



THE RED HILL ROOT



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

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Farm News



Red Hill Farm on Facebook—Search us out there—lots of good photos, ideas for recipes, announcements of upcoming events, and so forth! From your FB page, search “Red Hill Farm” in the search box.



Cooking Demo Recipes!—If you missed the cooking demo by Rahul & Shital, several of their recipes are included in this *Root*. (Rahul & Shital’s spices, left; Mira’s photo)

Red Hill Revelations

By Mira Kilpatrick



In addition to harvesting, staking, mowing, weeding, planting, and seeding, we have started preliminary work on replacing the baseboards, hipboards, and endwalls on the old tunnel (the one to your right when you drive in). This tunnel has not had work done on it in quite a while, so the wood has started to rot and the endwalls have been collapsing a bit. We have also learned a lot from moving and rebuilding the other tunnel, so we're excited to apply some of that knowledge as we refurbish this one. We're thankful not to be moving it though, just giving it a makeover. =>

We have picked up some supplies, and are ordering the endwalls frames, doors, and coverings as we speak. We are going very high-quality on these endwalls. When you are growing vegetables, you can't use treated wood because of the chemicals leaching into the soil, so the untreated wood is more prone to rot and needs to be replaced more frequently. Our new endwalls will be a steel frame instead of wood, and the plastic covering will be hard plastic instead of the thin sheeting used elsewhere. Thus the endwalls should last 10 or more years instead of just a few.

Adam and Amy started plugging away at removing the old baseboards, which always get recycled into some nice firewood for our fall bonfires. We will chip away at this

project as we have time.... Take note of the changes as you drive in over the coming months. See you next week!



Tidbits

Ground Cherries—Here's a great little blog write-up on husk cherries—[click here](#). If you don't know what husk/ground cherries are, or haven't tried them yet, give them a chance. Some people aren't impressed, but other

people love them. there are a lot scattered under the sprawling plants in the u-pick. Interestingly, ground cherries are on the “endangered” list of Slow Food USA. So it's great that we're growing them!

Chocolate-Covered Ground Cherries—[This link](#) (see photo) is posted on Red Hill's Facebook page—



[see here](#) for a recipe for chocolate-covered ground cherries! The recipe is also linked on Red Hill's FB page; many thanks to those who put it together!



Tomatoes, Tomatoes, Tomatoes!—Don't forget to check out the *recipe for roasted tomato sauce* (uses LOTS of them) at the end of *Root 12* ([click here](#); photo from Farm Facebook page).

Basic Tomato Sauce—an alternative to roasting tomatoes

- ❖ 6 lbs tomatoes, coarsely chopped
- ❖ 1 tbsp salt [or less to taste; you can always add]
- ❖ 2 onions, diced
- ❖ 4 garlic cloves, minced
- ❖ ½ cup fresh basil leaves
- ❖ ¼ cup olive oil
- ❖ ½ tsp sugar
- ❖ fresh-ground black pepper

Cook tomatoes w/ salt on medium heat for 10 min, stirring often. Transfer to colander & drain one hr. Return to pot



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& add onions, garlic, basil, oil, & sugar. Cover & simmer 40 min, stirring a bit. Run sauce thru food mill to remove skin & seeds. [I wouldn't do this—I would instead blend it all up together, either in a blender or w/ an immersion blender (a worthwhile investment).] Return to pot & boil till it reduces by ~1/3rd & has good thickness. Season to taste & serve hot. (Andrea Chesman, *Serving Up the Harvest*)

Rahul & Shital's Recipe #1—Pudina Aloo: Spicy mint flavored potatoes wrapped in foil and grilled so that they remain moist. If you like them lightly browned, feel free to thread the potatoes on a skewer, grill them. Serves 4.

- ❖ 2 cups baby potatoes
- ❖ ½ recipe green chutney [see below]
- ❖ ¼ tsp black salt or regular salt
- ❖ 1 tbsp melted butter
- ❖ 1½ tsp cornstarch
- ❖ salt to taste

Boil potatoes in salted water & peel them. Combine all ingredients listed above together in a bowl & set aside for 10 min. Place potatoes in foil wrapper & grill over medium-hot barbeque (charcoal or electric) for 10-12 min, till cornstarch is thickened & marinade coats the potatoes. Serve hot. **Tip:** You can also pierce potatoes w/ fork before boiling them so that when you marinate them, the marinade is absorbed in the potatoes.

Green Chutney

- ❖ 2 bunches cilantro, chopped
- ❖ 1 bowl mint, chopped
- ❖ salt to taste & fresh ground pepper
- ❖ 2 cloves garlic
- ❖ 1 tbsp fresh lemon juice
- ❖ 1½ tsp cornstarch

Mix ingredients & make a paste. Add cornstarch & mix.

Rahul & Shital #2—Masala Eggplant

- ❖ eggplant
- ❖ 2 tsp garlic paste
- ❖ 3 tbsp coriander powder
- ❖ 1 tsp cumin powder
- ❖ 1 tsp cayenne pepper
- ❖ 1 bowl chopped fresh cilantro
- ❖ 3 tbsp sesame seeds
- ❖ salt to taste
- ❖ 2 tbsp canola oil (for adding to the paste)
- ❖ 3 tbsp canola oil (for sautéing)

Slice eggplant into ½ -inch rounds. Mix the rest of above ingredients [including 2 tbsp oil] in bowl; looks like a very

thick paste). Take eggplant slices & cover them w/ paste. In a pan, heat oil, add slices, & cover w/ lid. Cook it on low heat till both sides of eggplant are cooked & tender.

Tip: Can be added to salad w/ tomatoes & onions. Also can be served w/ Naan & Raita (yogurt & cucumber dipping sauce w/ cumin & salt).

Rahul & Shital #3—Aloo Chaat—serves 4

- ❖ 16 boiled baby potatoes
- ❖ 1 small onion, chopped
- ❖ 1 tomato, chopped
- ❖ 1 capsicum/hot pepper
- ❖ 1 tbsp lemon juice
- ❖ ½ tsp sugar
- ❖ ½ tsp cayenne pepper
- ❖ ½ tsp cumin powder
- ❖ ½ tsp black salt or regular salt
- ❖ 1 tbsp chopped cilantro leaves
- ❖ 1 bowl plain yogurt
- ❖ 10-15 pita chips



Take the peeled, boiled potatoes; cut them in half. Add onion, tomato, pepper, lemon juice, cayenne, cumin, salt, & cilantro & mix all. Spread the pita chips out on serving plate & top w/ the potato mix. Add sugar to bowl of yogurt & mix it. Drizzle the yogurt over the potatoes & pita chips & garnish w/ pinches of

cayenne, cumin, & cilantro leaves. **Thank you, Rahul and Shital, for sharing with us!**

Cherry Tomato Feta Salad—This was sent by member **Caroline Jacobs**—thanks Caroline!

- ❖ 1 qt cherry tomatoes
- ❖ 1 small red onion, diced
- ❖ 1/8 cup white wine vinegar
- ❖ 3 tbsp olive oil
- ❖ ½ tsp kosher salt [or less to taste]
- ❖ ½ tsp black pepper
- ❖ 1/8 cup chopped fresh basil
- ❖ 1/8 cup chopped fresh parsley
- ❖ ¾ lb feta cheese, in a block

Halve tomatoes & put in large bowl. Add everything else except the feta and toss well. Dice feta into small cubes, crumbling it as little as possible. Gently fold it into salad and serve at room temp. (source: Ina Garten, Food Network)