



THE RED HILL ROOT



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

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Farm News



Missing Pick-Ups or Switching Pick-Up Days – Very important – please read! Thank you! Quite a few



folks have been emailing, asking to switch their pick-up days, either temporarily or permanently. While we would love to accommodate you, we cannot. The farm harvest schedule and distribution processes are very precise and complex. It is virtually impossible for us to coordinate multiple changes each week for individuals who wish to switch days; the shares can suffer as a result for the rest of the shareholders.

As we note in the Farm Handbook you got when you joined and chose your pickup day ([see here](#) for the Handbook in PDF format), ***in the event that you are unable to pick up on your scheduled day, we invite you to find someone else to pick up your share for that week.*** This could be a family member, neighbor, co-worker, etc. ***If you are unable to find someone, it is not necessary to contact us. Your share will simply get recycled back into our surplus.***

We understand that people sometimes vacation in the summer, etc. Asking someone else to pick up for you, and/or offering the share to someone you know is a nice way of introducing potential members to the farm as well.

We thank you in advance for your understanding. And we are grateful to you for managing this issue yourselves, as described above, instead of emailing to request a switch. Everything will run so much more smoothly, and we'll have *that* much more time to devote to growing and harvesting your produce!

Red Hill Revelations

By Mira Kilpatrick



Sadly, our farm educator/worker, Chris has decided to leave. She has her own small farm, and with those

responsibilities, plus a hefty commute to Red Hill, it was too much for her. Adam has taken on responsibility as the farm educator. And Amy Kurtz, whom we met last year when she was picking up Pendle Hill shares at the farm, has joined us as our other seasonal employee. See her bio for more info. We're really happy to have her and look forward to a great farm season with this crew.

Beyond that, we've been planting escarole, U-Pick flowers and hot peppers, leeks, and seeding more salad mix and beans. In the greenhouse we've seeded fall cabbage, winter squash, cauliflower, and more cucumbers and herbs. In the fields the weeds are picking up full force, and we're doing our best to keep up with them but inevitably fall behind as harvests get going and take up much more of our time. But nonetheless, the harvests have been great and everything's growing beautifully.

Wishing a bon voyage to Aby who is off to Spain for a short spell! Have fun Aby!

Amy Kurtz, our New Seasonal Employee

Amy grew up in Reading, PA, and graduated from Eastern University with a degree in environmental studies. She's



lived and traveled around the US and recently returned from three months WWOOFing (Willing Workers On Organic Farms) and traveling around New Zealand.

She has always had a goal of working outside with the land but also enjoys working in kitchens, particularly with sustainably grown ingredients—think Moosewood style cooking. She came to know of Red Hill through several years working in the kitchen at Pendle Hill. Despite her love of kitchens, she felt a tug at her soul whenever the produce came in from the garden or CSA; she wanted to be on the growing side, not just the cooking side. She's quite pleased for the opportunity to join the team at Red Hill this season. Welcome, Amy (seen in photo above)!



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



Collards—What are they? What to do with them?

Some folks are unfamiliar with collards and other hearty greens, so here's a bit of info. Collards are in the cabbage family, are packed w/ good nutrients, and are actually more nutritious cooked than raw. For the nutrition run-down, [see here](#) at NutritionData.com. For how to prepare collards for cooking, see [this video](#) on YouTube. For a video on cooking collards as soul food, [see here](#). (Our collards have already been washed once, so you needn't wash them 3 times as this video suggests.) For 11 delicious collard recipes, [see here](#)!!! Btw, collards do cook down quite a bit when steamed or sautéed.



Mama's Collards from the Garden

- ❖ 1 bunch collards
- ❖ 2 tbsp olive oil or other oil
- ❖ 1 red pepper, diced
- ❖ 1 onion, diced
- ❖ 2¼ cups water [or broth]

Wash and de-stem collards. Cut into small pieces. In large saucepan heat oil & sauté pepper & onion. Add collards & water. Bring to boil then lower heat. Cook till greens are soft (length of time depends on how mature the collards are—big, hefty leaves take longer to soften; check by tasting). Season w/ salt/pepper & serve. ([source](#))

Collard Greens w/ Bacon—serves 6-8 as a side

- ❖ 4 strips thick-sliced bacon, sliced crosswise into half-inch pieces
- ❖ 1 small onion, chopped
- ❖ 2 cloves garlic, minced
- ❖ 2 tbsp sugar
- ❖ 1 tsp kosher salt
- ❖ ½ tsp fresh-ground black pepper
- ❖ a few dashes of hot sauce
- ❖ ¼ cup apple-cider vinegar
- ❖ 2 lbs collards, stems removed, sliced into 3-inch-wide strips (*can substitute kale or chard*)
- ❖ 1 cup chicken broth or water

Heat large skillet on medium. Cook bacon till it just begins to brown around the edges, stirring occasionally. Add onions & cook till softened & just starting to brown. Add garlic, salt, pepper, sugar, & hot sauce. Cook ~1 min. Add vinegar, bring to simmer, & cook till amount of liquid is reduced by half, stirring & scraping up any browned bits from the pan bottom. Add collards & broth



& bring to simmer. Reduce temp to medium-low. Cook, stirring a bit, till collards wilt & lost a bit of brightness. Season to taste w/ more vinegar & hot sauce. Serve w/ juices from pan. ([source](#))

Radish and/or Turnip Sandwiches—The French are enamored of thinly sliced radishes on a great baguette w/ good butter, for breakfast! ([Here is a recipe.](#)) Several folks I know add sliced radishes or turnips to nut-butter sandwiches (delish!) and some even add them to hoagies. The radish spices things up a bit w/ its peppery taste.

Radish Greens & Turnip Greens Pesto—my recipe

- ❖ 1 bunch radish greens w/ stems
- ❖ 1 bunch turnip greens w/ stems
- ❖ garlic to taste
- ❖ olive oil
- ❖ Pecorino-Romano grated cheese
- ❖ ~1/2 cup pine nuts

Put everything in a food processor and buzz, adding enough olive oil to turn it into a smooth paste/sauce. Salt & pepper to taste. SOOOOO good!!!!

Green Rice (Arroz Verde)—You can use brown rice, but the result is not as green; using basmati rice makes a larger amount, as basmati expands more than other rices.

- ❖ 2 cups chicken or veggie stock, or water
- ❖ 1 cup tightly packed young spinach
- ❖ ½ cup tightly packed cilantro leaves
- ❖ 1 tbsp olive or canola oil
- ❖ ½ medium onion, finely chopped
- ❖ 2 garlic cloves, minced
- ❖ 1 cup long-grain or basmati rice, rinsed w/ water

Blend 1 cup stock, spinach, cilantro in blender till smooth. Simmer remaining broth in saucepan. Heat oil in another pot & sauté onion 3-5 min. Add salt, garlic, rice & stir together a few min. till rice begins to crackle. Add stock, bring to simmer again, reduce heat to low, cover, & cook 5 min. Uncover & add green sauce from blender. Rinse blender with 1/4 cup water & add it to rice. Stir, raise heat & bring to simmer. Cover, reduce heat to low; simmer 10-15 minutes till all of the liquid has been absorbed by the rice. Turn off the heat, uncover and place a clean kitchen towel over the pot. Replace the lid, and allow the rice to stand undisturbed for 10 minutes. Fluff the rice with a spoon or fork, taste and adjust seasoning. Serve. ([source](#))