



THE RED HILL ROOT



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

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Farm News



IMPORTANT NOTES ABOUT U-PICK CROPS—If we have not opened up a certain crop for picking (as noted on the whiteboard in the barn and with a white stake in the field), *please do not pick that crop*. Sometimes, something is starting to ripen, but there is not enough for all members to get some yet. It is not in the spirit of a CSA to take some for yourself while others go without.

Also, make sure you are taking the correct amount by using the provided containers. We have ½ -pints, pints, and quarts that are labeled on the shelf in the share room. After picking, please transfer what you picked to a bag and put the container back so the next person can use the container. If you forget, just bring the container back next week to be reused.

With all this said, we do our best to observe quantities and decide how much of each U-Pick item 70 members can take on a given day. This is not easy. Sometimes there is less available per member at 6 p.m. than there was at 1 p.m., but we do our best to prevent that and we think it is the exception rather than the rule. Thank you.

Red Hill Revelations

By Mira Kilpatrick



When I said we were hoping for some rain last week, I guess I should have been more specific: one good soaking would have sufficed. But we get what we get when we get it. This is too much water. Things rot more easily; if it stays wet, crops are more prone to disease. It also makes it hard for us to get work done... like planting, seeding in the fields, cultivating with the tractor, even harvesting if the fields are really drenched. So here's hoping things warm up, dry out, and from this point on we get maybe one good rain a week, preferably at night or on the weekend. Haha. Dream big, right?

Summer Onions

By Mira Kilpatrick

I want to talk about onions because this was the first week you received onions, and I really really like growing them.

And harvesting them (but I don't like that it makes my hands smell for a couple days afterwards). And cooking with them.

There are two main types of onions: spring/summer fresh onions (seen at left) and fall/winter storage onions. We grow both at Red Hill. Fresh onions can be red, white, or yellow, though we're only growing white at the farm. They have a



thin, light-colored skin. Summer onions have a higher water content, and so they are typically sweeter and milder than winter onions. They are more susceptible to bruising and don't store as well. These juicy onions are often enjoyed raw in salads or on sandwiches or in lightly cooked dishes. Storage onions are available in the same colors but have layers of thick, dark, papery skin. They have an intense flavor and are best used for savory dishes that require more cooking time or more flavor.

When onions are first planted, their growth is concentrated on new roots and green leaves or tops. The onion will first form a top and then when a specific combination of daylight, darkness, and temperature is reached, bulb formation starts. The summer onions at the farm are the first to bulb up, and the first to be harvested and shared out. The storage onions continue to grow and develop their leaf layers. Then when they are harvested they are cured for a time before we share them out. The curing process increases the shelf life of the onion. Guess that's about it for Onions 101!

Christy Rost's Chicken Breasts w/ Caramelized Sweet Onions & Raspberry Chipotle Sauce—"Sweet onion" is another term for summer onions. Serves 4 to 6.

Caramelized Onions:

- ❖ 1 tbsp olive oil
- ❖ 2 large sweet onions, sliced

Preheat large skillet on medium heat, add oil to coat pan's bottom. Add onions & sauté 10-15 min, stirring often, till they are golden brown. Set aside & keep warm in a bowl.



Chicken breasts:

- ❖ 14 skinless chicken breast halves, rinsed & drained
- ❖ coarse salt & fresh-ground pepper
- ❖ 1 tbsp olive oil

Reheat same large skillet on medium till hot. Season chicken w/ salt/pepper. Coat pan bottom w/ oil. Reduce heat to medium-low, put chicken pieces in pan & cook 4 min till brown; turn & cook 4 more min. Turn again & cook another min. each side, for 10-min total. Check for doneness; if done, transfer to serving platter & cover to keep warm. Keep pan drippings in the pan.

