



# THE RED HILL ROOT



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

Volume VI, Number 18

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## Farm News



**Upcoming Cooking Demos**—Our excellent member/chef, **Katie Cavuto Boyle**, will be giving a **cold-food cooking demo this week, 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**.

**Red Hill Harvest Fest!**—Our wonderful Harvest Fest will be **Saturday, October 24<sup>th</sup>, starting at 4:00pm**. More details are forthcoming; meanwhile, mark your calendar!



## Red Hill Revelations

By Mira Kilpatrick

“We wanted to address some lighter shares these past few weeks. We do our best with planting/seeding dates to combat lulls in produce throughout the season. The wet weather this year definitely took a toll on the seeding schedule.

Even under the best circumstances, you'll see fluctuations throughout a growing season. In spring, things start slow and then pick up to a greens-and-roots frenzy. These crops like it cool, and it's a great time to grow them because pests and weeds aren't really out and about yet. Summer is when you see your heat lovers: tomatoes, squash, peppers, eggplants, melons, etc. The tomato blight, of course, has reduced the amount and diversity of summer tomatoes we are able to share out. We try to continually have greens throughout summer, even though lettuces and other greens do not perform as well in the heat. Come fall, we move back to cooler weather crops. Right now, there is a bit of a lag, but hopefully you are enjoying garlic and onions, and your summer veggies. In



the next few weeks you'll be seeing kale, arugula, beets, lettuce heads, etc. Have patience, more bounty is on the horizon.

Some highlights this week: we found **eggs in the**

**eggplants!** A robin's nest, first with two eggs then three!

We hope to watch their progress as we harvest and weed our 'Beatrice,' 'Raveena,' and 'Rosa Blancas.'



Also, we couldn't resist snapping a photo of the gorgeous pepper and eggplant harvest in the washtub. Sometimes we need something

pretty striking to make us take a step back and really appreciate the produce and the work we're doing.

Last but not least, we're chipping away at our raised beds in the tunnel. This shot is from Friday, when my Mom and I, and later Marcy, were working in there, on ANOTHER RAINY FRIDAY AFTERNOON! Take a look, it's already come so much further. The cinderblocks are almost all laid, we're pounding rebar to secure them, and we're beginning to fill the beds. Thanks to our workshare Jim, and all the folks who have been helping us with this project. (Photos: Mira, Laryssa)



## IMPORTANT INFO: CONFUSION SURROUNDING OFF-FARM PRODUCTS

By Abygail Wright

Since we've made the switch to a market system for off-farm products this season, there has been some confusion here and there. All of the products you see in the



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refrigerators and freezers in the share room are for sale on an individual basis.

**To make a purchase** find the farmer in the share room (if they're not at the desk, there is a chalkboard at the desk letting you know where to find them). **Please pay when you take the items**, as coming back with money or leaving notes can lead to confusion.

**We've recently added some new items**, so take a minute to check them out, give us feedback, ask Q's etc.

**In addition:**

You have the option of signing up and paying for pre-order items before the season starts.

These items are as follows:

**Corn** - 1 order = 12 ears per week throughout the summer corn season - located under the shed roof on your way from the parking lot to the barn

**Fruit** - a share of what is in season - located in refrigerator under shed roof labeled "Fruit shares"

**Sweet potatoes** - 1/2 bushel box delivered once in the fall and distributed from barn

**Turkeys** - delivered the week prior to Thanksgiving - pick-up location to be determined based on weather.

**Thanks for your cooperation and ENJOY THE WONDERFUL FOOD!!**

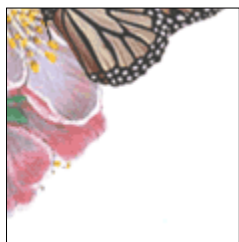
**Tidbits**

**Attracting Pollinators to Your Yard**

—The *North American Pollinator Protection Project* has published 30 regional pollinator guides, along with info on the native plants that nourish and house them. Planting native species in this manner not only protects the

pollinators, but according to *Dr. Doug Tallamy of the University of Delaware*, it goes a long way toward addressing global warming problems. To search for eco-regional planting guides, see [here](#). To look at our region (we're in the Eastern Broadleaf Forest [Oceanic] Region), see [here](#). (If you're a teacher, check out the learning modules [here](#)!) For Doug Tallamy's brilliant discussion of native plants/animals vis-à-vis the carbon cycle, see [here](#) (especially the section, "Why We Need Biodiversity").

**Small Farmers: Vital Work, Slim Wages**—A Canadian website has an excellent essay on the importance of small farmers, especially in an urban/suburban setting. And yet,



despite the significance of this work for "our future as a civilization," the pay is low. In British Columbia, small urban & suburban farmers average \$12 an hour. But most of them say the rewards far outweigh the economic issues. The essay's featured farmer lives in a rent-reduced farmhouse on a communal (CSA) farm, simply walks out his front door to work, has the freshest food available for his family, and is an integral part of Canada's sustainable-



farming initiative. For the essay, see [here](#). For a related article on the future of urban farming—in particular, *front-yard farming* (photo at left), see [here](#).

After all, who wants to mow a lawn? And, Doug Tallamy (see previous Tidbit), would say that lawns are a huge part of the global warming problem.

**How to Store Veggies Over the Winter**—Here's a great reference sheet for overwintering various roots, tubers, & other veggies in a normal suburban house—[click here](#).

