



THE RED HILL ROOT



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

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Farm News



Food Film in Media!—On Tuesday July 27th, at 7:00 pm, the Media Borough Community Center is hosting the film, “What’s on Your Plate?” about two preteen girls trying to discover the sources of their food in New York City. It



runs from 7:00 to 8:30, then there’s socializing with snacks until 9:00! Sponsored by Transition Town Media, the event is free, but any donations are happily accepted.

According to the promo, “What’s on Your Plate?” is “a witty and provocative documentary produced and directed by award-winning Catherine Gund about kids and food politics. Filmed over the course of one year, the film follows two eleven-year-old multi-racial city kids as they explore their place in the food chain. Sadie and Safiyah take a close look at food systems in New York City and its surrounding areas. With the camera as their companion, the girl guides talk to each other, food activists, farmers, new friends, storekeepers, their families, and the viewer, in their quest to understand what’s on all of our plates.”

Sounds great! For more, [see here](#). For a trailer, [see here](#). To find the Media Borough Center (301 N. Jackson, near the intersection w/ 4th St.), [see here](#)!

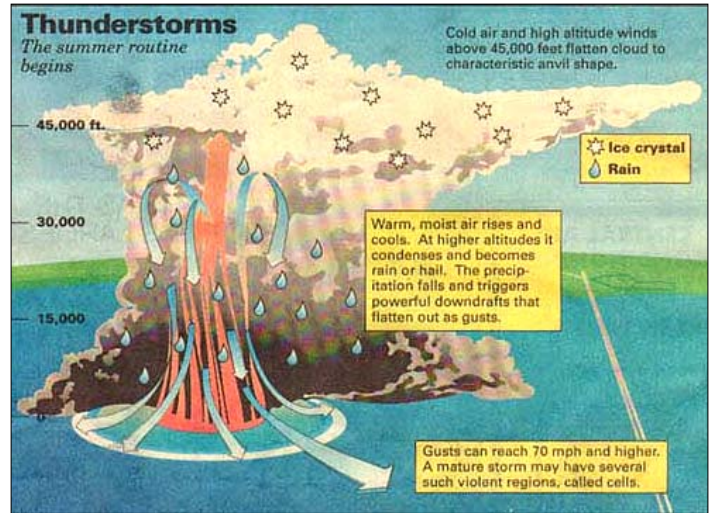
Red Hill Revelations

By Mira Kilpatrick



“With the rains of late, we have been having a hard time getting into the fields with the tractor to prep beds for seeding and planting. If it’s soaking wet, we can’t barely do anything in the fields. If it’s medium wet, we can harvest, weed, etc. But it needs to be pretty well dried out before we go in with the tractor, as we are trying to prevent compaction and damage to the soil and all the amazing living things in it. So what does this all mean? If we get this much rain this frequently, we get behind on our field plan. It happens, and it’s not something to worry too much about, but Aby and I get a little nervous when we’re just waiting for a dry window. You may notice a

slight lull in some crops (or you may not), such as salad greens and other greens, and we’ll be little behind on the last summer squash and some of the fall crops. Just wanted to give you a heads up on where we’re at with the



weather lately. =>) And we wanted to thank you for your support and encouragement; we’ve received a couple of very personal and kind emails about our work and the produce we’ve been supplying, which really means a lot to us. Have a great week!” ([Chart source](#))

Tomato and Watermelon Salad—4-6 servings. This was sent in by Farm member Sue Stark—*thanks Sue!!!* It’s in the Basque tradition.

- ❖ 3 or 4 small to medium heirloom tomatoes in assorted colors, cored & cut in ¾ in. chunks
- ❖ 1 small cucumber, peeled, seeded, & cut in ¾ in. chunks
- ❖ 1 cup ¾ in. cubes of yellow or red seedless watermelon flesh
- ❖ 1 Haas avocado, peeled & cut in ¾ in. chunks
- ❖ 1 tbsp chopped mixed fresh herbs of choice—ex, basil, tarragon, chives, cilantro
- ❖ ¼ tsp coriander seeds, ground to powder in spice grinder or mortar & pestle [or a bit less than ¼ tsp coriander powder]
- ❖ 3 tbsp olive oil
- ❖ 3 tbsp balsamic vinegar
- ❖ coarse salt & fresh-ground black pepper



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



In a bowl, combine tomatoes, cukes, watermelon, avocado & herbs. Add ground coriander & toss gently. In small bowl, whisk together olive oil, vinegar, & salt/pepper to taste. Pour over veggie mix, toss to coat, & serve. ([source](#))

