

Red Hill Revelations

By Mira Kilpatrick



“It was a pretty hot spring, which wasn't great for cool-weather crops like our spring broccolis and cabbages, but with the summer solstice some of this hot, sunny weather is actually warranted. We got a bit of a shower last night, relieving some things that were starting to droop, but in



general we really shouldn't be complaining too much about this weather. Most of you probably remember the great rains of 2009, and the subsequent tomato blight and other crop issues that came with too much moisture last season. At least, with this warm, dry weather, we are in a little more control. We can irrigate if things need water; we can't turn off rains like those that came last year. (Photo: Aby's husband Tom came to help after they returned from Spain—thanks Tom!)



Aby & Amy weeding young Asian greens for salad mix

And so much of what we just planted are heat lovers... all the tomatoes, peppers, and eggplant, as well as squashes and melons. Almost everything is planted or seeded, too! At least the first succession of crops. The greenhouse



once full of transplants is emptying out... and we have only 4 or 5 empty beds at this point... pretty amazing. What's more amazing is that, in a lot of respects, we actually feel relatively on top of weeds! Unheard of! Someone knock on wood for me. (Photo: Adam, Farm Educator, giving a successful first tour.)

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As certain crops reach their peak and get too bothered by the heat or pests, you'll see we're turning in those beds to get them ready for a 2nd planting.

Well, I said we shouldn't complain too much about the heat and all, but I'm pregnant, so I'm allowed! I'm taking off to Avalon for a few days, they say it's 'Cooler by a Mile.' Sayonara suckers!”

Quick Zucchini-Carrot Casserole—4 servings

- ❖ 2 lbs sliced zucchini/summer squash (yellow and/or green)—about 5 medium squash
- ❖ ¼ cup chopped onion [or more?]
- ❖ one 10.75 oz can condensed cream of chicken [or mushroom] soup [low sodium, if desired]
- ❖ 1 cup sour cream
- ❖ 1 cup grated carrots
- ❖ 1 stick unsalted butter, melted
- ❖ one 6-oz pkg dry bread stuffing mix [any flavor]

Preheat oven to 350. Boil squash & onion in water for 5 min; drain well. In medium bowl, combine soup, sour cream, & carrots; stir in squash mix and combine. In separate bowl, combine butter & stuffing mix. Spread ½ of this in bottom of 9x13 baking dish. Spoon squash mix over stuffing & top w/ other half of stuffing. Bake 25-30 min, till stuffing is golden brown. ([source](#))

Cabbage, Carrot, & Onion Curry—serves 4. Amounts of spices can be increased if you wish.

- ❖ ½ small cabbage, chopped bite-sized
- ❖ 3 medium carrots, cut in thin rounds
- ❖ 2 large onions, peeled & diced
- ❖ 1 tbsp ghee [clarified butter; vegans substitute oil]
- ❖ ½ tsp cumin powder
- ❖ ¼ tsp powdered turmeric
- ❖ ¼ tsp mustard seeds
- ❖ ¼ tsp chili powder
- ❖ ¼ tsp powdered coriander [cilantro seeds]
- ❖ ¼ tsp cinnamon powder
- ❖ salt, to taste

In medium pan sauté onion w/ butter or oil. When soft, add mustard seeds. After 30 seconds, add cumin, turmeric, & coriander and mix together. Put carrots in pan & sauté. Put lid on for 5 min. then add cabbage. Mix veggies up. Add cinnamon, salt, & chili powder. Put lid back on.

Wait 5 min. Turn over mixture in pan, making sure spices don't stick to bottom. Put lid back on & leave 8 min. Serve hot or warm. ([source](#))

Creamy Coleslaw—serves 8 as a side (low fat)

- ❖ 8 cups shredded green cabbage (can be shredded in a food processor; ditto carrots)
- ❖ 3 carrots, shredded
- ❖ ¼ cup Vidalia or other sweet onion, chopped
- ❖ 1 ½ cups buttermilk [or low-fat yogurt]
- ❖ 2 tbsp cider vinegar
- ❖ 3 tbsp sugar
- ❖ 3 tbsp mayo
- ❖ ½ - ¾ tsp celery seed

Combine cabbage, carrots, & onion in large bowl. Stir together buttermilk, vinegar, sugar, mayo, & celery seed in small bowl till well blended. Pour over cabbage & mix to combine. Season to taste w/ salt/pepper. The salad will be dry, but the longer it stands, the wetter it gets.

