



THE RED HILL ROOT



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

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Farm News



Member Renewal Forms—Aby wants you to know that membership renewal forms and year-end surveys will be available in the share room starting this Tuesday the 22nd. The deadline for renewing your membership is December 31st of this year. *Thanks!*

Indian-Thai Cooking Demo—Our new members Rahul and Shital Mehta gave a wonderful cooking demo on Weds. the 16th. See Mira's description, below, and two recipes in this Root. *Thank you, Rahul and Shital!*

Katie's Demo—*Katie Cavuto Boyle* and her cooking demos for us are going to be featured in the Sisters' newsletter, *Good News!*

Parking Problems—Aby requests that you **PLEASE** be careful while parking, especially with opening/closing your car doors. There have been some mishaps in the parking lot lately, and we know it's a tight parking lot. But if everyone could please pay attention to other cars & take your time, it would be greatly appreciated. We are thinking of ways we can expand the lot, and you may see changes before the end of the season.

Red Hill Harvest Fest Flyer!—See the beautiful flyer for our Harvest Fest, which will be **Saturday, October 24th, starting at 4:00pm, on the last page of this Root.**

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"

Happy First Day of Fall—The Autumnal Equinox, when day and night are of the same length, occurs this coming

Tuesday the 22nd. For info on the technicalities, see [here](#).

Mira's Baby Birds in the Eggplants—However fleeting their appearance was, there were indeed hatchlings from the eggs in the eggplants that Mira mentioned in the last two *Roots*. As she said last week, "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!"



Raised Beds' Progress—Through a lot of hard work (Emily & Marcy in these photos), raised beds in the hoophouse are coming along. As Mira said last week, "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."



Photos by Mira of Marcy & Emily

Red Hill Revelations

By Mira Kilpatrick

The main event of the week was our Thai/Indian cooking demo with members Rahul and Shital Mehta! It was awesome; they did a wonderful job. The recipes are



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included in this edition of the *Root* (see first 2, below).



Photos are of Shital and Rahul, laughing after negotiating



with Aby to grow Thai basil at the Farm; Tom Francis, the cook at the Convent kitchen, sampling the eggplant dish. People all over India have these spice collections containing (clockwise from top) cumin seeds, turmeric, chili powder, coriander,

bay leaves/cinnamon/peppercorn, mustard seeds, and in the center dried chile peppers.

We've been up to our same old tricks, other than that. I'm very excited my beans finally climbed to the top of the teepee (see photos)! We will make improvements next year, and hopefully it will be a bit more of a private hideaway. We'll see!



Photos by Mira

Tidbits

Science Friday on Late Tomato Blight—According to NPR's Science Friday (see [here](#)), the genome for late blight, a water mold (*Phytophthora infestans*), has been sequenced. The site has a fascinating video about a PA farmer struggling w/ the blight (click on the photo of multicolored tomatoes), and you can listen to this Science Friday program (on upper left of page) or download it.

Obama Foodorama!—Not only did *Michelle Obama* organize an organic food garden on White House grounds back in March (and it's flourishing!), she's establishing a *local farmers' market a block from the White House* (see [here](#)). As well, in collaboration with the Obama admin, the USDA is working on a \$50,000,000 project aimed at improving school lunches w/ locally sourced foods ([here](#)—Obama's food blog, called Obama Foodorama!).

Chemicals in Non-Organic Foods Foster Obesity—According to Organic Consumers' Association, certain chemicals commonly found in non-organic foods can cause obesity, even if the chemicals have no calories. It all has to do w/ liver metabolism. [See here](#) for essay.

Baigan Bhartha (Eggplant Curry)—a vegan recipe from Shital & Rahul—*many thanks!*

- ❖ 1 medium eggplant
- ❖ 1 medium onion (white or yellow)
- ❖ 1 tomato
- ❖ 1 tbsp garlic paste
- ❖ ½ tsp cumin seeds
- ❖ salt
- ❖ ½ tsp coriander powder
- ❖ ½ tsp cayenne
- ❖ ¼ tsp turmeric powder
- ❖ lime juice & cilantro for garnish

Set oven to broil. Make some slits over the eggplant using a fork or knife & broil it ~5-6 min. Turn eggplant & broil again for ~5-6 min. (You also can roast the eggplant over gas flame or grill.) Let it cool. Peel off skin & mash eggplant well;



set it aside. Heat a little oil in pan; add finely chopped onion, garlic paste, & sauté till onions are soft & brown. Add chopped tomato; cook until it mashes well. Add coriander powder, cayenne pepper, & salt & sauté till oil separates from onion & tomatoes. Add mashed eggplant; cook 8-10 min. Add cilantro & lime juice & serve w/ Naan/flat bread/Roti/pita/etc. ([photo credit](#))

Thai Coconut Curry—another lovely vegan recipe from Shital & Rahul—thank you!

