



# THE RED HILL ROOT



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

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## Farm News

**First Film Night!**—We'll be screening our first film of the season on **Saturday, July 17<sup>th</sup>**, time to be announced.

The film is "**Big Night**," a comedy about a restaurant founded by Italian immigrants. Here's a little teaser—



sounds great! "*Primo and Secondo are two brothers who have emigrated from Italy to open an Italian restaurant in America. Primo is the irascible and gifted chef, brilliant in his culinary genius, but determined not to squander his talent on making the routine dishes that customers expect. Secondo is the smooth front-man, trying to keep the restaurant financially*

*afloat, despite few patrons other than a poor artist who pays with his paintings. The owner of the nearby Pascal's restaurant, enormously successful (despite its mediocre fare), offers a solution - he will call his friend, a big-time jazz musician, to play a special benefit at their restaurant. Primo begins to prepare his masterpiece, a feast of a lifetime, for the brothers' big night...*"

## Red Hill Revelations

By Mira Kilpatrick



### Tomato Season is Coming!

There are two types of tomatoes that we grow at the farm, hybrids and heirlooms. Hybrids have been bred and crossed in order to create a uniform, productive tomato crop. The fruit is often perfectly round, a smooth, red tomato (sometimes also pink, yellow, orange). They also have a longer shelf life. Heirloom varieties have usually originated with a particular family and have been passed down from generation to generation. They are open-pollinated or pure-bred, and the seed is saved year to year. These varieties are typically more unusual, more colorful (pinks, greens, yellows, purples), and more flavorful! However, they can have more scarring, funny bumps, etc. And since the focus is more on flavor and their unusual & characteristic looks, they do not typically have as good

a shelf life as hybrids. But this is all a part of the charm of an heirloom! They are delicious! Don't be afraid to try. Currently, we are just harvesting a couple different kinds from the hoophouse, but if all goes well there will be green and yellow striped tomatoes, pleated tomatoes, and much more!

Beyond that we're busy as bees planting and weeding our little butts off. And HARVESTING! Enjoying a little respite from that hot weather! Have a great week.

## Tidbits



**Mark Bittman**, the *NYT* food writer, has just published his list of "**101 Fast Recipes for Grilling**." It has omnivore, vegetarian, & vegan recipes, all quick & easy! [See here.](#)

**Michael Pollan**, author of a number of significant books about the modern U.S. diet, has posted on his website a list of FAQs and links about the issues he most cares about: "Sustainable Eating & Nutrition," "Growing Food," "Politics & Policy," "Animal Welfare," "Journalism & Writing," and "For Parents & Kids." It's a wonderful resource—[see here.](#)

**Be sure to check out "One Season at a Time,"** the **Red-Hill-Farm-inspired cooking blog!** It's great because it actually follows along with the produce we get each week, and is written by a foodie who shares a share with member Gina Shatney. For the blog, [see here!](#)

**Beet Tzatziki**—wonderful dip, Aby's recipe! Thanks Aby!

- ❖ 2 tsp fresh lemon juice
- ❖ 1 tsp finely chopped garlic
- ❖ 1 tsp salt
- ❖ 1½ cups drained yogurt or Greek yogurt
- ❖ 1 tbsp olive oil
- ❖ 1 tbsp chopped fresh dill
- ❖ fresh-ground black pepper
- ❖ 1½ cups cooked, shredded beets

Combine lemon juice, garlic, & salt in bowl & let stand for 10 min. This takes some of the heat out of the raw



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garlic. Stir in yogurt, oil, dill, & pepper to taste. Fold in beets & adjust seasoning. Serve cold or at room temp.

### Cucumber Tzatziki—recipe can be multiplied

- ❖ 1 cucumber
- ❖ 1 cup plain drained or Greek yogurt\*
- ❖ 2 cloves garlic, finely chopped
- ❖ ¼ tsp salt
- ❖ 1 tsp chopped fresh mint leaves

Peel the cucumber and cut in half lengthwise. Remove seeds using a spoon then grate the cucumber into a small bowl. Stir in the yogurt, garlic, salt and chopped mint. Chill at least 30 minutes to develop flavor. ([source](#)) [\*To drain yogurt, pour into strainer lined w/ cheesecloth & drain till thickened. Liquid whey can be used in soup. Greek yogurt like *Fage* has already been thickened.]

