



# THE RED HILL ROOT



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

Volume VI, Number 19

14<sup>th</sup> Sept. 2009

## Farm News



**Indian-Thai Cooking Demo**—our new members **Rahul and Shital Mehta** will be giving an **Indian/Thai cooking demo on Wednesday, Sept. 16<sup>th</sup>, at 6:00pm.**

**Katie's Demo**—Katie Cavuto Boyle gave another wonderful cooking demo, using tomatillos among other ingredients. One notable recipe was for a gazpacho made from tomatoes, tomatillos, peppers & beans—YUM!! See recipe in this *Root*.

**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!

**Mira in the Dragon Boat Races!**—“Hey all! Gerard and I are doing the Dragon Boat race with his family this October! Fundraising monies will go to the Linda Creed Breast Cancer Foundation. Their mission is to fight breast cancer with heart through community-based education and referral, support, advocacy and direct service for those in need. Gerard is also brewing a special wit beer at McKenzie's Brew House (Chadds Ford only); \$1 of each pint will be donated. Feel free to support the cause by purchasing a wit beer at the brewpub, or donate online at <http://firstgiving.com/minandgerard>. Thanks so much! - Mira and Gerard”

**Hefty Harvest**—Wes Chandler, son of Red Hill members Mia Painter and Ben Chandler, has had a really successful celery harvest! As Mia notes, this bounty grew out of one of the little \$1 celery plants Mia bought at Farm orientation. Way to go, Wes!



Wesley Chandler Harvesting Celery (photo by Mia & Ben)

## Red Hill Revelations

By Mira Kilpatrick

**Question of the Week: Is this an eggplant? Is it ripe?**  
Many people have been curious about the thin green eggplant they have been seeing in the share room. It is indeed, an eggplant, and this variety is green when ripe!

### **More info on Raveena:**

“Single-serving eggplant! These long, light green fruit are ready to harvest at just 3 inches!... An extraordinary



Japanese Eggplant made just for ‘single servings’ and your prettiest containers, Raveena is a pleasure to grow and a gourmet treat to taste!

You’ll harvest a big, delectable crop of pale green fruit, which arises in clusters of 4 to 5 all over this well-

branched plant. Don’t wait for this eggplant to turn purple—it stays green all season, with very tender skin & a delicious mild flavor. Harvest it as small as 3 inches for ultra-tender fruit, or let it reach up to 10 inches long. Perfect for single servings, side dishes, & smaller portions.

Raveena is a very heavy producer, and you will love the ease and beauty, as well as the scrumptious flavor, of this stunning variety.”

Update on the eggplant eggs: Last week, we shared that we found a bird’s nest with 3 eggs in one of our eggplants! Since then, I have learned that I was wrong about the type of bird we were dealing with. Not a robin! Robins’ eggs are pure blue, not speckled blue, and their nests look different as well. Okay, so I’m no ornithologist! Nancy let me know, plus I also saw the mama bird, and it definitely was not a robin. 2 eggs hatched, and I tried to snap a couple of photos a few days back. But when we took a look when harvesting today, there was just an empty nest! No mom, no eggs, no baby birds! We don’t know if a predator got to them, or they already took off in flight. It was fun while it lasted!



Farmers: Abygail Wright and Mira Kilpatrick, [awright@osfphila.org](mailto:awright@osfphila.org)  
Newsletter writer/editor: Melinda B. Parsons, [m.boydp@gmail.com](mailto:m.boydp@gmail.com)  
Newsletter Archive: <http://www.osfphila.org/red/news>  
Red Hill Farm, 609 Convent Road, Aston, PA, 19014 (610) 558-6799



Other than that, we've continued working on the raised beds in the tunnel. One bed is filled with soil, and we will continue to fill the other two, lay fabric in the aisles to suppress weeds, and set up the irrigation. We plan to experiment with some winter greens this year.

We have seeded our final crops in the field, one last sowing of radishes and turnips, spinach, lettuce mix, arugula and Asian greens; all of which have germinated relatively well.

We did quite a bit of tractor work, cultivating fall brassicas and getting bare ground ready for cover cropping. A by seeded the cover crop which is also coming up now. Very exciting!

We are seeing signs of fall deer damage. We are doing our best to cover the crops with row cover to protect them, and are exploring how we are going to replace/improve our current fencing system. Fun, fun, fun.

