



# THE RED HILL ROOT



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

Volume VI, Number 16

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## Farm News



**Upcoming Foodie Events!**—Mark your calendars: our excellent member/chef, Katie Cavuto Boyle, will be giving a cold-food cooking demo utilizing autumn crops on **Tuesday, Sept. 8<sup>th</sup>, at 1:00pm**. The following week, our new members Rahul and Shital Mehta will be giving an Indian/Thai cooking demo—that’s on **Wednesday, Sept. 16<sup>th</sup>, at 6:00pm**. Both demos sound great!



## Red Hill Revelations

By Mira Kilpatrick

“This week on the farm: more rain! Again, thankfully we had a dry window in the



beginning of the week. Aby got a lot of tractor work done, and

we all planted lettuce, escarole, and bok choy. We also hope to seed lettuce mix and beets this week.

Despite some hot days, we've also been trying to get some work done in the older tunnel, clipping and suckering tomato plants, and weeding.



We suck the tomatoes in the tunnel to encourage more fruit production, and also because it allows for more neat and efficient stringing.

We had visitors this week: Aby’s grandparents! (above)

It was great to have them out; Pop-Pop checked out the tractors and gave us the downlow on growing the best celery! Thanks for coming out guys.”



We also acquired a new vehicle for the farm—a pre-owned, 1999 truck (see above)! (photos by Mira/Aby)

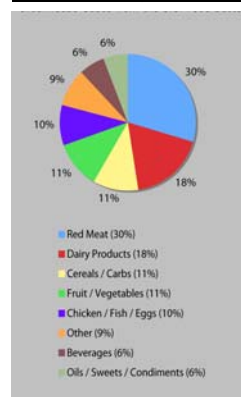


## Tidbits

**Back Issues of the Root**—If you want to consult an earlier issue of the *Root*, you can do so online at <http://www.osfphila.org/red/news>, where you’ll find the last two years’ issues in chronological order. I’ve added the web address to the footer of the *Root* (see below), so you’ll always have it handy.

**Please Don’t Park on the Farm Road**—Even if you just stop there for a few minutes to pick your perennial herbs on the way out of the Farm, you are violating the township fire codes, and the Farm could be in big trouble. Unless you have a handicap (in which case, ask a farm worker to get the herbs for you), please leave your car in the parking lot and walk up to get your perennial herbs. Thanks!

**Identifying Our Climate “Foodprint”**—The Institute for



Agriculture and Trade Policy has published guidelines for creating a climate-friendly food system. What’s really cool about it is that, at Red Hill, our administrators (the Sisters) and our farmers, Aby and Mira, already have taken the most significant steps to diminishing the size of our “foodprint”! These include adapting to dramatic temperature changes; using closed-loop systems where waste from one



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system feeds another; relying on perennials, crop rotation, & cover crops to feed the soil; supporting local practices & technologies; and relying on experience & adaptive management & feedback! For the whole report see [here](#); for a 2-pg summary, see [here](#). The chart (above) shows the percent that various farm products contribute to greenhouse gasses & is found in the report.

**The Issues of Raw Milk**—Some of you are still asking about how to treat raw milk, its safety, etc. Let me refer you to the essay with an extensive list of informational links that I published in *Root* #6, first item on the page: [http://www.osfphila.org/files/file/RHR\\_2009\\_V5\\_N6.pdf](http://www.osfphila.org/files/file/RHR_2009_V5_N6.pdf)

**Another Vinaigrette**—Farm member Christine Baer sent this recipe for us!

- ❖ 1 heaping tsp Dijon mustard
- ❖ 3 tbsp balsamic vinegar
- ❖ ½ cup plus 1 tbsp olive oil

Whisk mustard, balsamic vinegar, & 1 tbsp oil in small bowl till combined. *Slowly* whisk in ½ cup olive oil & continue whisking till dressing is thickened. (If oil is added too quickly, oil will not incorporate properly & dressing will not thicken. It is edible, but better when thickened.) Also makes a great marinade for grilled chicken and/or veggies. Thanks Christine!