### Mystery Veg of the Week—What's Chard?—Chard is



an ancestor of beets (beets as we know them developed in the late 1500s CE) and was grown as early as 400 BCE in Greece. During the Renaissance, ruby-colored chard stems were served as a Christmas-Eve treat in southern France! Chard usually produces from late spring onward, even withstanding light frosts in our area. Though baby chard can be eaten as a salad green, generally chard is tastier and more nutritious cooked than raw. Chard recipes often call for a certain weight of chard—the 29 leaves of chard we got this past week weighed ~1½ lbs.



### Basic Braised Chard—serves 6

- ❖ ~2 lbs chard, leaves cut in 1-in. ribbons & stems diced
- ❖ ¼ cup olive oil
- ❖ ¼ cup veggie or chicken broth or water
- ❖ 1 onion, diced
- ❖ 3 cloves garlic, minced

Combine chard, oil, broth, onion, & garlic in large wide saucepan. Season w/ salt/pepper. Cover & bring to boil. Reduce heat & cook on medium till chard is completely tender, ~30 min. Adjust seasoning & serve hot. (Andrea Chesman, *Serving Up the Harvest*, 2007) You also could substitute collards or kale or escarole for the chard in this versatile recipe. Serve as a side dish, or over rice or pasta as a main dish. You also can top pizza, grinders, or garlic bread w/ braised chard (then top w/ grated cheese).

Swiss Chard Stracciatella—serves 6. You can substitute escarole for chard; this is like egg-drop soup.

- ❖ 6 cups chicken or veggie broth
- ❖ 3 cloves garlic, minced
- ❖ 1 lb chard stems w/ leaves, very thinly sliced
- ❖ 2 tbsp grated Parmesan or Pecorino
- ❖ 2 large eggs, beaten

Combine broth & garlic in large saucepan & bring to boil on medium-high. Add chard, cover, reduce heat to medium, & cook till chard is tender, ~8-10 min. Stir in cheese & simmer 1 min. Beat eggs in small bowl. Bring soup to boil & w/ a fork, gradually stir eggs into soup. Cook briefly, stirring constantly w/ fork till threads of egg appear, less than 1 min. Season w/ salt/pepper & serve. (Chesman, *Serving Up the Harvest*)

### Silq bi' - Tahina (Chard Stalk & Tahini Dip)

- ❖ 1 bunch chard stalks, chopped roughly (save leaves for another dish)
- ❖ 1 tsp salt
- ❖ 6 garlic cloves, peeled
- ❖ ½ cup sesame tahini, well stirred
- ❖ ½ cup fresh lemon juice
- ❖ olive oil
- ❖ 2 tbsp pine nuts, toasted
- ❖ 1 tsp dried, or 1 tbsp fresh chopped mint
- ❖ 6 loaves pita bread

Place chard stalks in boiling water to cover & boil till soft, ~10-20 min. Drain well & chop. In a mortar, mash salt & garlic together till they form a paste. Place chard stems in food processor & whiz till consistency is smooth. Add tahini & mashed garlic & whiz till they're incorporated. Add lemon juice & process till juice is absorbed. Transfer dip to serving platter & spread out w/ back of spoon. Drizzle w/ olive oil & sprinkle w/ pine nuts & mint. Serve w/ pita. ([source](#), which has many more chard recipes!)

### Japanese Pickles—serves 6—very fresh & quick!

- ❖ ½ cup rice vinegar
- ❖ 2 tsp sugar
- ❖ 1 tsp salt
- ❖ 6 cups very thinly sliced cucumbers
- ❖ 1 mild, sweet onion, thinly sliced
- ❖ 1 hot chile pepper, seeded & sliced (optional)

Combine vinegar, sugar, & salt in small pan & heat just to completely dissolve sugar. Let cool. Mix cukes, onion, & chile w/ vinegar & toss. Will seem dry, but salt will draw more liquid from cukes to increase brine. Cover & put in fridge 30 min. Store up to a week in fridge. (Chesman)