

## Farm News



### Learn to can your own food on Saturday, Sept. 18<sup>th</sup>!—

Red Hill Farm associate *Hazel Lafleur-Vetter* will be giving a canning workshop on Saturday, Sept. 18<sup>th</sup>, starting at 3:00 pm. We will likely be canning tomatoes and dilly beans, and hopefully will learn both hot-water bath and pressure canning. This will be a hands-on demo; you'll learn how to core, blanch, skin the tomatoes, etc. Hazel really knows her stuff.

### "Julie and Julia," the movie, also on Sept. 18<sup>th</sup>!—At

dusk on Sept. 18<sup>th</sup>, we'll be screening the great food movie, *Julie and Julia*, starring Meryl Streep and Amy Adams!! "Julia Child and Julie Powell - both of whom wrote memoirs - find their lives intertwined. Though separated by time and space, both women are at loose ends... until they discover that with the right combination of passion, fearlessness and butter, anything is possible. In 1949, Julia Child is in Paris, the wife of a diplomat,



wondering how to spend her days. She tries hat-making, bridge, & then cooking lessons at Cordon Bleu. There she discovers her passion. In 2002, Julie Powell, about to turn 30 and underemployed with an unpublished novel, decides to cook her way through "Mastering the Art of French Cooking" in a year and to blog about it. We go back and forth between these stories of two women learning to cook and finding success. Sympathetic, loving husbands support them both, and friendships, too, add zest."

## Red Hill Revelations

By Mira Kilpatrick



The big storms of late have been affecting the farms and farmers a bit. We lost power overnight a week or so ago, some tomato plants were knocked down, and we're

delayed on seeding and planting in the field. With these bigger storms, there has been some flooding; and you can even see where soil has washed out in certain sections of the fields. Hoping things will dry out by week's end and we will resume tractor/field work.



Harvest for the Farm-to-Table dinner, on the freight elevator in the Convent

Also, we helped plan and execute a Farm to Table dinner at the convent for the sisters. This was a big success. See some photos of the harvest/cooking. Have a great week!



Above, left: Tom, head of Food Services, w/ the fruit cobbler; right: Gerard chopping onions



Above, left: Aby sautéing the ratatouille in the amazing, huge brazier; right: Mira w/ eggplant for ratatouille

**Tidbit—Lecture on Permaculture in Swarthmore:** The Eastern PA Permaculture Guild is sponsoring a lecture & book-signing by Toby Hemenway, author of *Gaia's*

**Garden**, called "**...simply the best permaculture book ever written, and is in the running for best gardening book ever written. No one should be without it.**" (Click that phrase in green for the review.) The talk is from **6:00 to 8:00 pm, Saturday Sept. 27<sup>th</sup>**, at the Scott Arboretum at Swarthmore College. Admission is \$10 per person. For more info & to purchase a ticket, [see here](#). For what "permaculture" is, [see here!](#)

**Chicken Enchiladas w/ Green Salsa**—by my friend from Memphis, *Kathy Dumlao—thanks Kathy!!*

- ❖ 4 tbsp canola oil (divided)
- ❖ 2 small zucchini, diced
- ❖ 1 small red onion, chopped
- ❖ 1 ear of corn, kernels cut off the cob (~½ cup)
- ❖ 1 (2½ -3 lb) rotisserie chicken, meat shredded
- ❖ 1½ cup shredded Monterey Jack cheese
- ❖ kosher salt & black pepper
- ❖ 12 (6-in.) corn tortillas (or 6 large flour tortillas)
- ❖ 1 lb tomatillos, husks removed
- ❖ 1 jalapeño, seeded (or other small hot pepper)
- ❖ 1 cup fresh cilantro leaves
- ❖ 1 tbsp fresh lime juice
- ❖ ½ cup sour cream (optional)