Raspberry Chipotle Sauce:

- ❖ ½ cup diced sweet onion
- ❖ 2 garlic cloves, minced
- ❖ 2 tsp chipotle chiles in adobo, chopped [these come canned at the market]
- ❖ ¾ pint fresh raspberries (or 12 oz frozen, thawed)
- ❖ ¼ cup raspberry vinegar [or apple cider vinegar]
- ❖ 1 tbsp balsamic vinegar
- ❖ 2 tbsp seedless raspberry jam
- ❖ 1 tbsp chicken broth
- ❖ 1 tsp coarse salt
- ❖ fresh raspberries for garnish

Add onion & garlic to same skillet w/ pan drippings & sauté 2 min, till onion soft. Stir in chiles & cook 1 min more, stirring constantly. Add 12 oz raspberries, vinegars, jam, stock, & salt/pepper. Cook sauce for 10 min, stirring a bit, till it thickens. To serve, top each breast piece w/ caramelized onions & spoon sauce on &/or around plate.



Garnish w/ more fresh raspberries. ([source](#)) [Substitute veggie broth for chicken broth, & this sauce is useful for vegetarian/vegan dishes, as are caramelized onions.]

Crispy Sweet Onion Pizza (vegan)—4 servings

- ❖ one 12" prebaked pizza shell [or bake your own]
- ❖ 2 ½ tbsp olive oil
- ❖ 1 lb sweet onions, halved, sliced vertically
- ❖ ¼ cup sun-dried tomatoes, packed in oil, chopped
- ❖ ½ tsp dried oregano [or a couple tsp. fresh]
- ❖ ½ tsp dried thyme [ditto]
- ❖ ½ tsp dried basil [ditto]

Heat oven to 425. Place pizza shell on baking sheet; spread onions on pizza & drizzle w/ olive oil; top w/ sun-dried tomatoes. Sprinkle w/ herbs, salt/pepper. Bake just till onions begin to brown, ~10 min. ([source](#))

Marinated Sweet Onions—Use in salads, sandwiches

- ❖ 2 large sweet onions
- ❖ 1 cup olive oil
- ❖ 1 cup white vinegar
- ❖ 3 tbsp sugar
- ❖ ½ tsp salt & ¼ tsp pepper
- ❖ ½ tsp, each, dried parsley flakes/oregano, or a couple tsp chopped, each, of fresh herbs
- ❖ 1 garlic clove, minced, or to taste

Slice onions ¼" thick, separating rings. Add or subtract other ingredients to your taste. Mix all ingredients in a container you can cover & shake; keep in fridge. Marinate at least 24 hrs before serving. You can add more onions to the mix for up to four additions. After that, drain, make new marinade, & transfer onions, throwing out any very soft slices. ([source](#))

Zucchini & Onion Cheese Squares—serves 6-8

- ❖ 3 cups grated zucchini
- ❖ 2 tsp salt
- ❖ 1½ cups unbleached all-purpose flour
- ❖ 1 tbsp baking powder
- ❖ 1 onion, diced
- ❖ 2 cups grated cheddar
- ❖ 2 tsp fresh thyme leaves
- ❖ 1 tsp fresh-ground black pepper or lemon pepper
- ❖ ½ cup canola oil
- ❖ 3 large eggs, beaten

Combine zucchini & salt in colander & toss to mix. Set aside to drain for 30 min, then squeeze out excess water. Preheat oven to 350. Grease a 7 x 11" baking dish w/ butter. Stir together flour & baking powder in medium bowl. Add onion, zucchini, cheese, thyme, & pepper. Mix well w/ fork, breaking up clumps of zucchini. Whisk together oil & eggs in small bowl. Pour into zucchini mix & mix well. Spread evenly in baking dish. Bake ~35 min, till golden. Let cool on wire rack for 5 min. Cut into squares & serve warm or at room temp. (Andrea Chesman, *Serving Up the Harvest*, 2007)

Roasted Tomato Sauce—so easy. Take enough tomatoes (any kind) to fill a baking pan, rough chop them, & put in pan. Add rough-chopped onion, garlic, & any other veggies you like (I added some squash). Rough chop fresh herbs of your choice. Drizzle all liberally w/ olive oil; salt/pepper to taste, and sprinkle w/ a little sugar to help caramelize everything. Roast in a 325 or 350 oven, stirring occasionally. When all is tender, let cool a bit & blend w/ an immersion blender or food processor. My recipe.