



THE RED HILL ROOT



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

Volume VI, Number 15

17th Aug 2009

Farm News



The Real Dirt on Farmer John—On *Saturday, 22nd Aug*, we'll be screening the 2005 farming movie, *The Real Dirt on Farmer John*. **We'll start the film at 8:00pm**. It's a GREAT movie! For the official trailer for it, see [here](#). For more on the film [see here](#). It should be a really fun evening. See you there!

"To me, farming is poetry, drama. It's a source of infinite fascination."

—Farmer John Peterson

For more than 70 years, the Peterson family farm has been a mainstay in a rural Illinois community. But will John Peterson be the last to work the land? Explore the epic tale of an unconventional farmer who transforms his farm into a revolutionary new form of agriculture.

[Image credit](#)



Sand Bees—**Aby says**: "Many members have been asking about the bees in the sandbox. These are sand bees. They have arrived around this time of year in sandboxes



each year I have been farming for the past 4 years (at Red Hill and past farms I've worked at). They are very non-aggressive. I have walked in the sandbox, and they start flying around

more, but I have never been stung. As we are an organic farm, I am not inclined to spray the bees. ([photo credit](#))

These insects play a part in pollination just like honey bees. The bees will leave in due time. In the meantime I could suggest either having children play in different areas of the farm or taking them over to observe the bees in action. If children sit on the edge or calmly walk through the sandbox they can experience being up close and personal to these bees.

Although I have never been stung by them and have read about the non-aggressive behavior of these bees, I can't guarantee they won't sting ever. Please be aware of the risks, but take the opportunity to observe nature."



New Meat Supplier—**More news from Aby**: "We have found a new source for more of a meat selection. **Meadow Run Farm** will be our new supplier for most of our meats. They are located in Lititz, PA and are dedicated to

sustainable farming. We will stick with Lancaster Farm Fresh for all other products.

The initial order will consist of products you've seen so far (sausages, bacon, ground meat, etc.) with a few new items. Please **email Mariann**, our off-farm coordinator, at drybar2703@aol.com, if you would be interested in more expensive cuts of meat. We will place our next order based on feedback. Please also let us know how you like the new products."

Red Hill Revelations

By Mira Kilpatrick

"We had a nice crew of workshares out on Friday and Saturday. We got a lot of weeding done in our fall *brassica* beds which was a great feat! And we've also been focusing on pulling the rest of the diseased tomato plants out of the field. Thanks to everyone for helping out.

We were greeted by more rain this week, but we were able to get the tractor in before it came and therefore were finally able to get some planting/seeding done. We planted fall kale, collards, and cauliflower, and we seeded radishes and turnips. We still have more seeding and planting to do, but we'll have to wait for things to dry out again!

We are working on creating raised beds in the tunnel we moved this spring. The ground is pretty compacted, so growing in it has proved challenging. It is also just nice to have permanent raised beds: for ease of working, nice mellow soils for the plants, etc. You will see us working on that in our spare time. We've been doing research on the materials we want to use to hold up the beds: wood vs. recycled plastic vs. cinderblocks, and also where we want to get some nice topsoil from. We may call on all our lovely members for another workday when it comes time to filling wheelbarrows and dumping yards and yards of soil into the bed frames! We'll keep you posted! *Ciao!*"

Tidbits

Edible Gardens—Since late June, *New York Botanical Garden* has been running an exhibition dedicated to edible gardening, where you intermix veggies, flowers, fruits, etc. to create a beautiful landscape. The show runs thru



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13th September. There are lots of great links (running down the left column of the homepage) to various aspects of such gardening on their website, which you can [check out here](#). If you garden at all, no reason not to include edibles!



