



# 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—Big Week!!!

**Cold-Food Demo by Katie Cavuto Boyle, Tuesday the 23<sup>rd</sup>!**—Our member Katie, a professional “personal chef” and dietician, will be demonstrating a variety of cold-food preps on **Tuesday, 23<sup>rd</sup> June, in the barn. The demonstration starts at 1:00 pm**, and the foods should be available throughout Tuesday’s pickup. YUM!

**Time Change for Our First 2009 Movie Night—Now Starts at 8:30**—Given the fact that it stays light so late now (21<sup>st</sup> June is the longest day of the year!), we’ve moved the start-time of our movies to **8:30 pm on Friday, 26<sup>th</sup> June**.



As we have many new members, we’ll be showing **member Rich Hoffman’s award-winning film about Red Hill, Fridays at the Farm**

(see [here](#) for Rich’s webpage). And we’re also screening **Ratatouille**, the Disney Pixar movie about a Parisian rat who wants to become



a gourmet chef! Please bring your own snacks and chairs; we’ll provide refreshments. ([photo credit](#); [photo credit](#))

**Off-Farm Products Delivery Time**—The off-farm products have not been getting delivered to the farm until later in the day on Tuesdays. The only product this really poses problems for is the raw milk. We don’t want to over-order milk, so the quantities have been running low. We’ve contacted Lancaster Farm Fresh, our supplier, and they aren’t able to give us an earlier delivery time. They may be adding another route, but until then we have to work within their parameters. We invite members to come to the farm on Fridays to purchase milk if there is none on Tuesday. I know not all of you can do this and it’s an inconvenience, but it’s the best we can do at this time. Thank you for your understanding.

**Your Feedback**—Please let us know how you like the products so far—share your feedback with the farmer in the share room. Thanks!

## Red Hill Revelations

By Mira Kilpatrick

This week on the farm we got a lot more rain; like I said last week, too much is not a good thing. Nonetheless, all this rain has made a lot of crops take off like the greens, scallions, herbs, etc. Sometimes if it is very hot and rainy, crops tend to rot, but since it has also been cool these past couple of weeks we haven’t seen much of that.

I attended a tractor maintenance and safety workshop on Sunday, at a local farm in Chester County. This was very informative. Aby and I plan to attend a few tractor workshops this season. We’re working on improving our tractor skill set. I have been perusing our John Deere operator’s manual since then, trying to learn the ins and outs of our specific tractor. It’s a lot to take in, but every little bit helps. Now, if only the fields would dry out so we could actually use the tractor!!

Sunday was also nice because I got to meet/reunite with some area farmers, find out how the rain is treating them, when their shares started, what they have growing, etc. It’s fun to mingle with these folks and often, it’s hard to make time during the busy growing season. Until next week, stay dry, because goodness knows your soggy farmers can’t!

## Tidbits

**Food Safety Enhancement Act and Small Farms**—Barry Estabrook’s “Politics of the Plate” column (*Gourmet*, 19<sup>th</sup> June—see [here](#)) addresses the **Food Safety Enhancement Act** (recently passed by the House Energy and Commerce Committee) and problems it could create for small, local farmers. It gives the FDA mandatory-recall power (which it’s not had before), the ability to ramp up inspection of food-processing plants, and the right to require food producers to identify contamination risks and take control of same.

While this sounds great when applied to food-processing



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facilities and industrial-ag farms, it's more problematic *vis-à-vis* small family farms, CSAs, etc. If voted into law as is, *the Act would allow the FDA to “promulgate mandatory on-farm food-safety practices for fruits and vegetables,” in essence completely regulating how produce is grown.* Government groups like the FDA tend to devise “one size fits all” policies, which would mandate the same regulation for CSAs as for large monocultural farms. (That's according to *Community Alliance with Family Farms [CAFF]*—see [here](#) for their statement.)

