



THE RED HILL ROOT



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

Volume VI, Number 8

29th June 2009

Farm & Member News



Containers—Thank you for your efforts to reduce, reuse, & recycle! Unfortunately we are not able to return egg cartons to the farmers anymore. I (Mira) was able to take the ones that have accumulated here to the YMCA for arts & crafts. Please recycle your egg cartons at home from now on. Also, please recycle your plastic containers. We just use the green cardboard pint/quart containers, which you can use to measure quantities & then transfer to a bag.



Containers for Fruit—The fruit for sale also uses these green cardboard containers. If you have bought fruit, please return those containers to the labeled box near the fruit-fridge. Thanks so much for your help everyone!!



Events Calendar—There are events calendars on the sign-in table; please take one to put on your fridge. These have dates of our hot & cold cooking-demos and movie nights.



Member-Organized Get-Togethers at the Farm--Last year, people started impromptu get-togethers at the Farm, with all members invited to come. Generally these featured easy foods like beverages and cheese or *hors d'oeuvre*-tastings during pick-ups (usually starting later in the afternoon, after work). **Please feel free to organize one of these "snack circles"!** It's a nice way to meet members and enjoy the farm in the early evening. If you'd like to organize one a certain week, email Melinda (m.boydp@gmail.com) the weekend before (by Saturday) and she can put a note in the newsletter about it. Thanks!



Katie's Cooking Classes in Philly!—Our new member Katie Cavuto Boyle, who did our wonderful cold-prep demo this past week and is a finalist in week 5 on **"The Next Food Network Star"** (go Katie!) also offers hands-on cooking classes in Philly (at **Philly Kitchen Share** on South Street). On Weds, July 1st, she's teaching **"From Farm to Table: Fresh Dishes & Lively**



Wines" (see [here](#)). On July 7th, 14th, 21st, and 28th, she's teaching (respectively) **"Healthy Backyard BBQ," "Not Your Everyday Chicken," "5 Ingredients or Less,"** and **"Green Cuisine"** ([see here](#) for more; [photo credit](#)).

Red Hill Revelations

By Mira Kilpatrick

Kim Leopold has left us for couple of weeks, as she's getting married this weekend!

Aby's fiancé, Tom, has been filling in as a result. He just finished up his first year of med school, so he has a little time to kill. Congratulations Tom!!! Since it's still been pretty wet, we haven't been able to get the tractor in the field to prep beds for planting or to cultivate (weed). So we've been focusing on work on the new tunnel. We put the plastic on the endwalls, and are hoping to have the main plastic layers on by the end of the week. (**Update:** we did it!—we "skinned" the tunnel, meaning we got the plastic up on the walls. It's been a



long time coming, and we're SO HAPPY! Thank you to everyone who helped: Aby's fiancé Tom, Rick and Edil



from Skunk Hollow Farm, workshares Rick & Joanne, Stacey & Ryan, Mimi, my parents Craig & Larysa, and Bruce!!—see the photos, starting top left.) The "skinning" will heat things up considerably in that tunnel and should make the plants in there really take off.



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Completely “skinned” tunnel (photos by Mira)

We had our first demo with **Katie Cavuto Boyle**, Food Network star and owner of Healthy Bites. That went really well; thanks so much Katie. She made a really tasty salad and Swiss chard wraps. We are including the recipes in this week's newsletter. Also see Melinda's comments on the demonstration (below).

Now that things are drying out (supposedly) we should be doing a lot of planting in the near future: eggplants, hot peppers, winter squash, more flowers in the u-pick, herbs, and so on. Until next time, eat your greens!

Katie's Cold-Food Demo

Melinda Parsons

It's easy to see why Katie made it as a finalist in the Food



Network's search for its newest star! Her presentation of easy ways to create healthy, delicious cold foods was so well organized, so interesting, and so illuminating! Not only did she show us how to prepare various dishes and even how to chiffonade chard (recipes below), she was able to talk and field questions

while she cooked—when I cook, I can't talk simultaneously, but Katie told me that it was a prerequisite for getting onto a show on the Food Network—during her auditions, the judges peppered her with questions the whole time. Talk about being able to think on your feet! Thanks for the great demo, Katie; we look forward to the next one on July 11th! (photos by Katie's husband Andy)



Tidbits

The Heirloom Project—*What exactly *is* an heirloom vegetable?* No, it's not a veggie you find rotting in the back of the fridge, overlooked for 3 years! Heirlooms are veggies, fruits, and some animal breeds that predate the mid-20th century, when hybridization of foodstuffs became commonplace. Heirloom plants retain their traits thru open pollination or (with fruit trees) grafts & cuttings. (See Wiki article [here](#).) *Why are they important?* Partly for historic reasons; partly because, in their native area, they support the ecosystem of insects, birds, trees, and the carbon cycle; partly because they're delicious; partly because they're more sustainable than hybrids; and partly because they're disappearing under the impact of industrial farming. **Slow Food Nation's RAFT** (Renewing America's Food Traditions) supports heirloom production, especially endangered cultivars (see [here](#)).

Gourmet's Barry Estabrook, in "Politics of the Plate,"



discusses some of the economic aspects of heirloom vs. hybrid—for instance, hybrid seed must be purchased anew each year and hence is popular with big seed companies; while

heirloom seed, because it's open-pollinated, can be saved by farmers for next year. RAFT is sponsoring a collaboration this year in New England between farmers and chefs to grow and cook 16 varieties native to the area, heightening awareness of the issues (see [here](#)). For **Slow Food's Philadelphia chapter**, see [here](#). **Bartram's Garden**, in Philly, is an historic botanic center with a kitchen garden of heirloom plants (above photo & [here](#)).

