



# THE RED HILL ROOT



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

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## Farm and Member News



**Potluck Luncheon!!!**—We're having a casual *potluck lunch* at the Farm on **Saturday, 23<sup>rd</sup> Aug, at 1:00 pm.** This will be a light lunch and snacks, so the dish you bring can be simple! As Mira says, "We just wanted to finally have an event for those who haven't met the farmers, or each other." Sounds like fun!

## News from the Furrow

*Mira Kilpatrick's Report*



"We've been working very hard on our fall plan. If things go as planned, we can look forward to lots of lettuces, greens, and root crops. We are hoping the potato supplier will start delivering soon. The winter squash plants are blossoming well.... We're feeling optimistic about a great winter squash harvest. (photo of a winter butternut-squash blossom: [credit](#))



*Sr. Josandra, who joined us as a full-time volunteer, is doing an amazing job staffing the share room until someone else takes over at 4:00 pm. Thanks for all your extra efforts, Josandra; you're doing a great job and making life easier for members!"*

As well, our seasonal employee Marcy Magness will be on vacation from 31<sup>st</sup> July to 11<sup>th</sup> Aug. See below.

## Marcy's Excellent Adventure!

By Marcy



"Well, it doesn't feel like vacation yet. And...maybe it won't ever. July 31<sup>st</sup> I leave on a road trip to New Hampshire...to guide a group of teenage girls and their mentors thru the backcountry of the White Mountains. We hope to summit Mt. Washington [from Melinda: this peak is 6288 ft, the coldest summit in the US; it has some of the most extreme weather on the entire planet! See [here.](#)] The girls, from Toledo, OH, are participants in a program called 'Mountain Mentors.' They are high-risk girls on probation; this is my 3<sup>rd</sup> year as the girls' team guide.

Mountain Mentors started 25 years ago...to help teenagers at extremely high risk. It requires 9 months of mentoring in Toledo & a week of backpacking in the Whites. All of us...hope that...somehow this hike will have a positive impact on their lives. They *will* be totally out of their comfort zone. (Left: *Orion over Mt. Washington*, [photo credit](#))



I'll miss the farm a lot while gone: the hot days, harvesting awesome veggies, & most of all, the fellowship of my workmates (who don't have the attitude these teenagers do ☺!).

The way I see it, we're all connected somehow. Being able to have a positive impact on fellow humans, whether teenage girls, the homeless guy on the corner, or just my neighbor, is definitely a reason I exist. Maybe it does feel like vacation after all!" *Safe trip Marcy, & thanks!*

## Herbal Recipes

Not too many folks have been picking our herbs, so here are some ideas that may tempt you to do so!



**Wheat Berry Tabouli**—Lots o' parsley! Serves 6-8

- ❖ 1 cup wheat berries (available at Selene Co-op)
- ❖ 4 cups water
- ❖ 3 cups quartered & thinly sliced cukes
- ❖ 2 cups parsley leaves
- ❖ 2-3 ripe tomatoes, diced
- ❖ ½ Vidalia or other sweet onion, chopped
- ❖ ¼ cup fresh mint leaves
- ❖ 3 tbsp olive oil
- ❖ ¼ cup fresh lemon juice
- ❖ salt & pepper

Bring wheat berries & water to boiling in saucepan. Reduce heat, cover, & cook till tender, ~1½ hrs. (Soak berries overnight to reduce cook time by 30 min.) Once tender, drain excess water & cool. Combine cooked wheat w/ cukes, parsley, tomatoes, onion, & mint in large bowl. Mix. Add oil & mix again. Add lemon juice & salt/pepper & mix again. Let stand 30 min. before serving. (Andrea Chesman, *Serving Up the Harvest*, 2007)



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**Zucchini-Ricotta Cheesecake**—serves 8; it’s a “dilly”!

- ❖ 2 cups grated zucchini
- ❖ 1 tsp sea salt
- ❖ 2½ cups ricotta cheese
- ❖ ½ cup freshly shredded Parmesan cheese
- ❖ 2 shallots, chopped
- ❖ 2 cloves garlic, chopped
- ❖ ¼ cup fresh dill, chopped [you could use other herbs, parsley, tarragon, etc.]
- ❖ zest of 1 lemon
- ❖ 2 large eggs, well beaten
- ❖ 1/3 cup goat cheese, crumbled
- ❖ drizzle of olive oil

Preheat oven to 325, with rack in middle. Butter or oil a 7-



inch springform pan (or use equivalent baking dish or deep tart pan). Toss shredded zucchini w/ the salt in a strainer & let sit for 10 min. Then aggressively squeeze &

press out as much moisture as possible. Set aside.

