, & sugar & process till well mixed. Put chicken in nonreactive bowl (eg, glass, ceramic). Add half of marinade & toss to coat. Cover in fridge up to 2 hrs. Wash spinach & put in large pot w/ ~1 in. water. Cook on high heat till spinach wilted, ~3-5 min. Stir a couple times. Drain well. Transfer to medium bowl & add carrot. Toss to combine. Stir vinegar into remaining marinade. Add to spinach & toss. Put in fridge till ready to use. Heat charcoal grill or gas grill to high. Grill chicken 4-6 min, till tender & not pink. To serve, put hot rice on plates, arrange spinach over half the rice, chicken over

other half. Sprinkle sesame seeds over all & serve. (source: Andrea Chesman, *Serving Up the Harvest*, 2007)

Beets—Mira says beets are on our horizon, so here are some tips for cooking fresh beets. While you can boil whole beets after trimming leaves & roots to 1 in. (save greens for making pesto!), flavor & color leach away. Roasting or grilling are better methods. Beets can be eaten raw (sliced or shredded), but some folks don't care for the taste. See if you do! **To roast**, trim off greens & roots to w/in 1 in. of the beet. Wash but don't peel. Wrap 4-6 beets in heavy aluminum foil & fold foil to form well-sealed packet. Roast in 350-400 degree oven till largest beet is tender if pierced w/ fork or skewer. Remove from oven, let cool, and peel (beets peel more easily when cooked). Then slice, dice, or whatever your recipe calls for.

Smashed Potatoes & Turnips—my one-pot recipe. Scrub some new potatoes, & clean & trim tops & bottoms of turnips. Young turnips can be left unpeeled. Put taters & turnips in pot of boiling water. **If you want, you can add chopped, de-stemmed collard greens**. Boil ~20 min, till potatoes are tender if pierced w/ knife. Drain. Return all to pot, add butter, and/or Greek yogurt, and/or olive oil, & smash w/ a potato masher. Adjust seasoning.

Sautéed Broccoli Raab—a large amount cooks down quite a bit! We used last week's, after sautéing, to top a store bought pizza. It was good! My recipe.

- ❖ 1 bunch broccoli raab, including stems
- ❖ several cloves garlic, chopped
- ❖ olive oil
- ❖ (we added a can of anchovies to ours; you could substitute chopped, pitted kalamata olives)

Chop broccoli raab into bite-size bits, including stems, which are very tender. If using anchovies, put in skillet w/ some olive oil & heat till anchovies dissolve. Add broccoli raab & garlic & sauté ~1-2 min, till raab is wilted. Serve alone or as a topping. Makes a good hoagie filling too!

Roasted Orange-Butter Beets

- ❖ 4-6 medium beets, tops & roots trimmed as above
- ❖ 1 tbsp butter or mild-tasting oil (e.g., canola)
- ❖ 1 tbsp orange-juice concentrate

Preheat oven to 400. Wash beets but don't peel. Divide b/tw 2 sheets of foil & wrap & roast as described above. Remove from oven, open foil, cool, peel, & slice or cut into wedges. Melt butter in skillet. Add oj & stir. Add beets & toss till hot. Salt/pepper to taste. (from Chesman, *Serving Up the Harvest*, 2007)