



THE RED HILL ROOT



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

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Farm News



Harvesting Garlic—*Aby* notes that “We’re going to be harvesting our garlic crop on Wednesday morning this week [Wednesday the 8th]. We’ll be starting around 8 and it will take a few hours. *Members are welcome to come out and participate in this once a season event.* We will fork it out of the ground, bunch it, and hang it in the barn to dry until the fall when we share it out to everyone. It’s not hard work, but it takes a long time and we could use extra hands.” Thanks!



Weeding—Another note from *Aby*: “We’re falling a bit behind on weeding. The amount of rain we’ve had is making it hard to stay on top of them. In particular the cucumbers, summer squash, melons and U-Pick tomatoes are getting swallowed by weeds. *We’re going to be at the farm from about 8-2 on Saturday, July 11th, and would love to see some members come out and help us save these crops.*” As that day is also Katie Cavuto Boyle’s hot-cooking demo, which starts at 2, *you could come out to do some weeding, then reward yourself by staying for Katie’s demo and nosh on some great food!*



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.

Red Hill Revelations

By Mira Kilpatrick

I want to talk about onions because this was the first week you received onions, and I really really like growing them. And harvesting them (but I don’t like that it makes my hands smell for a couple days afterwards). And cooking with them. When you come in the driveway, the onions are in the first couple of beds to your left on black plastic. You might not know what the top of an onion plant looks like, but that’s it. Upon closer inspection when harvesting, you can often see a part of the bulb above ground, which gives you a clue if the onion is big enough to harvest.

There are two main types of onions: spring/summer fresh onions and fall/winter storage onions. We grow both at

Red Hill. The fresh onions can be red, white, or yellow, though we are only growing the white at the farm. They have a thin, light-colored skin. Summer onions have a higher water content and so they are typically sweeter and milder than winter onions. They are more susceptible to



bruising and don’t store as well.

These juicy onions are often enjoyed raw in salads or on sandwiches or in lightly cooked dishes. Storage onions are available in the same colors, but they have many

layers of thick, dark, papery skin. They have an intense flavor and are best used for savory dishes that require more cooking time or more flavor.

When onions are first planted, their growth is concentrated on new roots and green leaves or tops. The onion will first form a top and then when a specific combination of daylight, darkness, and temperature is reached, bulb formation starts. The summer onions at the farm are the first to bulb up, and the first to be harvested and shared out. The storage onions continue to grow and develop their leaf layers. Then when they are harvested they are cured for a time before we share them out. The curing process increases the shelf life of the onion. Guess that’s about it for Onions 101. See you next week! ([photo credit](#))

Tidbits

Katie on Rachel Ray! Our new member and rising food star, Katie Cavuto Boyle, was featured on 2nd July on Rachel Ray’s food show, along w/ one of Katie’s fellow competitors on “The Next Food Network Star,” Debbie Lee. To watch the video—which is really fun!—click [here](#). ([photo credit](#))



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Paul Hawken, Environmentalist—Red Hill member *Christine Baer* sent us a link to a wonderful speech by environmentalist Paul Hawken who, according to Wiki, has “*dedicated his life to changing the relationship between business and the environment, and between human and living systems in order to create a more just and sustainable world.*” ([here](#)) The speech is his 2009 commencement address at the University of Portland, where he was given an honorary doctorate. Among his most memorable lines is, “*We are the only species on the planet without full employment.*” For the text of the essay, see [here](#). **Thanks Christine!**

Banking on Food Shortages—Here at Red Hill (& at the Convent) we think of our organic farm as an investment in the health of the earth, a refuge from the ravages of



capitalist development. Others, though—of a more profit-minded bent—increasingly regard farmland as a high-end investment, according to *Fortune* magazine (16th June 09). In their section

“Retire Rich 2009,” *Fortune* notes that a number of firms are snapping up undervalued farmland (in the US, Europe, & Brazil [where much available “farmland” is actually recently destroyed rainforest]) so they can profit from expected future increases in world population and demand for food. Not that this activity benefits farmers in their daily struggle. Nonetheless, investor Shonda Warner (in photo) rather callously notes, “*The returns in agriculture haven't looked sexy for a long time, but I think that's about to change.*” For the article, see [here](#).

