



THE RED HILL ROOT



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

Volume VII, Number 11

12 July 2010

Farm News

First Film Night!—We'll be screening our first film of the season on Saturday, July 17th, at 8:00 p.m. The film is "**Big Night**," a comedy about a restaurant founded by Italian immigrants. Feel free to bring microwave popcorn (or other easy snacks) and drinks, as well as blankets or chairs to sit on. *It's rain or shine.*

U-Pick Walkthrough—Come out this week for a walk around the U-pick area with farmer Adam Hill, our Outreach and Education specialist. *He will be taking members out at 1:30 and 3:30 on both Tuesday, July 13th, and Friday, July 16th.* Whether you are a new member or have been here since the beginning, this is a great opportunity to learn how to make the most of your U-pick experience. He will focus on harvesting herbs, as well as cutting, arranging and preserving flowers.

Red Hill Revelations

By Mira Kilpatrick



I'm feeling hot, hot, hot! That's been the theme of the week. Thankfully we had a bit of a break with a half-day on Monday due to the holiday.



Left: Our Cucumber Plants; Right: Adam and Amy Harvesting Cucumbers

And we try to take it easy, stay hydrated. But the farm doesn't quit and we have to keep harvesting so we're still out here every day!

This is not ideal weather for a lot of the crops, like salad greens, lettuces, etc., and even a lot of the heat-loving plants will decline a little bit when it is this hot and dry. Sometimes you will see flowers dropping off the plants... flowers that were meant to become future fruits and veggies. But we continue to do damage control as best we

can, rotating the irrigation around, trying to make sure the plants that need it the most get water. And they're calling for rain, so hopefully there will be a little break. We shall see. It's not fun, but it's a little bit funny when we get slightly delirious in the heat. Don't be concerned if you see Adam rolling in poison ivy, or if Mira tells you there is ground bison in the freezer when there is definitely none. Nor if you see Amy and Aby plagued by bouts of hysterical laughter for no apparent reason. It's just the heat. => Until next week, stay cool!



Left: Mira Catching Cucumbers! Right: Aby Loading Cucumbers on the Truck (photos sent by Mira)

Buttermilk Squash Soup Recipe—serves 10. Recipe can be halved for fewer people.

- ❖ 1 tsp cumin seeds
- ❖ ¼ cup unsalted butter [or olive oil]
- ❖ fine grain sea salt
- ❖ 3 tbsp unsalted butter [or oil]
- ❖ 2 medium yellow onions, chopped
- ❖ 2 medium garlic cloves
- ❖ 1 lb potatoes, cut in ¼-in. cubes
- ❖ 2½ lbs yellow [or green] summer squash, cut in ½-in. chunks
- ❖ 4 cups veggie stock [or chicken]
- ❖ 1 cup buttermilk [or substitute vegan yogurt]
- ❖ 1 bunch chives, chopped

In skillet on medium heat, toast cumin seeds till fragrant, ~1-2 min, stirring. Use mortar & pestle [or coffee or spice grinder] to grind seeds into fine powder. Set aside. Melt butter in same skillet & cook till butter is brown & smells nutty. Remove from heat, stir in cumin & a few pinches salt, then set aside in warm place to stay liquid. Heat 3 tbsp butter in large pot on medium high. Add onions, garlic, & a bit of salt. Sauté a few min. Stir in potatoes & squash & cook 7-10 min, till squash starts to soften. Stir in 3½ cups of stock; it should barely cover veggies. Bring to



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



boil, reduce heat to simmer, & cook till potatoes are tender, ~25 min. Remove soup from heat, purée completely w/ immersion blender [or carefully, b/c it's hot, in a regular blender], then stir in buttermilk. Thin soup w/ a bit more stock if desired.