Refrigerate for 1 to 8 hrs before serving. (Source: Andrea Chesman, *Serving Up the Harvest*, 2007)

Japanese Cucumber Salad—four 1-cup servings

- ❖ 2 cucumbers, washed
- ❖ ¼ cup rice vinegar
- ❖ 1 tsp sugar
- ❖ ¼ tsp salt
- ❖ 2 tbsp sesame seeds, toasted (to toast, heat small, dry skillet on low, add seeds & stir constantly till golden & fragrant, ~2 min; cool in small bowl)

Peel cukes to leave alternating green strips. Slice cukes in



half lengthwise; scrape out seeds w/ spoon. Cut into very thin slices & place in double layer of toweling; squeeze gently to remove excess moisture. Mix vinegar, sugar, & salt in medium bowl, stirring to dissolve [the sugar

& salt, not the bowl!]. Add cukes & sesame seeds; toss to combine & eat immediately. ([source](#))

Candied Carrot Coins—old-timey, PA-German recipe

- ❖ 3 cups carrots sliced into ¼ inch rounds
- ❖ 3 tbsp butter or canola oil
- ❖ ¼ cup brown sugar
- ❖ 1 tsp cornstarch

Steam or boil carrots till just tender & then drain. Mix butter, sugar, & cornstarch in small pan, bring to boil and

simmer till slightly thickened. Pour mix into carrots & stir well. Serve immediately. ([source](#))

Beet Top Salad—sent by Heidi Hammel—*thanks Heidi!*

Cut leaves off beet stems, and cut stems off the beets ~1" above beet (use leaves & beets in other recipes). Wash beet stems well (dirt can hide in crevices) and cut in ¼ inch pieces. Put in non-reactive bowl (e.g., glass or ceramic). In another bowl, mix ¼ cup balsamic vinegar, 1 tsp soy sauce, 1 tbsp honey, & 1 tbsp chopped herb of choice (e.g., basil, marjoram, parsley). You can add a little olive oil if desired. Combine dressing w/ stems in serving bowl. Goes well w/ yogurt for lunch or w/ chicken or fish!

Haluska (Hungarian comfort food!)—serves 6-10

- ❖ ¼ cup butter
- ❖ 1 medium head cabbage, shredded
- ❖ 1 large onion, halved & sliced
- ❖ 1 lb egg noodles
- ❖ 1 pint sour cream (can use low- or no-fat)

Begin heating large pot of salted water for noodles. Melt butter in large, heavy pot on medium heat. Add cabbage & onion; sauté, stirring often, till cabbage is limp & tender, ~10 min. Cook noodles in boiling water till tender (~7-9 min), then drain well. Add noodles to cabbage & mix well. Add sour cream & stir well. Season w/ salt/pepper to taste & serve. (source: Chesman, *Serving Up the Harvest*)

Spiced Cabbage Salad w/ Carrots & Cucumber—you

can use either Napa cabbage or regular cabbage.

- ❖ ½ lb cucumber
- ❖ 6 cups finely shredded cabbage
- ❖ 2 cups shredded carrots
- ❖ ½ cup rice vinegar
- ❖ 1 tbsp Asian fish sauce (*nuoc mam* or *nam pla*)
- ❖ 1 tbsp toasted sesame oil
- ❖ 1 ½ tsp soy sauce
- ❖ 1 ½ tsp sugar
- ❖ 1 fresh jalapeño pepper, stemmed, seeded, minced [or substitute hot sauce or chili pepper to taste]
- ❖ 1 clove garlic, minced
- ❖ ¾ cup unsalted dry-roasted peanuts

Slice cucumber in half lengthwise, trim off ends, & scoop out seeds & discard. Thinly slice cukes. In wide bowl, combine cabbage, carrots, & cukes. Mix vinegar, fish sauce, soy sauce, sesame oil, sugar, chopped peppers, & garlic. Pour over salad and mix. Serve, or cover & chill up to 4 hours. Sprinkle w/ nuts and mix before serving.

([source](#))