Farm Fresh Radio—There's a radio station broadcasting from Moriah, NY, dedicated to music reminiscent of traditional farming and relaxation, WMUD, 89.3 FM. Their studios are located on a working farm, and their equipment runs on wind and solar power! Go [here](#)



on your computer, click on “Listen,” then “Listen now!”

Chipotle Coleslaw—This was sent by member *Christine DeGrado*, and it sounds great! **Thanks Christine!**

- ❖ ½ cup mayo
- ❖ ½ cup sour cream or yogurt (vary proportions of mayo/yogurt to taste)
- ❖ 3 tbsp white vinegar
- ❖ 1 tbsp molasses (*not* blackstrap)
- ❖ 1½ tsp sugar
- ❖ 1 tsp kosher (or coarse) salt
- ❖ 1 small canned chipotle chile, minced, + 2 tsp adobo sauce from can (or to taste)
- ❖ 6 cups *each* shredded red and green cabbage (vary proportions according to taste or what you have)
- ❖ 7 scallions, white and green parts, thinly sliced
- ❖ 1 cup tightly packed cilantro leaves, chopped

Mix the dressing in a large bowl: stir together mayo & sour cream (or yogurt), vinegar, molasses, sugar, salt, minced chile and adobo sauce. Add cabbage, scallions, & cilantro, & mix well. Refrigerate at least 30 min.

Green Smoothie—Member Maria Valentin sent this—a yummy way to use up a few stray kale leaves!

- ❖ 1 banana
- ❖ 2 apples (Fuji are sweetest)
- ❖ 1 bag frozen berries (blueberries preferred), OR a pint of fresh berries, OR mixed fresh and frozen
- ❖ 6-7 kale leaves (you can use any greens, really, or even sprouts)

Put all ingredients in blender & blend away. This is a great way to add fresh, raw greens to your diet in a palatable way. You even taste the greens. Experiment on how many greens you can put in the smoothie. My favorite is always kale b/c of the tremendous nutritional value kale offers, but mix it up and find your favorite. **Thanks Maria!**

Summer Vegetable Bake—*Katie Cavuto Boyle*'s recipe!

- ❖ ½ medium eggplant, sliced crosswise ¼" thick
- ❖ 1 small zucchini, sliced ¼" thick
- ❖ 1 small yellow squash, sliced ¼" thick
- ❖ 8 tbsp extra-virgin olive oil
- ❖ 4 cloves garlic, minced or mashed
- ❖ one 14-oz loaf rustic wheat bread, crust removed & bread sliced ½ " thick
- ❖ ½ cup torn basil leaves
- ❖ 2 tbsp chopped parsley
- ❖ 3 medium tomatoes, sliced ½ " thick
- ❖ 1 tbsp fresh thyme
- ❖ 8 oz fresh mozzarella cheese, sliced thinly

Preheat oven to 400. In colander, toss eggplant &

squashes w/ 1 tsp kosher salt & let stand for 20 min. Drain well & gently squeeze out excess liquid. Meanwhile, in small bowl, stir oil w/ garlic. Coat a 9 x 13 baking dish w/ 1½ tsp of garlic-infused oil. Tear bread into bite-size pieces & line bottom of baking dish w/ bread, fitting pieces tightly together. Drizzle bread w/ 2 tbsp garlic oil & season w/ salt/pepper. Sprinkle bread w/ half of basil & parsley. In medium bowl, toss eggplant & squashes w/ 2 tbsp garlic oil & season w/ salt/pepper. Sprinkle tomato slices w/ salt/pepper. Arrange eggplant, squashes, & tomatoes over bread, overlapping them if necessary.



