



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



Membership Renewals and Farm Surveys: A Note from Aby—“The way we are doing renewals this year is a bit different from years past, and I just want to clarify. Most of you have picked up forms in the share room. **We will need a check with the form when you return it to save you a spot for next season.** You can bring the forms and check along to the Farm when you come or just mail it in. **The deadline is Jan. 31st.** Please fill out the survey even if you don’t plan to join again so that we can still have your feedback. **There are separate folders in the share room for the member forms and the surveys, so that the surveys can remain anonymous.**” Thanks Aby!

News from the Furrow

By Aby Wright



“We started taking down the hoop house this past week. We had a bunch of people out to help us on Wednesday. It became clear how big of a project it really is. But each piece of the task that gets accomplished brings us closer to our goal and becomes very rewarding.

Another group of kids came out to the Farm on



Wednesday, this time from **Drexel Hill Academy**. There were twenty-three 4th-graders, and we focused on why local, organic food is important, as well as the variety of ‘pests’ and ‘guests’ on the Farm. One



kid was exceptionally into the tour and put it very well when he said, ‘We came here so bored about going to a farm, and now we are SO EXCITED to be here!!’ He was so enthusiastic that he convinced his Mom to become a member. She

emailed me yesterday and I added her name to the wait list.” **How cool is that?! Thanks Aby!!!!**

A Smashing Harvest Fest!!!

Last evening we had our *great* Harvest Fest, with fun and activities for everyone, not to mention REALLY GOOD food of all kinds! Lots of members, lots of kids, and even a few of the Sisters came over, which was great (possibly encouraged by our friend and colleague, Sr Josandra?). “*Fireman Allen*” showed up again with his engine, taking bunches of kids for rides, even using the siren and horn as he pulled into the Farm road! Woo hoo!



Fire Truck Scramble!

Emily showed her talents as a face painter with **Marcy** and **Joel** (Pendle Hill’s gardener) among others!



Face Decoration by Emily!

The food brought by staff and members was absolutely spectacular—so many great dishes, so little time! One delicious one was *Aby*’s shocking pink *Beet Tzatziki*, and I don’t even like beets!!! (See [this Root](#) for recipe.) And *Mira* really outdid herself, bringing about six or seven



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lovely dishes, including (believe it or not!) **homemade mozzarella balls and homemade pita bread!** Wow! There were great casseroles—Mimi’s egg-and-leek pudding and someone’s really wonderful *Shepherd’s Pie made with hulled barley (I think?) in place of the hamburger—yum!* And salads & soups & Joanne’s veggie lasagna & a slew of desserts that I didn’t even see—but Josandra’s nutty apple-dip dessert was great! Truly a grateful harvest.



The Groaning Board!

We had music by the always-wonderful, foot-stomping **Bowrockers** (below) and other amusements, including photo ops and artistic activities for the kids in the Barn.



At left, I recognize Josandra and Marcy’s grandbaby, & at right, Mia, Ben, Wesley (and others in both I don’t know....)

Finally, when everyone was stuffed (and more than a bit chilly) there was a roaring bonfire. How great is that?



The Bonfire, Just Starting to Roar...

Encourage all who brought dishes to the Harvest Fest to send their yummy recipes to me, Melinda, to publish in the Root. (m.boydp@gmail.com) Please don’t be shy!—I don’t bite! Remember, we’re a COMMUNITY farm!

Lemon Couscous Salad w/ Arugula, Scallions, & Dill

- ❖ 2¼ cups water
- ❖ a 10-oz box couscous (~1½ cups)
- ❖ ½ tsp salt & black pepper to taste
- ❖ 3 tbsp fresh lemon juice, or to taste
- ❖ ¼ cup olive oil
- ❖ 1 bunch arugula, washed, dried, & shredded finely (~2 cups)
- ❖ 3 large scallions, thinly sliced
- ❖ 3 tbsp finely chopped fresh dill, or to taste

In saucepan bring water to boil & stir in couscous & salt. Remove from heat & let couscous stand, covered, 5 min. Fluff couscous w/ fork & transfer to bowl. Stir in lemon juice, oil, & salt/pepper. Cool couscous completely. Stir in arugula, scallions, & dill & chill 2 hours. ([source](#))

Turnip Greens Meal

- ❖ 3 tbsp olive oil
- ❖ 3 garlic cloves, minced
- ❖ 1 cup shitake mushrooms, sliced
- ❖ 1 tbsp red-raspberry vinegar or cider vinegar
- ❖ 1 large red onion, sliced
- ❖ 1 can black beans
- ❖ 2 tbsp soy sauce
- ❖ 1 large potato cubed, or equal cubed turnips
- ❖ cleaned greens from one bunch turnips

Put all ingredients in large pot in order listed. Bring mix to boiling point, stir, lower heat to simmer, cover, & cook for 15-20 min, or till potato is tender. Serve w/ chilled fruit and yogurt accompaniment. ([source](#))

Smoked Turkey Sandwiches w/ Arugula Mayo

- ❖ ½ cup mayo
- ❖ 1/3 cup coarsely chopped arugula leaves
- ❖ 1 tbsp minced leek & 1 tbsp minced parsley
- ❖ ½ tsp grated lemon peel
- ❖ 12 slices firm white [or wheat] bread
- ❖ 10 oz thin sliced smoked turkey [or tofurky]

Mix mayo, arugula, leek, parsley, & peel in small bowl. Season w/ salt/pepper. Assemble sandwiches w/ turkey, arugula mayo, & a whole arugula leaf each. ([source](#))

“We were born in a dark age out of due time (for us). But there is this comfort: otherwise we should not know, or so much love, what we do love.”

J. R. R. Tolkien