Creamy, Garlicky Tomato Gazpacho with Crunchy Pecorino Cheese—serves 4

- ❖ 6 tbsp grated pecorino romano cheese
- ❖ 2 large tomatoes (~1 lb), cored & rough chopped
- ❖ 1½ cups (12 oz) plain sheep's milk or regular yogurt
- ❖ ¼ cup olive oil, & more for serving
- ❖ 12 basil leaves, chopped, & more for serving
- ❖ 2 large garlic cloves, peeled & rough chopped
- ❖ 2 scallions, white & light green parts, chopped
- ❖ 2 ice cubes
- ❖ 1¾ tsp kosher salt [or to taste]
- ❖ 1½ tsp red wine vinegar [more to taste]
- ❖ pinch cayenne pepper & ground black pepper

Crunchy cheese: heat large, nonstick skillet on medium. Spread 2 tbsp cheese into thin layer in skillet; let melt & brown on bottom, ~30-60 sec. Use spatula to flip cheese; let cook till evenly browned on both sides, ~60 sec. more. Transfer fried cheese to toweling-lined plate. Repeat w/ remaining cheese, working 2 tbsp at a time. Break fried cheese into large pieces. To make soup: put tomatoes, yogurt, oil, basil, garlic, scallions, ice cubes, salt, vinegar, cayenne & black pepper [to taste] in blender. Purée till smooth. Taste & add more salt & vinegar if desired. Pour into small bowls, garnish w/ fried cheese & extra basil, & drizzle w/ extra oil. ([source](#)) Vegans can substitute soy yogurt for dairy and chickpeas for cheese (sauté cooked chickpeas in olive oil till golden brown & crunchy).

Ken's Tomato Egg Drop Soup—4-6 servings

- ❖ 1 qt chicken or veggie stock
- ❖ 2 medium fresh tomatoes
- ❖ 2 small eggs
- ❖ ½ tsp sesame oil
- ❖ 2 tsp light soy sauce
- ❖ 1 tsp salt [or to taste]
- ❖ 1 tbsp finely chopped scallions (about two), white part only (save green parts for garnish)

Put stock in pot & bring to simmer. Peel, seed, & chop tomatoes into 1-in. cubes. Lightly beat eggs in small bowl, then add sesame oil & mix. Add soy sauce & salt to stock; stir to mix well. Add tomatoes & simmer 5 min. Stir in scallions, then add egg mix in very slow, thin stream. Use a chopstick or fork to pull egg into strands (stirring in a

figure 8 works well). Garnish w/ finely chopped green scallion parts. ([source](#))

Spicy Quinoa, Cucumber, & Tomato Salad—serves 6

- ❖ 1 cup quinoa
- ❖ 3 cups water
- ❖ salt to taste
- ❖ 2 cups diced cucumber
- ❖ 1 small red onion, finely minced
- ❖ 2 cups finely diced tomatoes
- ❖ 1-2 jalapeño or serrano peppers (to taste), seeded if desired & finely chopped [if you don't like hot food, just add a little hot sauce to the dressing]
- ❖ ½ cup chopped cilantro, plus several sprigs
- ❖ 2 tbsp fresh lime juice
- ❖ 1 tbsp red wine vinegar or sherry vinegar
- ❖ 3 tbsp olive oil
- ❖ 1 avocado, sliced for garnish

Put quinoa in bowl & cover w/ cold water. Let sit 5 min. Drain in strainer & rinse till water runs clear. Bring 3 cups water to boil in medium pot. Add salt (½ to ¾ tsp) & quinoa. Bring back to boil & reduce heat to low. Cover & simmer 15 min, or till quinoa is tender & translucent; each grain should have a little thread visible on it. Drain off water in the pan thru strainer & return quinoa to pan. Cover pan w/ dishtowel, replace lid, & let sit for 10 min. Meanwhile put finely diced cukes in colander & sprinkle w/ salt. Toss & let sit for 15 min. Then rinse cukes w/ cold water & drain on toweling. Combine tomatoes, chiles, chopped cilantro, vinegar, lime juice & oil in a bowl. Add cukes & onion, season to taste w/ salt, & add quinoa & cilantro. Toss together, taste, & adjust seasoning. Serve garnished w/ avocado & cilantro sprigs. ([source](#))

Spicy Cherry Tomato Salad—uses a quart! Serves 4.

- ❖ 4 cups cherry tomatoes, halved
- ❖ 1/3 cup green onion, thinly sliced
- ❖ 4 garlic cloves, minced
- ❖ 1 jalapeño, thinly sliced [or hot sauce to taste]
- ❖ 1/3 cup white balsamic vinegar
- ❖ 1 tbsp brown sugar
- ❖ 1 tbsp olive oil
- ❖ 2 tsp minced fresh ginger
- ❖ 1 tsp cumin powder
- ❖ ½ tsp salt
- ❖ ½ tsp pepper

Combine 1st 4 ingredients & set aside. Combine the rest & stir till blended. Toss w/ tomato mixture. ([source](#)) For a lot more delicious-sounding tomato recipes, see [here!](#)