**Farmer John's Spiced Bitters Salad Dressing**—I treated myself to Farmer John's *The Real Dirt on Vegetables*!

- ❖ 1 tsp sugar
- ❖ ½ tsp Dijon mustard
- ❖ ½ tsp fresh ground black pepper
- ❖ ¼ tsp salt
- ❖ 1/8 tsp allspice
- ❖ 2 tbsp red wine vinegar
- ❖ 3 dashes Angostura bitters (check supermarket in cocktail-mix section)
- ❖ ½ cup peanut oil or other oil

Combine sugar, mustard, pepper, salt, & allspice in small bowl. Whisk in vinegar & bitters. Continue to whisk, adding oil in slow, thin stream, till dressing is thick & oil & vinegar no longer separate. Stores in fridge indefinitely.

**Farmer John's Roasted Bell Peppers**—This works w/ any number of peppers, either bell or the long Italian peppers, any color. These instructions are for a stove, but you also can do this on a hot grill. Works w/ either a gas or elec. stove. Turn one or more burners on high & place peppers on burner or in flame. Using tongs, turn peppers as their skin blackens; the pepper should end up totally

black. The amount of time depends on how hot the burner is, size of peppers, & how often you turn them. Once they are blackened, put peppers in paper bag & seal bag tightly. Let sit ~10 min. Remove peppers from bag, cut in half, remove stem & seeds, & flatten each half on cutting board. Use knife or fingers to scrape away the skin. Peppers are now ready for use. To store, put in container, cover w/ olive oil, & seal tightly. Keep in fridge no longer than 6-7 days. [You also can freeze roasted peppers w/ or w/o the olive oil on them.]

**Farmer John's Roasted Eggplant & Tomato w/ Pine Nuts in Mustard-Balsamic Vinaigrette**—mmmmm!

- ❖ ¼ cup chopped pine nuts or slivered almonds
- ❖ 1 lb eggplant (~1 medium)
- ❖ ½ lb ripe tomatoes (2 small or 1 large), stems removed, seeds squeezed out, chopped
- ❖ ¼ cup apple juice or white grape juice
- ❖ 3 tbsp balsamic vinegar
- ❖ 3 tbsp finely chopped fresh parsley
- ❖ 2 tbsp grainy mustard
- ❖ 2 tbsp fresh lemon or lime juice
- ❖ 2 cloves garlic, minced
- ❖ 1 tsp salt
- ❖ ½ cup olive oil
- ❖ salt & fresh ground black pepper

Preheat oven to 375. Toast nuts in heavy dry skillet on high till they start to brown & become fragrant, ~1 min. Be careful they don't burn! Transfer nuts to plate to cool. Brush [rimmed] baking sheet w/ a little olive oil. Cut eggplant into quarters lengthwise, then cut each quarter into long narrow slices. Arrange on baking sheet. Pile tomatoes around eggplant. Put pan in oven & roast till eggplant is soft, ~30-40 min. Mix fruit juice, vinegar, parsley, mustard, lemon juice, garlic, & salt in small bowl. Slowly pour in olive oil in thin stream, whisking constantly, till dressing is thick & no longer separates. Remove veggies from oven & flip eggplant slices over w/ tongs. Spoon ~2/3 of mustard dressing over cut surfaces. Set baking sheet aside for veggies to cool. When eggplant is room temp, transfer several slices to four individual plates. Divide tomatoes among plates & drizzle remaining dressing on tomatoes to taste. Sprinkle on toasted nuts & season each serving w/ salt/pepper to taste. Serve at room temp. (All these recipes are from the book, *Farmer John's Cookbook; the Real Dirt on Vegetables; Seasonal Recipes & Stories from a Community Supported Farm* [Salt Lake City: Gibbs Smith, 2006]; see [here](#) for more. I think it's a wonderful compilation of recipes & farm lore!)