



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—For details on [the Harvest Fest](#), see page 3 of this Root! Hope everyone can make it!

Farm Cooking Demo!!—We have a cooking demo coming up on **Oct. 9th at 3 p.m. with farm member, Carlo Sena**, who owns an Italian restaurant in Philadelphia!

Pre-Order Your Red Hill Farm Hoodie Today!— *This week is the last week people can order them! Fall is coming... order your nice warm Red Hill Farm hoodie today!* Email Mira Kilpatrick (mkilpatrick@osfphila.org) with your name, phone number and email, and what size you would like. We'll let you know when the hoodies are delivered, & will take payment upon delivery. If you place the order, you are committing to a purchase. Thanks!!

Eggs—Unfortunately there is a scarcity of eggs available through our supplier, Lancaster Farm Fresh. We thought it would be just a week or two, but it has ended up being longer. Our hope is to provide members only with organic, pastured eggs, so hopefully LFF will again be able to stock them in the near future. In the meantime, try Pete's Produce, Selene Co-Op, Martindale's, local farmers' markets, etc. for local eggs. Sorry for the inconvenience, and thanks for your understanding.



Red Hill Revelations

By Mira Kilpatrick



Adam will be staying on with us part-time this winter, and the past month or so we have been helping him ready the tunnel for some winter growing. Aby and I did a little growing last year, and we're increasing the diversity of produce in there and hoping with Adam taking on much of that responsibility we will be able to market more, to members and other outlets. There are young carrot sprouts, kale, chard, scallion, and herb transplants, next week salad greens will be seeded, and spinach and lettuce

transplants as well. If all goes well, we would like to sell to members on Saturdays, maybe twice a month. We'll keep you posted!

Tidbits

Toxic Ingredients in "Natural," Organic Soaps, Cosmetics, & Personal-Care Products—Turns out that many so-called natural or even organic personal products (soaps, shampoos, deodorants, cosmetics, sun lotion, etc) contain ingredients *not* listed on the labels that are toxic, and sometimes carcinogenic. For a brief synopsis, see *Organic Consumers' Assoc.*, [here](#); for full article, [see here](#). For the *Environmental Working Group's* "Skin Deep," a cosmetics-safety database, [see here](#).

Industrial Farming = Less Nutritious Food—*Mother Earth News* has an excellent article on declining nutrients in industrial-ag grains, veggies, etc: protein, mineral, vitamin content, and amino acid levels are all down, and this affects even industrial-organic foods. Further, new hybrid veggies & fruits are bred for high sugar and carb content, exactly what we don't need! For article, [see here](#).

"Foodie" Giuseppe Arcimboldo Show!—currently at the *Musée du Luxembourg*—he's the artist who constructed people from veggies & fruit! For slide show, [click here](#). (*Autumn*, at left)



Amy & Aby's Cupcakes—The cupcakes are vegan, while Aby's icing is vegetarian.

❖ 1 ½ cups flour

- ❖ ½ cup sugar
- ❖ 4 tbsp cocoa powder
- ❖ 1 tsp baking soda
- ❖ 1/3 tsp salt
- ❖ 1 tbsp cider vinegar
- ❖ 1 tsp vanilla extract
- ❖ 6 tbsp oil
- ❖ 1 cup water
- ❖ ½ cup optional choc. chips/nuts/coconut

Preheat oven to 350. Put paper or foil fluted liners in each of 12 muffin-pan cups [alternatively, you can cook the



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



cupcakes in flat-bottomed ice-cream cones set on a cookie sheet to bake—kids love ‘em]. Mix dry ingredients together, then add wet ingredients and stir well. Stir in chips if using. Bake ~18-20 min.

Raspberry Buttercream Frosting

- ❖ 1 cup butter
- ❖ 4 cups confectioners’ sugar
- ❖ ½ cup puréed raspberries

Blend together well, then frost cupcakes when they’re completely cool. Bliss. *Thanks Amy & Aby!*

Pickled Swiss-Chard Stems—This recipe is from a wonderful *NY Times* section devoted to canning, pickling, and preserving—[see here](#).