## Tidbits

**Rejecting Nanotechnology in Organic Farming**—The Organic Consumers' Association published an essay on organic farmers' & consumers' rejection of "organic-biotech" production, especially that based on use of nanoparticles, which many scientists say may act like asbestos in the lungs. The OCA essay rejects a report from the Global Agriculture Information Network (GAIN) stating that "biotechnology" has huge potential in the organic market, and that resistance to biotech by growers is based on ideological, not "scientific" premises. (Contrary to the headline, btw, the USDA too has rejected this call for biotech in organic growing.) For the OCA's essay, see [here](#). For more on nanotechnology, see [here](#).

**Food for Thought Conference**—College of the Atlantic, in Bar Harbor, Maine, is hosting its annual fall conference, this year on "***Food for Thought, Time for Action: Sustainable Food, Farming and Fisheries for the 21st Century.***" It runs from 2<sup>nd</sup>-4<sup>th</sup> October, 2009. The two big-name keynote presentors are **Raj Patel**, author of *Stuffed and Starved*; see [here](#), and **Marion Nestle**, author of *Food Politics* and *What To Eat* (see [here](#))! For lots more info, or to register, see [here](#). Sounds great!!!



**Human Rain**—Yes, we've had more rain than we need, but I came across this "human rain" on YouTube. Listen w/ your eyes closed!—way cool! See [here](#).

## **Tomatillo Gazpacho**—Here's *Katie's great, easy recipe!*

- ❖ 2 tbsp olive oil
- ❖ 2 cloves garlic
- ❖ 1 English cucumber, halved lengthwise & seeded
- ❖ ½ lb tomatillos, husked & chopped
- ❖ 1 lb tomato, chopped
- ❖ 1 red bell pepper, chopped
- ❖ 1-2 hot peppers (e.g., jalapeño), chopped
- ❖ ¼ red onion
- ❖ 2 tbsp red wine vinegar
- ❖ 1 lime, juiced
- ❖ 2 cups tomato juice
- ❖ ½ tsp cumin
- ❖ ½ cup cilantro, chopped
- ❖ salt/pepper to taste

Purée all ingredients in food processor. Chill for 1 hr. or more. For a complete meal, add 1 can or 1½ cups beans. Can't get much easier than that. Mira says that even though she doesn't normally like gazpacho, she loves this!

## **Roasted Tomatillo Salsa**—another *Katie specialité!*

- ❖ 1 lb tomatillos, husked, rinsed, & halved
- ❖ 3 cloves peeled garlic
- ❖ 1 small onion, cut in quarters
- ❖ 1½ tbsp olive oil
- ❖ 1 jalapeño, halved
- ❖ 1 lime, juiced & zested
- ❖ ½ cup cilantro, packed
- ❖ salt/pepper

Preheat oven to 400. Put tomatillos, garlic, & onion on baking sheet [preferably rimmed]. Drizzle veggies w/ olive oil & season w/ salt/pepper. Roast in oven till browned & softened, ~15-20 min. Remove veggies from oven & put mix in food processor. Add jalapeño, lime juice & zest, & cilantro. Pulse till mix is combined but chunky. Season w/ salt/pepper & serve. **Thanks Katie!!**

## **Uncooked Tomatillo Salsa**—also from Katie!!!

- ❖ 1 lb fresh tomatillos, husked, rinsed, & halved
- ❖ ½ red onion, cut in half
- ❖ 2 cloves garlic
- ❖ ½ cup cilantro leaves, packed
- ❖ ½ jalapeño, (seed & all, if you like heat)
- ❖ 1 lime, juiced & zested
- ❖ 1 tsp agave [check health food store]
- ❖ salt to taste

Put tomatillos, onion, & garlic in food processor & blend till smooth. Add cilantro, jalapeño, lime juice & zest, & agave & process till pepper is finely chopped. Season &

serve as is, or put mix in saucepan & simmer 10-15 min, till some of the liquid has evaporated & salsa has thickened. Cool & serve. *Thanks again, Katie!*

**Chicken, Garlic, & Soy Stew**—Use some of our fabulous garlic & cilantro! Yields 4-8 servings.

- ❖ 3 tbsp neutral oil (corn, grapeseed)
- ❖ 8 chicken thighs, skin on
- ❖ salt & fresh-ground black pepper
- ❖ (optional): ¼ cup ham, sausage, prosciutto, or bacon, chopped
- ❖ at least 40 cloves peeled garlic
- ❖ ½ cup dry white wine or water
- ❖ ¼ cup sugar
- ❖ 4 star anise (check spice section of market)
- ❖ 1 stick cinnamon
- ❖ 5 nickel-thick slices fresh, peeled ginger
- ❖ 1 tsp Sichuan peppercorns (spice section, market)
- ❖ 1/3 cup soy sauce
- ❖ chopped fresh cilantro leaves for garnish

