



THE RED HILL ROOT



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

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Farm & Member News

Introducing New Member/Chef, Katie Cavuto Boyle—

Katie is a new member of Red Hill Farm. She is a chef, dietician, and owner of "Healthy Bites." (www.healthybitesdelivery.com; see also [this video](#) of her). She was chosen as a finalist on the Food Network's celebrity chef competition - *The Next Food Network Star*, which airs starting this Sunday June 7th. We are very excited to have her host several cooking demonstrations this season [see below], and Katie is eager to learn more about RHF's growing process.

Mark Your Calendars—We have a bunch of events planned throughout the season and hope to see you there! Here are the first few, all at the farm:

- ❖ Tuesday, June 23rd: Cold-Prep Food Demo with Katie Cavuto Boyle—this starts at 1:00 p.m. but there should be food to sample throughout the share time!
- ❖ Friday, June 26th: Farm Movie Night, featuring "Fridays at the Farm" and "Ratatouille." Screening starts at 8:00 p.m.
- ❖ Saturday, July 11th: Cooking Demo (hot foods) with Katie Cavuto Boyle, at 2:00 p.m.

BAGS!—Please start stocking up on bags that you can bring to the farm for use in the share room. We need a good supply to start with. Paper and/or plastic are fine.

Five-Gallon Food-Grade Buckets—Please keep a lookout for food-grade, five-gallon buckets that we need for use on the farm. They must have contained *only* food items in their previous uses and must be five-gallon size! *Thanks!*

Kids' Summer Camp at IMBY CSA!—Sally and Jim Hammerman of our sister-CSA, "In My Back Yard Misty Hollow" (IMBY), have organized a fabulous-sounding summer camp for children ages 3-7! It runs for four weeks, starting 6th July, 8:30 to 1:00 each week day, and its activities are themed around nature, the elements, growing, and gardening. Full daycare is available on a

limited basis. To get more information or sign up, call 610-455-0981 or email IMBYmistyhollow@mac.com.

Red Hill Revelations

By Mira Kilpatrick

Hi everybody, we've been anticipating the start of the season for a while now and we're thrilled to have you all back! We are looking forward to a bountiful season, both with the crops and our membership. We have a lot of new members this season, and we're looking forward to getting to know everyone at events. *Our plant sale and tour was a huge success!* Thanks so much to everyone who made it out. It was a really lovely day.



Left, "All Set Up," photo by Mira; right, "Like Bees to Honey," photo by Aby



Photos by Aby: left, Josandra & Gerard; right, buyers with Mira



Left: Marcy and Gerard, photo by Mira; right: a happy purchaser, photo by Aby

We also have a new employee, *Kim Leopold* (see her bio in this newsletter). She is a recent graduate from Temple's landscape-design program; we're excited to have her out in the fields with us.

Kim, Marcy, Aby and I have been very busy planting and



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weeding these past few weeks. We think the farm is looking pretty great. Today we planted *arugula, Asian greens, lettuce, broccoli raab, and escarole*. Tomorrow we'll plant *tomatoes and peppers* in the field and some *tomatillos, okra and husk cherries* in the u-pick field. The planting is almost non-stop at times, and then we need to remember to weed the things that have been planted already. It's tough keeping up with it but we do our best!

Guess that's it for this week! Stay tuned for an update on how the reintroduction of honeybees to the farm is going.

Our New Colleague, Kim Leopold

Kim is our new seasonal worker. She recently graduated from Temple University with a bachelor's degree in landscape architecture. While at Temple, Kim focused her



studies on storm-water management, sustainable design and organic agriculture. Her first experience farming was just last summer at Charlotte Berry Farm, outside of Burlington Vermont.

Tidbits

Mixed Greens—Farm and Core-Group member *Eric Lienhard* sent along a piece from the *Philadelphia Inquirer* about the increasing popularity in Philly of local farms and farmers' markets, and their. See [here](#) for the essay. Thanks Eric!

Farming on the Final Frontier!—Like wow, “cosmic gardening”! *Gourmet* magazine's article (May 09) on farming in space (by creating micro-gravitational fields onboard) is fascinating. NASA hopes to apply its research on unique problems



of controlled-environment farming to earth-bound agriculture as well. See [here](#) for the article.

Higher Yield, Lower Nutrition—One of NASA's solutions to space farming is super-high-yield crops. Yet recent research, discussed in *Mother Earth News* (June 09), suggests that *the higher the yield of a particular hybrid plant, the lower its nutritional value*. Hence on earth we may be better off with tradition. See essay [here](#).

GREENS!!—Spring and fall greens (lettuces, kale, chard, spinach, collards, turnip, etc.) are among the healthiest foods. But some folks are timid about them because they don't know how to cook them, while others just think they don't like them. For all of you, here's an inspiring article, [“Cooking Greens for Greens Haters!”](#) (←click on title).

Collard-Greens Strata—Assemble 12 hrs before cooking

- ❖ 3 large shallots (or 1 large onion)
- ❖ 2 tbsp olive oil
- ❖ 8-9 washed collard leaves, cut across in ribbons
- ❖ chopped fresh herbs to taste (basil, parsley, etc)
- ❖ 4 eggs (or equivalent egg substitute)
- ❖ 1½ cups milk (or vegan milk)
- ❖ 1 cup grated cheddar or Fontina cheese
- ❖ ½ baguette or ~6 slices hearty peasant bread

Sauté shallots in oil, adding collards & herbs. Set aside.

Whisk eggs & milk together & add cheese. Add sautéed



veggies. Cube or tear bread into pieces & add to egg mix. Season w/ salt/pepper. Put mix into buttered baking pan, ~9x10". Top w/ sprinkled bread crumbs, grated cheese, & paprika. Cover w/ foil and put in fridge

overnight. Next day, preheat oven to 375, uncover strata & place in oven. Cook till browned, ~35 min. ([source](#))

Lemon Sesame Glazed Greens—serves 4

- ❖ 1 to 1¼ lbs hearty greens (chard, kale, collards)
- ❖ 1 tbsp olive oil
- ❖ 2 cloves garlic, minced
- ❖ 1 lemon, zested
- ❖ 2 tsp lemon juice
- ❖ 1 tbsp honey
- ❖ 1½ tsp kosher salt (or less to taste)
- ❖ ¼ tsp fresh-ground pepper
- ❖ ½ tsp red-pepper flakes (or to taste)
- ❖ 1 tbsp sesame seeds

Wash greens, remove tough stems, & rough-chop. Heat large fry pan on medium. When hot, add olive oil, garlic, lemon zest & juice, honey, salt & pepper & stir to combine. Add greens & sauté ~4-5 min, tossing continuously. Add red pepper flakes & sesame seeds & toss to combine. Serve over rice, pasta, or alone. ([source](#))

For lots more wonderful greens recipes, see [here](#)!