Combine ricotta, Parmesan, shallots, garlic, dill, & zest in medium bowl. Stir in eggs & mix till well combined, then stir in zucchini. Fill springform (or other) pan w/ ricotta mix & put on baking sheet on oven rack & bake for 60 min. If there’s any moisture left on top of cake at this point, lightly dab it off w/ toweling. Sprinkle top w/ goat cheese & return to oven for 20-30 min, till cheese is melted & cake barely jiggles in center (it will firm up more as it cools). If you want the top golden, zap it for a min. with the broiler element. Remove from oven & cool 5 min, then release cake from its pan. Cool completely, serve at room temp drizzled w/ olive oil & garnished w/ sprigs of dill (or dill flowers!). ([source](#))

**Parsley Pesto**—This calls for flat-leaf Italian parsley, but curly parsley also does well. Serves 6 (not at our house!)



- ❖ 1 cup de-stemmed Italian parsley
- ❖ 2 tbsp lemon juice
- ❖ ¼ cup pine nuts (or chopped almonds)
- ❖ 1 garlic clove, minced
- ❖ 1 tsp olive oil

- ❖ ¼ tsp salt

Heat nuts in dry pan till browned, careful not to burn! Cool on a plate. Combine all ingredients in food processor & whiz till smooth. Serve. ([source](#); [photo](#))

**Pasta w/ Fabulous Cilantro Pesto**—Cilantro has many uses—like *salsa verde*!—but until our tomatillos come in, this will get you started.

- ❖ 1 lb bowtie pasta
- ❖ 1 bunch fresh cilantro
- ❖ 5 garlic cloves, minced
- ❖ 1 tbsp white wine vinegar (or substitute lime juice, lemon juice, or Italian vinaigrette)
- ❖ ¼ cup Parmesan cheese [or vegan Parma]
- ❖ ½ tsp cayenne pepper [or to taste]
- ❖ ½ cup walnuts or pecans
- ❖ salt to taste
- ❖ ½ cup olive oil

Cook pasta for 8-10 min in large pot salted water. Drain well. In food processor or blender, whiz cilantro, garlic, vinegar, Parmesan, cayenne, nuts, & salt. Add ¼ cup oil & blend. Add more oil till it reaches the desired consistency. Pour pesto into small saucepan & warm gently, till just below a simmer. [Frankly, I wouldn’t simmer it—you’ll lose flavor.] Pour over cooked pasta & serve. ([source](#))

**Hungarian Mushroom Soup w/ Dill & Parsley**—This can be vegan or not. Serves 6.

- ❖ 4 tbsp unsalted butter [or oil]
- ❖ 2 cups chopped onions
- ❖ 1 lb fresh mushrooms, sliced
- ❖ 2 tbsp chopped fresh dill [or to taste]
- ❖ 1 tbsp paprika [smoked paprika would be nice!]
- ❖ 1 tbsp soy sauce
- ❖ 2 cups chicken or veggie broth
- ❖ 1 cup milk [dairy or vegan]
- ❖ 3 tbsp flour
- ❖ 1 tsp salt
- ❖ ground black pepper to taste
- ❖ 2 tsp lemon juice
- ❖ ¼ cup chopped fresh parsley
- ❖ ½ cup sour cream [dairy or vegan]

Melt butter in large pot on medium. Sauté onions for 5 min. Add mushrooms & sauté 5 more min. Stir in dill, paprika, soy sauce, & broth. Reduce heat to low, cover, & simmer 15 min. In separate bowl, whisk milk & flour together. Pour into soup & whisk well to blend. Cover & simmer 15 more min, stirring a bit. Stir in salt, pepper, lemon juice, parsley, & sour cream. Mix together & heat thru on low, ~3-5 min. Don’t boil. Serve. ([source](#))

*“August rushes by like desert rainfall,  
A flood of frenzied upheaval,  
Expected,*

*But still catching me unprepared....”*

Elizabeth Maua Taylor