Another group protesting this Act is the *Farm-to-Consumer Legal Defense Fund* (see [here](#)), which claims this would affect small farms disproportionately and leave large industrial-ag groups more or less unreformed. The problem for small farms lies in a nebulous distinction between “farms” and “facilities”—*someone who grows fruit, for instance, is a “farm” that may be exempt from some of the rules and regs, but if that person also sells his/her homemade jam (or a friend’s jam), he/she becomes a “facility,” hence subject to a \$1000 annual fee, periodic FDA inspections, full hazard analysis, etc.* If an Amish producer doesn't file forms electronically (for religious reasons), he/she would violate the Act and be subject to fines of \$100,000 per day!!!

For PASA's statement on the Act and its issues, see [here](#).



### Writing about the Wordless Language of the Land—

Among the most evocative farm writers is *Verlyn Klinkenborg*, who publishes in the *New York Times* and elsewhere. The biggest problem he encounters is how to put into words something that is essentially wordless—the land itself. His recent *NYT* Op Ed (10<sup>th</sup> June), “*What the Land Says*,” concerns this. See [here](#). An archive of his *NYT* essays is [here](#); they're thoughtful and lovely.



Phillies' Ryan Howard in Obama's Garden—Phillies' first baseman, Ryan Howard, really got into veggie mode in the White House garden—[see video here!](#)

Halving Your Food Bills—According to *Mother Earth News*, the average 2-income family (consisting of 2 or 3 people) spends over \$8500 yearly on food, and the price keeps rising! How to lower those bills: 1) grow some of your food or get it from a CSA; 2) stop buying processed foods; 3) eat at home; 4) “shop your fridge or freezer” for food before buying at a store; 5) buy in bulk; 6) eat a food-efficient diet, based on veggies, fruit, grains, beans

(dried), & nuts, using animal products in much smaller amounts (a diet that's great for your health, as Mark Bittman notes in *Food Matters* [see [here](#)]); 7) cook from scratch; and 8), don't waste food—once a week, check the fridge and use what's there to make soup or (if greens) pesto sauce! Learning to preserve foods also helps—freezing, canning, drying, etc. See [here](#) for the *National Center for Home Food Preservation*'s guide to various methods. For *Mother Earth News* article, see [here](#), with photo credit.



### Buttermilk Summer Squash Soup—serves 6-8

- ❖ 3 tbsp olive oil or butter
- ❖ 3 large shallots, chopped
- ❖ pinch of crushed red-pepper flakes
- ❖ 3-inch rosemary sprig
- ❖ 1½ lbs yellow or green summer squash, cut in ½"-thick slices/chunks
- ❖ ¾ lb potatoes, unpeeled, cut in ¼"-thick pieces
- ❖ 3 garlic cloves, chopped
- ❖ 3 cups veggie stock or water
- ❖ 2/3 cup buttermilk (or substitute cream, half & half, vegan milk/cream, etc)
- ❖ garnish: fresh chopped herbs, toasted almonds, crumbled feta

Heat oil/butter in large, thick-bottomed pan on medium heat. Stir in shallots, pinch of salt, red pepper flakes, & rosemary. Sauté till shallots are tender, ~2-3 min. Stir in squash & potatoes; cook till squash gets a bit tender, ~2-3 min. Stir in garlic, remove rosemary sprig, & add stock or water. Bring to boil; reduce heat to simmer, stirring a bit till potatoes are tender, ~15 min. Purée w/ hand-held blender. Slowly whisk in buttermilk, taste, & adjust salt. If you like deeper green soup, add some chopped spinach toward the end, just before puréeing. ([source](#); [photo credit](#))



### Andy's Favorite Cabbage—adjust amounts to suit you

- ❖ sliced green cabbage
- ❖ sliced onion (red, green [scallions], or white)
- ❖ olive oil, salt, pepper
- ❖ white wine

Sauté the cabbage & onion in oil, then add wine, salt & pepper. According to the source, “*This is a magnificent dish!*” And easy!!!! ([source](#))

### Beet Tzatziki—“shocking pink” Greek dip—*Aby*’s recipe

- ❖ 2 tsp fresh lemon juice
- ❖ 1 tsp finely chopped garlic
- ❖ 1 tsp salt
- ❖ 1½ cups drained yogurt or Greek yogurt
- ❖ 1 tbsp olive oil
- ❖ 1 tbsp chopped fresh dill
- ❖ fresh ground black pepper
- ❖ 1½ cups cooked, shredded beets

