



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



Is Raw Milk Safe?—Pennsylvania is one of the states where it's legal to sell raw milk. Yet the media continues to question its safety. For some pros and cons, so you can make your own decision, try the following links. Other than the FDA, most of these articles consider both pros and cons of raw milk. For a long article in the *Boston Globe*, see [here](#); for *U.S. News & World Report*, [here](#). For the FDA's negative take on raw milk, [here](#) (but bear in mind how much the FDA is influenced by industrial-agriculture lobbyists). *Raw Milk Safety Facts* for both consumers & farmers (in PDF format), is [here](#). For the *Rodale Institute*'s summary of that PDF, see [here](#). For the issues from *Colorado State*, a big "ag" school, see [here](#). Finally, for two essays from the *Pennsylvania Association for Sustainable Agriculture* (PASA), see [here](#) and [here](#).



Milk Reminder—Please return glass milk bottles to the shareroom. They should be rinsed and put in the blue milk crates by the refrigerators. Thanks!

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

- ❖ **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.

Red Hill Revelations

By Mira Kilpatrick



This week on the farm was rough with a lot of rain, lightning, and threats of more hail and gusty winds. Thankfully we only got the first 2, though that is enough to make a farmer grumpy after a while. We don't like it too dry, but we also don't like it too wet. We have been

waiting for the fields to dry out only to find more and more rain on the horizon. We are unable to take the tractor out into the fields when it's wet, because it causes compaction of the soil and just generally gums things up. And even having people out in the fields to weed or harvest is not good when it is very muddy. Constant rain and no sunshine doesn't please many of the plants either. It can cause disease and inhibit growth.

Tuesday was the really crazy day; that morning it started to lightning non-stop and so we temporarily halted morning harvesting and took cover under the barn. Then it started to downpour harder than I've seen in a while. We wondered if we were ever going to be able to get back in the field to finish harvesting for a 1 p.m. pick-up! But the weather calmed. We got it all done and were excited to break out the new spring mix among the other crops.

Things picked up by the end of the week. We had a lot of warmth and sun on Friday and I think it's supposed to be a clear weekend. We were all in good spirits when we left the farm at the end of the day, and the farm, despite some weeds and water-retention, looked pretty nice too.

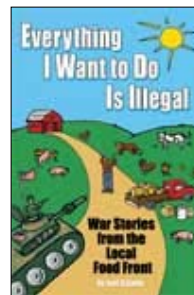
Tidbits

Food, Inc.—The new film about industrial agriculture vs.



traditional agriculture, *Food, Inc.*, opened in theatres this week. It highlights the effects of your food choices not only on your health, but on

the environment, workers, animals, and the economy.



Among the featured traditional growers is Joel Salatin, the Virginia farmer (see [here](#)) who most recently authored *Everything I Want to Do Is Illegal* (see [here](#)). For a summary of issues the film addresses, see [here](#). To view the runner, see [here](#) & click on "Watch the Trailer." For *Food, Inc.*'s blog, *Hungry for Change*, see [here](#).



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Katie Cavuto Boyle's Blog—Our new member, Katie Cavuto Boyle, not only has been featured on the Food Network recently, but she and her partner have a blog & newsletter, *Healthy Eats*, which has great info about food, nutrition, cooking, etc.—all the things we care about at Red Hill Farm. See [here](#)!!



Sustainablog—*Sustainablog*—*Blogging a Greener World* is another interesting blog, with recent posts on *Food, Inc.* and eating lower down the aquatic foodchain! See [here](#).

Spicy Kale with Cranberries—*Katie* sent this for us!