Put oil in large skillet that can be covered & is large enough to hold chicken in 1 layer. Turn heat to medium-high & a min. later add chicken, skin-side down. Cook, adjusting heat so chicken browns on 1 side w/o burning. Turn & cook another 1-2 min. Remove to plate & pour off all but 3 tbsp fat. Return pan to medium heat & add meat, if using, w/ garlic. Cook, stirring a bit, till garlic is nicely browned, adjusting heat so it doesn't burn. Add wine or water & cook, scraping bottom of pan w/ wooden spoon to



release any browned bits, meanwhile adding sugar & spices. When sugar dissolves, add soy sauce & ~1 cup water. Return

chicken to pan, skin-side down; adjust heat so mix simmers gently; cover & cook ~15 min. Turn chicken; if mix is very watery, raise heat & leave cover off. If less than ½-inch liquid remains, leave cover on. Cook another 10 min. When chicken is done, uncover & raise heat. Cook till sauce is slightly thickened. Remove chicken to deep platter. Remove cinnamon & star anise from sauce, then spoon sauce over chicken. Garnish w/ cilantro & serve w/ rice. ([source](#) of recipe & photo of garlic!)

**Eggplant & Yogurt Salad**—serve 4

- ❖ 1 large eggplant, peeled & cut in 1-inch chunks
- ❖ ¼ cup olive oil
- ❖ 1 large red onion, chopped
- ❖ 3 medium tomatoes, chopped
- ❖ 1 cup plain yogurt [Greek yogurt would be good]

Steam eggplant over boiling water till soft. Combine w/ onion, tomatoes, oil, & yogurt. Season to taste w/ salt/pepper. Chill before serving. (Kosoff & Kennedy, *Cooking with Five Ingredients or Less*)

**Soybeans with Garlic & Dill**—Iranian dish; serves 4

- ❖ 1 tbsp olive oil
- ❖ 4 tbsp unsalted butter
- ❖ 1 large onion, thinly sliced
- ❖ 5 cloves garlic, minced
- ❖ ¼ tsp salt
- ❖ ½ tsp black pepper
- ❖ 1 tsp turmeric [good for your digestion!!]
- ❖ 4 tbsp minced fresh dill, or 2 tbsp dried
- ❖ 1½ cups fresh or frozen edamame (green soybeans [or substitute similar bean like lima])
- ❖ cooked rice for serving, optional

Fill kettle w/ 3 cups water & bring to boil. Meanwhile, put saucepan on medium-low heat & add oil & butter. Heat till bubbling. Add onion & sauté till soft, ~8 min. Add garlic & sauté till pale gold, ~5 min. Add salt, pepper, turmeric, & dill. Stir 1 min. Add edamame & enough boiling water to barely cover beans. Simmer till beans are just tender, 2-3 min. Adjust seasoning & serve hot, using slotted spoon to drain extra liquid; serve w/ rice. ([source](#))

**Browned Onion Kugels**—A *Rosh Hashanah* (Jewish New Year) recipe; holiday begins sundown, 18<sup>th</sup> Sept. 09.

- ❖ 6 oz medium egg noodles
- ❖ 1 stick unsalted butter
- ❖ 3 cups chopped onions
- ❖ ¼ cup sour cream
- ❖ 1 ¼ cup small-curd cottage cheese (10 oz)
- ❖ 1 tbsp poppy seeds
- ❖ 4 large eggs
- ❖ 1 tsp salt [or less to taste]
- ❖ ¼ tsp black pepper

Special equipment: muffin tin w/ 12 muffin cups. Put oven rack in middle position & preheat oven to 425. Cook noodles in boiling salted water till al dente, ~5 min. Drain in colander & rinse under cold water; drain well. Melt butter in heavy 12-inch skillet on moderate heat & brush muffin cups w/ some of butter. Add onions to skillet & cook, stirring a bit, till well browned, ~20 min. Transfer onions to bowl & add noodles, sour cream, cottage cheese, & poppy seeds. Lightly beat eggs w/ salt/pepper, & stir into noodle mix till well combined. Divide mix among muffin cups & bake till puffed & golden, 20-25 min. Loosen edges w/ knife & cool 5 min; serve. ([source](#))