Combine lemon juice, garlic, & salt in bowl & let stand 10 min. This takes some of the heat out of the raw garlic. Stir in yogurt, oil, dill, & pepper to taste. Fold in beets & adjust seasoning. Serve cold or room temp. *Thanks Aby!*



### Beet Greens with Bacon

- ❖ 1 lb washed beet greens (if you don’t have that much, supplement w/ chard leaves, as chard is related to beets and can be treated the same)
- ❖ 1 strip thick-cut bacon, chopped
- ❖ ¼ cup chopped onion
- ❖ 1 large garlic clove, minced
- ❖ ¾ cup water
- ❖ 1 tbsp granulated sugar
- ❖ ¼ tsp crushed red pepper flakes
- ❖ 1/6<sup>th</sup> cup cider vinegar

Cut away any heavy stems (slice the rest to use). Cut leaves into bite-size pieces. Set aside. In large skillet, sauté bacon till lightly browned on medium heat. Add onions, cook on medium 5-7 min, stirring a bit, till onions soften & start to brown. Stir in garlic. Add water to hot pan, stirring to



loosen particles from pan’s bottom. Add sugar & red pepper & bring mix to boil. Add beet greens, gently tossing so greens are well coated. Reduce heat to low, cover & simmer 5-15 min, till greens are tender. Stir in vinegar. (This dish can also be made w/ kale or collard greens, in which case cook additional time to get desired tenderness.) ([source](#), with photo)

### Brazilian Black Bean and Cabbage Soup

- ❖ 1 cup dry black beans, soaked overnight
- ❖ 4 bay leaves
- ❖ 3” piece of dulse (seaweed—check Selene Co-op or Martindale’s)
- ❖ 4 cups water
- ❖ 1 green cabbage, sliced
- ❖ 1 tsp olive oil [or more]
- ❖ 1 large onion, sliced
- ❖ 3 cloves garlic
- ❖ 1-2 tsp cumin seeds
- ❖ 2” piece of ginger, peeled & grated
- ❖ 1 bunch cilantro

Drain beans. Add to pot w/ 4 cups water, bay leaves, & dulse; simmer ~1 hr, till beans are soft. Remove bay leaves; add cabbage. Sauté onions, cumin, garlic in oil; add to beans. Simmer till cabbage is soft, ~15-20 min. Squeeze juice of grated ginger into pot. Purée half or all of soup in food processor w/ cilantro. Return puréed soup to pot (and mix w/ unpuréed soup, if you only puréed half). Season to taste w/ salt; serve w/ salsa if desired. ([source](#))

### Cabbage Salad w/ Peanuts

- ❖ ¼ cup peanut butter
- ❖ ½ cup hot water
- ❖ ½ cup plus one tbsp rice vinegar or cider vinegar
- ❖ 3 tbsp brown sugar or honey
- ❖ 1½ tsp salt [or less to taste]
- ❖ 1 tbsp soy sauce
- ❖ 1 tsp sesame oil
- ❖ 7-8 cups shredded cabbage
- ❖ crushed red pepper flakes to taste
- ❖ garnishes: ½ cup peanuts, grated carrots, minced fresh cilantro

In large bowl, mash together peanut butter & hot water till they become uniformly mixed. Stir in vinegar, sugar or honey, salt, soy sauce, & sesame oil. Add cabbage in 2-cup increments, mixing well after each addition. Add red pepper. Cover bowl & chill in fridge at least 4 hrs, stirring every 1-2 hrs. Sprinkle w/ garnish before serving. ([source](#))

### Pasta with Summer Squash & Salami—([source](#))

- ❖ 1 squash, sliced
- ❖ 1 stick salami (real or vegan), chunked
- ❖ 1 garlic clove, minced
- ❖ 1 tbsp capers
- ❖ ½ cup heavy cream [or vegan sub]

Sauté 1<sup>st</sup> 4 ingredients in olive oil. When tender-crisp, add cream, black pepper, & romano cheese. Serve over pasta.