



THE RED HILL ROOT



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

Volume V, Number 26

2 Nov 2008

Farm & Member News



Flower Bulbs—We hope that as you put your own gardens “to bed” for the winter, you’ll have some extra flower bulbs to share with us to further beautify the Children’s Garden. *Thanks very much!*

News from the Furrow

By Mira Kilpatrick



“This week on the Farm, 3 became 2, when **Josandra** left the Farm. Thankfully we still got to see her this week, at lunch at the convent. She moves into her new digs on Saturday. It was really, really hard for her to leave, and hard for us as well. We’ll remain in touch though. =)

The cold weather came at us this week like nothing we’ve seen so far. (And I have no clue where my long johns or winter hats/gloves/vests are!! Maybe this weekend I’ll dig them out of the back of some closet or another.) The blustery and RAINY Tuesday pick-up was too much for us to stay out in the fields.... We worked a lot in the office, cleaning up and organizing, catching up on emails and sustainable ag. readings. We’re still trying to have fun when we’re out in the cold weather though, laughing, listening to music, getting excited about the Phils....



THEY WON!!!.... And it was so close at times!! And the last game was practically the only one Aby and I could stay awake for because it was spread out over 2 nights!! (I kept trying to talk the talk, about staying up and I would get very into the game the first few innings. But when I woke up the next day, Gerard would just be telling me about

how he had to send me to bed and the sleepy gibberish I uttered long before the games were over!!)

When the weather wasn’t too God-awful, we worked on securing and warming up the tunnel left standing. We also chipped away harvesting some of the last veggies [=(] in the field, pulling drip tape and row cover out of the beds, etc. We are still working on mulching the last of the garlic, and then we’ll work on weeding/mulching the perennial herbs, and mulching anywhere else that makes sense. We’re hoping to get more cover crop seeded, if time allows, and the ground dries out. We’re weatherizing the Farm, more or less. Until next week...” *Thanks as always, Mira, for taking time to share with us the goings-on in the furrow!*

Living Beyond Our Means—the “Natural” Debt

Lately we’ve been variously horrified, dismayed, shocked, & disgusted by shenanigans in the financial world and the fallout it’s created in all our lives. Most of us also realize on some level that the crises came about from people—both financiers and ordinary folk—living beyond their means in a culture of consumption and debt. All of these things have been brought home to us in the harshest ways.

Recently the BBC has focused on the even more costly, frightening ways **we live beyond our means vis-à-vis the natural world**, and the economic price we will pay as a result. 10th October’s article, “*Nature Loss ‘Dwarfs Bank Crisis’*,”—a headline sure to grab our attention!—outlines the annual cost to us of deforestation (see [here](#)). The basic idea is that global forests, left undisturbed, provide us “services”(for free) which, to the extent we have to replace them artificially due to forest loss, cost us **\$2 trillion to \$5 trillion annually!!** This comes from a study—The Economics of Ecosystems and Biodiversity (TEEB)—headed by Deutsche Bank economist, **Pavan Sukhdev** (see [here](#) for a short interview), who says that the cost of natural loss dwarfs losses on the financial markets: “*It’s not only greater but it’s also continuous, it’s been happening every year, year after year.*”

As another essay, “*Time to Invest in Nature’s Capital*,” notes, the “services” forests offer include releasing billions of tons of water into the atmosphere daily, turning enormous amounts of carbon dioxide into oxygen, and



Farmers: Abygail Wright and Mira Kilpatrick, awright@osfphila.org
Newsletter writer/editor: Melinda B. Parsons, m.boydp@gmail.com
<http://www.osfphila.org/red/what>
Red Hill Farm, 609 Convent Road, Aston, PA, 19014 (610) 558-6799



providing endless wild foods. But when we slash and burn forests to convert them to other uses, not only do we lose their future carbon-absorbing ability, but burning releases all their carbon **back** into the atmosphere, further ramping up toxic global warming (see [here](#)). The full cost of replacing, with human endeavor, what forests provide freely is incalculable. As *“Earth on Course for Eco-Crunch”* notes, ¾ of earth’s people live in countries (e.g., the U.S. and China) *“where consumption levels are outstripping environmental renewal. This makes them ‘ecological debtors,’ ...overdrawing on the...land, forests, seas & resources of other countries to sustain them.”* (See [here](#).) At this rate, according to World Wildlife Fund,



we’ll need two planets by 2030! And further, *“The events of the last few months have served to show us how it’s foolish in the extreme to live beyond our means.*

Devastating though the financial credit crunch has been, it’s nothing compared to the ecological recession that we are facing.”