Sprinkle w/ thyme leaves, salt/pepper, & drizzle w/ a little more garlic oil. Bake gratin ~35 min, till veggies begin to brown & bottom of bread is golden brown. Remove gratin from oven & top w/ slices of cheese. Bake 5 min longer, or till cheese is melted. Remove from oven & let stand till slightly cooled, ~10 min. Sprinkle w/ remaining basil, parsley, & garlic oil. Season w/ salt/pepper & serve. Katie says you can substitute any seasonal veggies for squash and eggplant. **Thanks Katie!**

Chicken/Broccoli Salad—Christine Baer sent this recipe

- ❖ 2½-3 cups cooked chicken, cut bite-sized
- ❖ 1 small onion, chopped
- ❖ 2 cups broccoli florets, lightly steamed or boiled
- ❖ 2 tbsp grated fresh ginger [for a video of *how to peel fresh ginger very quickly*, see [here](#)]
- ❖ 1 tbsp hoisin sauce [check your grocery store's Asian section]
- ❖ 1 tbsp low-sodium soy sauce
- ❖ 2 tbsp sesame oil
- ❖ 2 tbsp Dijon mustard
- ❖ 1 tbsp balsamic vinegar
- ❖ 1 tbsp dry sherry
- ❖ ¼ cup olive oil
- ❖ 2 tbsp toasted sesame seeds (optional)

Mix chicken, broccoli, & onion in large bowl. Mix ginger & mustard together & whisk in hoisin sauce, soy sauce, sesame oil, vinegar, & sherry. Slowly whisk in olive oil. Pour over chicken/broc mix; toss to coat. Note: may need to adjust amount of dressing to taste & whether the

chicken/broc are cold or whether they've just been cooked. When chicken/broc are warm just after cooking, they absorb more dressing. Christine usually makes 1½ times the amount of dressing and adds and tosses till she gets the consistency she wants. The salad shouldn't "swim" in dressing but shouldn't be dry either. This salad keeps a couple days in the fridge. **Thanks Christine!**

Thyme-Braised Zucchini in Crème Fraîche—serves 4

- ❖ 4 tbsp unsalted butter
- ❖ 4 medium zucchini (~1¼ lbs), trimmed & thinly sliced
- ❖ salt & fresh-ground pepper
- ❖ zest of 1 lemon & juice of ½ lemon
- ❖ 2 tbsp finely minced fresh thyme
- ❖ ¾ cup crème fraîche [or sour cream or Greek yogurt—or, *to make your own crème fraîche*, see [here](#)—it's easy, but it must be made ahead]

Melt butter on low heat in skillet. Add zucchini, salt, pepper, lemon juice & zest, and thyme. Cover skillet & braise on low heat 6-8 min, till just tender. Uncover skillet. Gently fold in crème fraîche & just heat thru. Adjust seasoning if desired & serve. ([source](#))

Borscht (Beet Soup)

- ❖ 2 cups peeled beets [to peel beets easily, boil them enough to loosen skins so they can be slipped off]
- ❖ 1½ cups carrots, chopped
- ❖ 1 cup chopped onion
- ❖ 1 tbsp butter
- ❖ 2 cups veggie or meat stock
- ❖ 1 cup shredded cabbage
- ❖ 1 tbsp vinegar
- ❖ salt/pepper

Chop peeled beets and simmer in stock along with chopped carrots & onions, ~20 min. Add rest of ingredients & simmer another 20 min. Serve w/ sour cream, cottage cheese, or yogurt. ([source](#))

Quick Beet Greens

"Simply braising these greens with olive oil, onion, garlic and chile [to taste] renders them tender and seasoned, making a wonderful complement to meat, fish or grilled, garlic-rubbed toast. Add a little fried pancetta [or bacon], chicken stock and pecorino cheese, and the mixture of ingredients forms a tasty topping for pasta. Blend them together with pine nuts [& garlic/basil] and add more olive oil, and you've got a turnip-and-beet green pesto."

And Bob's your uncle! ([source](#))