Heat oven to 400. Heat 1 tbsp oil in medium skillet on medium-high heat. Add zucchini, onion, & corn & cook, stirring, till onion begins to soften, 3-5 min. Transfer to large bowl. To that bowl add chicken, cheese, 1 tsp salt [or to taste], & ¼ tsp black pepper. Mix to combine. Wipe out the skillet & heat remaining oil on medium. One at a time, cook the tortillas in the oil till softened, 10-15 sec. per side. Transfer to toweling-lined plate. Divide chicken mix among tortillas, roll them up, & place seam-side down in large baking dish. Bake till heated thru, 8-10 min. In food processor, pulse tomatillos, jalapeño, cilantro, lime juice, & ½ tsp salt till finely chopped. Serve enchiladas w/ salsa & sour cream. Yummo!

**Eggplant Parmesan, Not Fried**—8 to 10 servings

- ❖ 3 eggplants, peeled [or not] & thinly sliced
  - ❖ 2 eggs, beaten
  - ❖ 4 cups Italian-seasoned breadcrumbs (bought or homemade—to make your own, [see here](#) or [here](#))
  - ❖ 6 cups tomato-based pasta sauce, divided
  - ❖ 1 lb mozzarella cheese, shredded, divided
  - ❖ ½ cup grated parmesan or pecorino cheese, divided
  - ❖ ½ tsp dried basil, or more of fresh, chopped basil
- Preheat oven to 350. Dip each eggplant slice in egg, then

in breadcrumbs (both sides). Place in single layer on baking sheet. Bake in preheated oven for 5 min. on each side (flip slices after 1<sup>st</sup> 5 min.). In ~9x13-in. baking pan spread a layer of pasta sauce to cover the bottom, then a layer of eggplant slices on sauce. Sprinkle w/ some of the mozzarella and parmesan. Repeat w/ remaining ingredients, ending w/ a layer of cheeses. Sprinkle basil on top. Bake in oven for 35 min, or till golden brown.

([source](#)—& there are other eggplant recipes on this page)

**Cooked Grains Salad w/ Tomato Vinaigrette**—serves 4

- ❖ ½ lb ripe tomatoes
- ❖ 1 garlic clove, finely chopped
- ❖ 2 tbsp sherry vinegar or red-wine vinegar
- ❖ 2 tbsp olive oil
- ❖ 4 cups cooked grains—e.g., quinoa, brown rice, medium or large bulgur, or a combo
- ❖ kernels from 1 ear corn, steamed 4 min. (cut from the cob either before or after steaming)
- ❖ 1 medium cucumber, seeded & diced
- ❖ ¼ cup fresh dill, parsley, or tarragon, or a combo



Cut the tomatoes in half horizontally & grate on large holes of a box grater [or other grater] into a wide bowl. Stir in the garlic, vinegar, & oil; add salt & pepper to taste. Add

remaining ingredients, toss, and serve. ([source](#))

**Chunky Celery Soup**—serves ~6

- ❖ 1 large onion, chopped in ½ in. chunks
- ❖ 1 large russet potato, cut in ½ in. chunks
- ❖ 3-4 smallish carrots, cut in ½ in. chunks
- ❖ 10 medium lengths celery, cut in ½ in. chunks\*\*
- ❖ 3 tbsp olive oil
- ❖ 2 cloves garlic, chopped
- ❖ 5 cups veggie broth, or water, or chicken broth
- ❖ 2 cups cooked wild rice or brown rice or barley
- ❖ parmesan or pecorino cheese, grated

In large soup pot on medium-high, mix oil, onion, potato, carrots, celery, & big pinch salt. Sauté ~10 min. Stir in garlic & add stock. Bring to simmer & cook another 10 min, till veggies are just cooked thru. Stir in grains a few min. before carrots/potatoes are cooked thru. Remove soup from heat & ladle into soup bowls. \*\*You can make a drizzle out of one cup celery leaves, 1 large clove garlic, ¼ teaspoon salt, & 1/3 cup olive oil. Purée ingredients together in food processor for ~30 seconds. When soup is done, drizzle this celery sauce atop servings. ([source](#))