Finally, *“Low-Carbon Economy is Not a Luxury,”* details methods of replacing, technologically, what nature does “naturally” (see [here](#)). Anyone who’s a “deep ecologist”—that is, someone who sees nature as *intrinsically* valuable—is going to be disturbed by the idea that nature is only significant for its “services,” and that we have the hubris to think we can replace them without harm. Nonetheless, this article does, at least, set ecological and environmental priorities into the context of today’s financial crises, trying to demonstrate that *remedying the “natural debt” is something that must NOT be neglected in the rush to fix the world’s finances.*

Italian Turnip Soup—serves 6 as first course

- ❖ 2 tbsp butter
- ❖ 1 tbsp olive oil
- ❖ 1 lb turnips, peeled & cut in ½" dice
- ❖ 6 cups veggie or chicken stock
- ❖ ½ cup rice (the kind that cooks in 15-20 min)
- ❖ minced parsley & ¾ cup grated Parmesan

Melt butter & oil in large saucepan & bring to froth. Add turnips & sauté till brown, ~5 min. Pour in broth, bring to

boil, reduce heat & cook, covered, ~10 min. Stir in rice & cook, covered, on medium for ~15 min. To serve, salt & pepper to taste, then add parsley & ¼ cup Parmesan. Ladle hot into bowls & pass extra cheese separately. ([source](#))

Dirk’s Sweet Potato & Turnip Soup

- ❖ 1 leek, cleaned, dark greens removed (save to flavor stock), & diced
- ❖ 1 medium red onion
- ❖ 1 large turnip, or more (more is better)
- ❖ 2 white potatoes
- ❖ 1 sweet potato
- ❖ 1 tbsp chopped fresh rosemary
- ❖ 2 qts veggie stock or water

Chop onion; sauté leek & onion in large soup pot in a little water [or oil]. Peel & dice turnips & potatoes & add. Add a little stock & stew 5 min, stirring a bit. Add rest of stock & rosemary & simmer 15 min, till potatoes are fully cooked. Purée ½ the soup in blender & return to pot. Season with salt/pepper, reheat, & serve. ([source](#))

Quick Kohlrabi Pickles

- ❖ 2-4 small kohlrabi, trimmed, peeled & cut in ½" cubes
- ❖ olive oil (optional)
- ❖ unsweetened rice vinegar (or substitute white-wine vinegar or sherry vinegar, or regular white vinegar w/ a pinch of sugar added)

Put kohlrabi in container that has an airtight lid. Drizzle w/ a bit of oil, a good splash of vinegar, & liberal sprinklings of salt & pepper. Replace lid & shake jar well. Taste & adjust seasoning. Marinate a few hrs. Will last ~1 wk in fridge. (Kohlrabi has lots of potassium, B6, & C—[source](#))

Fennel & Kohlrabi Salad

- ❖ 1 medium kohlrabi, peeled & very thinly sliced
- ❖ 1 medium fennel bulb, sliced very thinly
- ❖ small handful arugula or spinach (optional)
- ❖ 1 large handful capers
- ❖ juice of 1 large lemon & a bit more
- ❖ twice the amount of olive oil as lemon juice
- ❖ 1 garlic clove, peeled
- ❖ 1 heaped tsp wholegrain mustard

Add sliced fennel to cold water w/ the extra lemon juice to crisp. Cut kohlrabi slices in strips & add to fennel. For dressing, crush garlic & some salt together; add pepper & mustard & stir. Add juice of large lemon, capers, olive oil, & whisk. Drain veggies well, add greens, then toss salad w/ dressing. ([source](#)—omelet recipe here looks great too!)