Season it to taste. Serve each bowl topped w/ the warm cumin butter & a liberal sprinkling of chives. ([source](#))

Creamy Cucumber Soup, Warm or Cold—serves 4

- ❖ 1 tbsp olive oil
- ❖ 2 cloves garlic, minced
- ❖ 1 small onion, diced
- ❖ 1 tbsp lemon juice
- ❖ 4 cups peeled, seeded, thinly sliced cukes
- ❖ 1½ cups veggie broth, or reduced-sodium chicken broth
- ❖ ½ tsp salt
- ❖ ¼ tsp ground pepper
- ❖ pinch of cayenne pepper
- ❖ 1 avocado, diced
- ❖ ¼ cup fresh parsley, & more for garnish
- ❖ ½ cup low-fat plain yogurt [dairy or soy]

Heat oil in large saucepan on medium-high. Add garlic & onion; cook, stirring occasionally, till tender, ~1-4 min. Add lemon juice & cook 1 min. Add 3¾ cups cucumber slices, broth, salt, pepper, & cayenne; bring to simmer. Reduce heat & cook at gentle simmer till cukes are soft, ~6-8 min. Add avocado & parsley & transfer soup to blender [or use immersion blender]; blend till smooth. Pour into serving bowl & stir in yogurt. Chop remaining ¼ cup cuke slices & garnish soup w/ those & extra parsley. Soup can be served warm or cold. ([source](#))

Tomato Panzanella w/ Ricotta—serves 4

- ❖ ½ lb day-old crusty bread, torn into 1-in. pieces
- ❖ 2 lbs ripe tomatoes, cut in 1-in. pieces
- ❖ ½ small red onion, thinly sliced
- ❖ 3 tbsp red-wine vinegar
- ❖ 2 tbsp olive oil, & more for drizzling
- ❖ coarse salt & ground pepper
- ❖ 1 cup fresh basil leaves, torn if large
- ❖ one 15-oz. container ricotta [vegans omit this or substitute finely mashed, seasoned silken tofu]

Preheat oven to 375. On rimmed baking sheet, spread bread in single layer & bake till dry & light golden-brown,



~20 min. Meanwhile, in large bowl combine tomatoes, onion, vinegar, & oil, & season w/ salt/pepper. Add toasted bread & basil & toss to combine. Let sit 20-30

min to allow bread to soak up liquid. Divide salad evenly among 4 bowls; top each w/ some ricotta, drizzle w/ oil, & season to taste. (*Everyday Food*, July/Aug 2010)

Lemon-Herb Paste for Barbequing

- ❖ ½ cup fresh parsley
- ❖ ½ cup fresh dill
- ❖ ½ cup fresh basil
- ❖ 1 shallot
- ❖ 1 tsp salt
- ❖ grated peel [the yellow part] & juice of 1 lemon
- ❖ 2 tbsp olive oil

Purée everything but the oil in a food processor. With the machine running, add the oil. This can be used as a rub or marinade for slices of tofu that you want to barbeque, or veggies, or it can be rubbed on and underneath the skin of a chicken or chicken breasts prior to barbequing.

(*Everday with Rachel Ray*, June/July 2010)

Elizabethan Cucumbers—Cukes were a popular cooked veggie during the Renaissance! Here's an easy way to



cook and serve them. Decide how many cukes you want to use. Skin, deseed (w/ a spoon), and cut them into large wedges. Steam them over boiling water until just tender [~5-6 min]. Put them in a baking pan, drizzle heavy cream over them [enough to coat the bottom of the pan], & season them with white pepper, salt, and a bit of ground mace or nutmeg. Bake at 325 till heated. Re skinning, leave vertical strips of green skin

on the cukes if you like. ([source](#))

More Grilling Ideas

- ❖ Rub thick zucchini slices with a mixture of fresh or dried dill, yogurt, olive oil and lemon. (Or use pesto or parsley pesto.) Grill slowly.
- ❖ Brush slices of beet with olive oil and grill slowly until tender and lightly browned. Top each slice with a little goat cheese and some salad greens.
- ❖ Quick grilled pickle: Rapidly char thick slices of cucumber; toss with salt, vinegar and sugar; let sit for 15 minutes, then drain. ([source of all 3](#))