**Ground-Cherry Pie**—This calls for a normal bottom crust and a crumb crust on top—it's a Mennonite recipe.

- ❖ 2 ½ cups ground cherries, husked & washed
- ❖ ½ cup packed brown sugar
- ❖ 1 tbsp all-purpose flour [or whole wheat flour?]
- ❖ 2 tbsp water
- ❖ one 9" pie shell [whole wheat?]
- ❖ 3 tbsp all-purpose flour [ditto?]
- ❖ 3 tbsp white sugar
- ❖ 2 tbsp butter or oil

Preheat oven to 425. Put ground cherries in unbaked pie shell. Mix brown sugar & 1 tbsp flour & sprinkle on cherries. Sprinkle water on top. Mix 3 tbsp flour & 3 tbsp sugar. Cut butter in till crumbly. Top cherry mix w/ these flour-sugar crumbs. Bake for 15 min, reduce



temp to 375 & continue to bake for 25 min. ([source](#)) [Here is](#) another recipe calling for more ground cherries & a double crust. And [here is](#) a nice article on ground-cherry pie, noting you can store ground cherries in their husks for months as they ripen. Don't eat them green!

## Cajun Meat Loaf w/ Sweet Pepper Sauce—serves 8

- ❖ 1 tbsp oil
- ❖ 1 cup chopped sweet red pepper
- ❖ ½ cup chopped sweet green pepper
- ❖ ½ cup finely chopped onion
- ❖ ½ tsp salt
- ❖ 4 slices bread, torn
- ❖ ½ cup milk
- ❖ 1 lb ground beef
- ❖ ½ cup dried bread crumbs
- ❖ ½ cup ketchup
- ❖ 1 egg
- ❖ 1 tsp hot pepper sauce
- ❖ **For Sweet Pepper Sauce:**
- ❖ 1 tbsp oil
- ❖ 1 cup diced sweet red pepper
- ❖ 1 cup diced sweet green pepper
- ❖ ½ cup finely chopped onion
- ❖ ¼ cup water
- ❖ ½ tsp salt
- ❖ ¼ cup cider vinegar
- ❖ ¼ cup packed brown sugar
- ❖ 1 tsp whole mustard seeds

**For meatloaf:** Heat oil in large skillet on medium-high. Add red & green pepper, onion, & salt; cover & cook on low till very tender, ~8 min. Remove from heat & cool slightly. Heat oven to 350. Grease 9x5x3-inch loaf pan. Combine bread & milk in large bowl; let stand 5 min. to soften. Add beef, crumbs, ketchup, egg, hot pepper sauce, & sweet red/green pepper mix. Toss gently to coat. Spoon & pat into prepared loaf pan. Bake at 350 1 hr. Let stand 15 min before serving. Top each slice w/ Sweet Pepper Sauce & serve.

**Sweet Pepper Sauce:** Heat 1 tbsp oil in skillet on medium-high. Add red & green pepper, onion, water, & salt. Cook, stirring a bit, on medium till very tender, ~8 min. Stir in cider vinegar, brown sugar, & mustard seeds; cook on medium-high till most liquid has evaporated & sauce is thickened, ~8 min. ([source](#))

## Corn, Scallion, & Red Pepper Quesadilla—serves 4

- ❖ 4 large flour tortillas
- ❖ 1 cup Monterey Jack cheese, grated
- ❖ ½ cup fresh or frozen corn, off the cob
- ❖ ½ cup scallion, thinly sliced
- ❖ ½ red bell pepper (or long sweet pepper), seeded & chopped
- ❖ 2 tbsp chopped cilantro

Preheat oven to 375. Put 2 tortillas on baking sheet & top

w/ cheese, corn, scallion, red pepper, & cilantro. Top w/ remaining two tortillas & bake for 10 min or till cheese melts. Alternative: substitute any leftover cooked veggies for fresh veggies. ([source](#))

## Eggplant Curry—This African vegan dish serves 6.

- ❖ 4 large eggplants, peeled & cubed
- ❖ 2 tsp salt
- ❖ 2 large onions, chopped
- ❖ 2 garlic cloves, crushed
- ❖ 4 tbsp oil
- ❖ 1 tsp cumin seeds, crushed
- ❖ 1 tsp coriander
- ❖ 3 cardamom pods
- ❖ 2 tsp ginger, grated
- ❖ ½ tsp turmeric
- ❖ 1 tsp salt
- ❖ 2 chili peppers, crushed [or to taste]
- ❖ 3 large potatoes, chopped
- ❖ 1 tomato, peeled & chopped
- ❖ 1 tsp tomato paste

Sprinkle eggplant pieces w/ 2 tsp salt & set aside for 6-8 minutes. In large skillet, sauté onions & garlic in oil till golden, stirring to ensure it doesn't scorch. Add all the spices & crushed peppers & stir-fry a few min. Squeeze eggplant pieces to get rid of excess moisture. Dump pieces into the pan. Stir till they become limp & a little golden. Add more oil if necessary. Add potato pieces & let them brown on all sides. When potatoes are somewhat tender but still fork-resistant, add tomatoes, paste, & 1½ cups water. Stir, bring to boil, reduce heat & simmer till veggies are tender but not mushy. The sauce should be thick, like syrup. Serve over rice. ([source](#))

## Quick Eggplant Parmesan

- ❖ 1 egg
- ❖ 1 small eggplant, cut in ¾" slices
- ❖ 1 cup seasoned dried breadcrumbs
- ❖ 1½ cups shredded mozzarella
- ❖ ¼ cup spaghetti sauce (homemade or bought)
- ❖ ¼ tsp chopped red pepper flakes
- ❖ 3 tbsp grated Parmesan

Beat egg w/ 1 tbsp water. Put crumbs on plate; dip eggplant slices in egg, then coat w/ crumbs. Heat some oil in skillet till hot; add crumbed slices & reduce heat to medium. Cook 3-4 min per side till light brown/tender. Sprinkle mozzarella over in last min. of cooking. Heat sauce & pepper flakes together in microwave. Top eggplant w/ sauce & Parmesan & serve. ([source](#))