Swiss Chard Wraps—One of Katie's demo recipes

- ❖ 8 Swiss chard leaves, at least 9"
- ❖ 1 cucumber, sliced thinly
- ❖ 4 radishes or turnips, grated
- ❖ 2 carrots, grated
- ❖ 1 cup snow peas, sliced thinly
- ❖ 1 cup hummus or white-bean spread

Steam chard for a few minutes (or leave raw if you like). Don't overcook. Open leaves & top w/ 1-2 tbsp hummus. Pile on veggies and wrap up leaf (either in a roll or folded like an envelope). Eat, YUM! (These really are tasty & easy, yet they look fancy; I know because I tried them at Katie's demo!) Serves 4.

Swiss Chard and Tofu—Katie's other demo recipe, adapted from the Institute for Integrative Nutrition

- ❖ 1 bunch Swiss chard, cut in chiffonade (ie, remove stems, roll up chard leaves into tubes and slice thinly crosswise—see photo of chiffonaded chard in Katie's hands, above)
- ❖ 1 pkg baked tofu, cut in bite-size cubes
- ❖ 2 cups green cabbage, shredded coarsely
- ❖ 2-3 carrots, grated
- ❖ 1 cucumber, diced
- ❖ 1 cup toasted walnuts
- ❖ **Dressing:**
- ❖ 2-3 cloves garlic, chopped or pressed
- ❖ 1 tsp grated fresh ginger
- ❖ ¼ cup rice vinegar
- ❖ 1 tbsp soy sauce
- ❖ ½ cup walnut oil
- ❖ 2 tbsp roasted sesame oil

After slicing chard (see instructions above), combine chard, tofu, cabbage, carrots, radishes, cucumber, & walnuts in large bowl. Mix all dressing ingredients & shake well. Drizzle salad w/ dressing and toss to coat. Excellent, Katie! Serves 8.

Oven Roasted Broccoli w/ Garlic-Scape Pesto—another Katie special!!!

- ❖ **Scape and Walnut Pesto:**
- ❖ ½ cup toasted walnuts
- ❖ 1 cup chopped garlic scapes
- ❖ 1 cup packed basil
- ❖ ½ cup packed parsley
- ❖ 1 lemon, juiced & zest sliced off (you want 2½ tsp of finely grated lemon zest)
- ❖ 2 tbsp Parmesan cheese
- ❖ 2 tbsp walnut oil (or substitute olive oil)
- ❖ 2 tbsp olive oil
- ❖ salt & pepper to taste

- ❖ 2½ lbs broccoli, large stems discarded, cut into 4"-long florets
- ❖ 2 tbsp olive oil

Preheat oven to 500 degrees. In food processor, combine walnuts thru lemon juice & zest; grind to coarse paste. Add oil (walnut & olive—4 tbsp total) & Parmesan & process to slightly smooth paste. Season to taste. On large rimmed baking sheet, toss broccoli florets w/ remaining 2 tbsp olive oil & spread in even layer. Season w/ salt & pepper. Roast broc in center of oven for 15 min, till browned & crisp-tender. Transfer to platter; drizzle pesto

on top and serve. This sounds fabulous! And healthy!

Kale Chips—Katie's very generous in sharing recipes!

- ❖ 12 large kale leaves, rinsed, dried, & cut in bite-size pieces
- ❖ 1 tbsp olive oil
- ❖ salt & pepper to taste

Preheat oven to 250. Toss kale w/ oil in large bowl. Sprinkle w/ salt & pepper. Arrange leaves in single layer on 1 or 2 large baking sheets. Bake till crisp, ~20 min for flat leaves & up to 25 min for wrinkled leaves. Transfer leaves to rack to cool. *Thanks SO much, Katie!*

Turnips w/ Bacon and Dill Butter—Member *Christine Baer sent this and the next recipe*; she says to adjust

amounts in this one depending on how many turnips you have & how much you like/dislike the other ingredients.

- ❖ turnips
- ❖ bacon
- ❖ butter
- ❖ fresh dill
- ❖ fresh ground pepper to taste
- ❖ Locatelli cheese (optional)

Peel & slice turnips; sauté in butter till they're golden & crispy. Drain on toweling. Chop bacon & sauté till done. Drain on toweling. In clean pan, on low heat, mix cooked turnips & bacon, and add more butter. Stir to coat/melt. When melted, add finely chopped dill to taste. If desired, add fresh ground black pepper. Also, you may add a bit of Locatelli over this. Serve hot. *Thanks Christine!*

Hazelnut-Crusted Tilapia w/ Orange-glazed Chard

- ❖ ½ cup hazelnuts, ground coarsely in processor
- ❖ 1 egg
- ❖ 1 1/3 lbs tilapia, in 4 equal-size pieces
- ❖ 2 tbsp olive oil
- ❖ 1 orange
- ❖ 2 bunches Swiss chard, stems removed

Put ground nuts on plate. Beat egg in shallow bowl. Season fish w/ salt/pepper both sides. Dip each piece of tilapia 1st in egg then in nuts, pressing the nuts in on both sides. Heat large skillet on medium till hot & add oil. Add crusted tilapia & cook till lightly browned, ~3-6 min, depending on thickness. Turn gently w/ spatula to brown other side. Remove to plate & keep warm. Meanwhile, chiffonade chard. Remove orange's zest & put in bowl; squeeze orange juice into same bowl. Add chard to fish pan & cook, till wilted. Add zest & juice & cook 4-5 min, till tender. Divide chard among 4 plates & top w/ tilapia.