Vegan Cassoulet w/ Leeks & Garlic Crumbs

- ❖ 3 medium leeks, white & pale green parts only
- ❖ 4 medium carrots, halved lengthwise & cut in 1"-wide pieces
- ❖ 3 celery ribs, cut in 1"-wide pieces
- ❖ 4 garlic cloves, chopped
- ❖ ¼ cup olive oil
- ❖ 4 thyme sprigs
- ❖ 2 parsley sprigs
- ❖ 1 Turkish or ½ California bay leaf
- ❖ 1/8 tsp ground cloves
- ❖ 3 (19-oz) cans cannellini or Great Northern beans, rinsed & drained
- ❖ 1 qt water
- ❖ 4 cups coarse fresh bread crumbs from a baguette
- ❖ 1/3 cup olive oil
- ❖ 1 tbsp chopped garlic
- ❖ ¼ cup chopped parsley



Halve leeks lengthwise, cut crosswise in ½" pieces, then wash in large bowl of water, agitating them; lift out & drain. Cook leeks, carrots, celery, & the 4 cloves garlic in ¼ cup oil, w/ herb sprigs,

bay leaf, cloves, & ½ tsp each salt & pepper in large heavy pot on medium, stirring a bit, till softened & golden, ~15 min. Stir in beans & water & simmer, partly covered, stirring a bit, till carrots are tender (~30 min). For crumbs, preheat oven to 350 w/ rack in middle. Toss crumbs w/ 1/3 cup oil, 1 tbsp chopped garlic, & ¼ tsp each salt/pepper in bowl till well coated. Spread in baking pan & toast in oven, stirring once halfway thru, till crisp & golden, 12-15 min. Cool crumbs in pan, then return to bowl & toss in chopped parsley. To finish cassoulet, discard herb sprigs & bay leaf. Mash some of the beans in pot w/ potato masher or back of spoon to thicken broth. Adjust seasoning; just before serving, sprinkle w/ garlic crumbs. ([source](#) of recipe & photo)

Leek Noodles—quick & easy!

- ❖ 2 leeks, trimmed of root & tough green ends & washed
- ❖ 2 tbsp olive oil
- ❖ 1 tsp fresh thyme leaves
- ❖ 1 lb noodles (dry) of any sort

Cook noodles. Shred the leeks. In wok or heavy fry pan, heat oil then add leeks & thyme leaves. Add cooked noodles & stir fry till heated thru. Salt/pepper to taste. (adapted from Green & Moine, *Ten-Minute Cuisine*)

For many more leek recipes, see [here](#).

Baba Ghanoush—Middle-Eastern eggplant dip—delish!

- ❖ 1 large or several smaller eggplants (~1 lb)
- ❖ 1 clove garlic, minced
- ❖ ¼ tsp salt
- ❖ ¼ cup chopped fresh parsley & more for garnish
- ❖ 2 tbsp sesame tahini (available @ most markets)
- ❖ 2 tbsp lemon juice

Preheat oven to 450. Prick eggplant(s) w/ fork & put on baking sheet covered w/ foil. Bake eggplant till soft inside and collapsed-looking, ~15-20 min. Let eggplant cool, cut in half lengthwise, drain off liquid, & scoop pulp into food processor. Process till smooth & transfer to medium bowl. On cutting board, mash salt & garlic together w/ flat of knife till it forms a paste. Add that to eggplant. Stir in parsley, tahini, lemon juice. Season to taste [add more salt, tahini, or lemon juice if desired] & garnish w/ parsley.

([source](#)) For a variant recipe, see [here](#).

Salad Dressings—Aby says we'll be getting more greens soon, so some salad-dressing recipes would be good! For salads themselves, see Mark Bittman's incredibly useful compendium of "[101 Simple Salads](#)," [here](#). They're divided into *vegan, vegetarian, seafood, meat, noodles, & grain salads*! Most recipes also include ideas for dressing the salad, so it's a good place to start.

For 3 *basic, from-scratch salad dressings*, see the video demo by Mark Bittman [here](#), or see his 8 *dressing recipes* on [this NYT page](#). Here's his Basic Vinaigrette recipe:

- ❖ ½ cup olive oil
- ❖ 3 tbsp or more wine vinegar
- ❖ salt & pepper
- ❖ 1 large shallot, peeled & chunked (optional)

Combine all ingredients except shallot in blender & whiz for 30 secs.—a creamy emulsion will form. Test & add vinegar to taste as desired. Add shallot if using, & pulse blender a few times till shallot is chopped. ([source](#))