- ❖ stems from 2 bunches Swiss chard
- ❖ 2 cups veggie stock or water
- ❖ 1 bay leaf
- ❖ 1 ½ tbsp olive oil
- ❖ ½ cup cider vinegar
- ❖ ½ tsp sugar

Cut stems in pieces ½ in. wide & 2 in. long. Put in saucepan w/ stock & bay leaf & simmer 10 min, till tender. Drain & put in shallow glass or ceramic dish w/ bay leaf. Mix oil & vinegar together & pour over chard stems. Season w/ sugar & salt/pepper to taste. Refrigerate & allow to marinate overnight or up to 4 days before serving. Serve as condiment or in salad. ([source](#))

Stir-Fried Quinoa w/ Veggies & Tofu

- ❖ ½ lb firm, drained tofu, sliced ~1/2-in. thick
- ❖ 2 broccoli crowns, broken into florets
- ❖ 1 tbsp soy sauce
- ❖ 1 tbsp fish sauce (or substitute 1 tbsp soy sauce)
- ❖ 2 tsp dark Asian sesame oil
- ❖ 1 tbsp minced garlic
- ❖ 1 tbsp minced fresh ginger root
- ❖ 2 tbsp peanut or canola oil
- ❖ 1 medium red bell pepper, cut in thin strips
- ❖ ¾ lb bok choy, trimmed & cut in 1-in. lengths
- ❖ 1 bunch scallions, sliced very thin
- ❖ 5 cups cooked quinoa (1 1/3 cups uncooked)

Dry tofu slices on toweling, w/ another towel atop. Meanwhile, prepare remaining ingredients. Cut tofu slices into ½ in. dice. Bring a pot of water to boil & cook broccoli 1 min; transfer immediately to bowl of ice water. Drain & dry on toweling. In small bowl, combine soy sauce, fish sauce, & sesame oil. Combine ginger & garlic in a cup. Have all ingredients w/in easy reach of pan. Heat 14-in. flat-bottomed wok or 12-in. steel skillet on high heat till

a water drop evaporates w/in ~1 sec. when added to pan. Swirl in 1 tbsp oil by adding it to sides of pan & tilting pan. Add tofu. Reduce heat to medium & stir-fry 1-2 min



till it starts to brown. Add garlic & ginger & stir-fry no more than 10 sec. Add pepper & bok choy & stir-fry for 1 min. Add broccoli & stir-

fry for 1 min. Swirl in remaining oil & add scallions, quinoa, & soy sauce mix. Stir-fry, scooping ingredients up from bottom of pan, for ~1 min, till heated thru & fragrant. Serve immediately. ([source](#))

Pollo alla Menta (Chicken w/ Mint, Green Beans, & Cherry Tomatoes)—serves 4

- ❖ ¾ lb green beans, trimmed & cut crosswise in thirds
- ❖ fine sea salt
- ❖ ½ cup unbleached all-purpose flour
- ❖ 1 ½ lb skinless, boneless chicken breasts, cut in 1-in. cubes
- ❖ ¼ cup plus 2 tbsp olive oil
- ❖ ¾ cup dry white wine
- ❖ fresh-ground black pepper
- ❖ 1 cup packed fresh mint leaves
- ❖ 2 tbsp sliced almonds
- ❖ ¾ lb cherry tomatoes, halved

Cook green beans in pan of salted water till tender, ~5 min. Drain & run under cold water. Put flour in large, shallow bowl. Dredge chicken in flour; shake off excess. Heat 2 tbsp oil in large skillet on medium-high. Add chicken & cook, stirring a bit, 6 min. Add wine, ½ tsp salt, & ½ tsp pepper; continue cooking, stirring a bit, till wine is evaporated & chicken cooked thru, ~4-5 min.



more. Remove from heat. In blender, combine remaining oil, mint, almonds, 1 tsp water, & 1/8 tsp salt. Purée till smooth. Combine chicken, green beans & tomatoes in large bowl. Gently toss to combine. Divide among serving plates. Drizzle w/ pesto & garnish w/ extra mint leaves. (source: *La Cucina Italiana*, Oct. 2010)

Join in the fun at Red Hill Farm's Annual **HARVEST FEST**

**Sunday, October 17, 2010
4 - 8 P.M.**

Come meet this year's farm crew: Aby, Mira, Adam, and Amy. Meet fellow members; catch up with old friends! Enjoy the bounty that fall harvests bring!

What to bring:

- A potluck dish large enough to serve 8 people and a beverage of your choice.
- Bring your own dishware to cut down on the disposable waste
- Bring your dish in time for dinner. If you can, provide labels to identify foods and potential allergens. If you want to share the recipe, bring that too!
- If you bring non-member guests, please ask them to bring a potluck dish that serves 8 people as well. We want to make sure there is enough food for all Harvest Fest diners.
- Please bring blankets and chairs to sit on.



Activities

Good Food & Conversation
Music & Dancing
Bonfire (Weather Permitting)

Donations

FREE for members; we're asking for a voluntary donation for any friends or extended family you'd like to bring. This will help cover costs for the bands and so on.

Music

by the **Bowrockers**, our members who have played previous Harvest Fests.

Parking:

Parking is in the Our Lady of Angels (OLA) parking lot, which is directly across Convent Road from the main convent buildings and is clearly marked with signs. Please do not park on the farm land or road! It is really important that we keep that space clear for kids' activities and such.