- ❖ 1-2 bunches kale, washed
- ❖ 1 tsp hot red pepper flakes
- ❖ 1 tbsp olive oil
- ❖ ¼ cup unsweetened dried cranberries
- ❖ salt & black pepper to taste

Slice greens' leaves & stems (can remove some of stem if preferred). Heat olive oil in large skillet. Add kale & sauté to wilt (2-3 min). Add 1-2 tbsp water to steam a bit if preferred. Add pepper & cranberries & cook 2-3 min till heated thru. Season w/ salt & pepper, toss to combine, & serve. *Thanks Katie!*

Arugula Pesto

- ❖ 4 cups arugula, packed [or supplement w/ other greens; add a few cloves garlic if desired]
- ❖ ¼ cup pine nuts, toasted
- ❖ ¼ cup freshly grated Parmesan cheese
- ❖ ¼ cup olive oil

Blend arugula, pine nuts & Parmesan in processor till almost smooth. With machine running, gradually add olive oil; process till well blended. Season to taste w/ salt & pepper. (Can be made ahead. Cover and let stand up to 2 hrs at room temp, or refrigerate up to 1 day. Bring to room temp before using. [Or can be frozen.]) ([source](#))

Citrus Collards w/ Raisins

- ❖ coarse sea salt
- ❖ 2 bunches collard greens, cut into chiffonade [see below]
- ❖ 1 tbsp olive oil
- ❖ 2 garlic cloves, minced
- ❖ 2/3 cup raisins
- ❖ 1/3 cup fresh orange juice

To chiffonade collards: remove stems & center stalks. Stack half of collards & roll up like a cigar. Cut into very

thin slices (~ 1/16th inch wide). Do same w/ other half of collards. Bring 3 qts water to boil on high heat & add 1 tbsp salt [or less to taste]. Add collards & cook uncovered 8-10 min, till softened. Prepare large bowl ice water to cool collards. Remove collards from heat, drain, & plunge into ice water to stop cooking & set color. Drain again. Warm oil in sauté pan on medium. Add garlic & sauté 1 min. Add collards, raisins, & ½ tsp salt [if desired]. Sauté 3 min, stirring often, till raisins are plump. Stop while collards are still bright green. Add o.j. & cook another 15 sec. Adjust salt to taste & serve. ([source](#), with other recipes. For a video showing how to chiffonade collards to make *Brazilian collard greens*, see [here](#).)

White Bean Soup w/ Mustard Greens & Ham

- ❖ 2 tsp olive oil
- ❖ 1 cup diced onion
- ❖ 1 carrot, diced
- ❖ 2 cloves garlic, minced
- ❖ 8 oz baked ham, diced [or substitute 8 oz cooked bacon, crumbled, or 8 oz vegan "meat"—Tofurky Italian sausages are good, fried & crumbled]
- ❖ 1 tsp dried thyme, or a couple tsp fresh, chopped
- ❖ 2 bay leaves, left whole
- ❖ two 19-oz cans white beans, drained & rinsed
- ❖ two 14½ oz cans reduced-sodium chicken or veggie broth
- ❖ 2 cups chopped fresh mustard greens
- ❖ Parmesan cheese [or vegan grated Parm-type]

Heat oil in large saucepan on medium heat. Add onion, carrot, & garlic & sauté 3 min, till soft. Add ham [or substitute] & cook 2 min. Stir in thyme & bay leaves, add beans & broth & bring to boil. Reduce heat, partially cover [leave lid ajar], & simmer 20 min. Remove & discard bay leaves. Add mustard greens & simmer 1 min, till wilted. Remove from heat & season to taste w/ salt & pepper. Ladle into bowls & serve w/ cheese. ([source](#))

Arugula or Mustard-Green or Spinach Dip

- ❖ ~ ½ to ¾ lb one of these greens, chopped
- ❖ 1 cup sour cream (or Greek yogurt or vegan sub)
- ❖ ¼ cup grated Parmesan (or vegan sub)
- ❖ 1 clove garlic, minced
- ❖ salt, pepper, & dippers (veggie sticks, pita, etc)

Lightly steam or boil greens ~ 1 min, till *just* starting to wilt. Drain, run under cold water, & squeeze out liquid. Combine greens in bowl w/ sour cream, cheese, garlic, & salt/pepper to taste. Serve w/ dippers of your choice. (Melinda's recipe.)