Ingredients

- ❖ 1 onion, sliced
- ❖ 200 grams broccoli heads (bite size) [for metric conversion of grams to ounces, see [here](#)]
- ❖ 150 grams green beans (bite size)
- ❖ 20 baby corns (check supermarket for canned)
- ❖ 1 carrot, sliced
- ❖ 1 red bell pepper, sliced

Curry Ingredients

- ❖ 1 can coconut milk
- ❖ 1 cup vegetable stock
- ❖ 2-3 tsp soy sauce
- ❖ ½ tsp red curry paste (check supermarket for jar)
- ❖ 1 tsp brown sugar
- ❖ 5-10 dry chilies, whole
- ❖ salt to taste

Combine curry ingredients. Heat to simmer. Add veggies & cook for 10 min, or till veggies are soft. Serve with Jasmine rice [available at many markets].

Quick Egg Drop Soup—recipe can be doubled/tripled

- ❖ 4 cups chicken or veggie broth
- ❖ 1 ½ cups shredded bok choy (or other greens)
- ❖ 2 scallions, coarsely diced
- ❖ 2 tbsp soy sauce (or to taste)
- ❖ 2 eggs, lightly beaten

In medium saucepan over moderate heat, combine broth, cabbage, & scallions & cook till veggies are just tender. Stir in soy sauce. Add eggs, a little at a time, stirring constantly. Heat thoroughly & serve. Serves 6-8 as appetizer. (source: Kosoff & Kennedy, *Cooking with Five Ingredients or Less*—great book if you're in a hurry!)

Sweet Pepper Soup w/ Sour Cream & Dill—serves 4

- ❖ ¼ cup olive oil
- ❖ 4 large bell or frying peppers, red or yellow, stem, ribs & seeds removed, flesh diced
- ❖ 1 medium Yukon Gold potato (8 oz), diced
- ❖ 1 small onion, roughly chopped
- ❖ ½ tsp salt, or to taste
- ❖ generous pinch red-pepper flakes
- ❖ 1½ cups simmering veggie or chicken stock; more if needed
- ❖ sour cream or crème fraîche for garnish
- ❖ 4 small sprigs fresh dill

In heavy stock pot, heat oil on medium-high. Add peppers, potato, onion, salt & red-pepper flakes. Cook, stirring, for

1-2 min. Reduce heat to low, cover & simmer, stirring a bit, till veggies are tender, ~1 hr. Remove from heat. Transfer to blender or food processor & purée in batches, or use an immersion blender to purée thoroughly. Force pulp thru coarse sieve or food mill. Transfer to saucepan & stir in stock, adding a bit more if you like thinner soup. Taste & adjust seasonings. Serve warm or cold, garnished w/ dab of sour cream & sprig of dill. ([source](#))

Fettuccini w/ Sweet Peppers & Pine Nuts—4-6 servings (vegan)

- ❖ 1-lb pkg fettuccini
- ❖ 1/3 cup olive oil
- ❖ 4 large garlic cloves, chopped
- ❖ 1 large sweet yellow pepper, cored, seeded, & julienned
- ❖ 1 large sweet red pepper, cored, seeded, & julienned [you can substitute large sweet frying peppers for any of these peppers]
- ❖ 1 large sweet orange pepper, cored, seeded, & julienned [or substitute a green bell pepper]
- ❖ ½ cup pine nuts
- ❖ ½ cup fresh parsley or basil leaves, chopped
- ❖ ½ cup Kalamata olives, pitted & halved
- ❖ ¼ cup capers, drained
- ❖ 1 tbsp coarse salt [or less to taste or need]
- ❖ 1 tbsp fresh-ground black pepper [or less to taste or need]

Cook fettuccini according to package directions, *al dente*; drain & return to pan to keep warm. In large, heavy skillet, heat olive oil. Add garlic & bell peppers & cook for 10 min, stirring continuously. Add pine nuts & cook about 4 min, or till they turn golden brown. Gradually stir in parsley or basil. Add olives & capers & heat. Add salt & pepper to taste. In serving bowl, toss sauce mixture w/ cooked pasta. ([source](#))

Romesco Sauce for Pasta, Crostini, or Dip for Veggies

- ❖ 4 large roasted red or yellow peppers
- ❖ ½ cup toasted almonds
- ❖ 2 cloves garlic
- ❖ 1 ripe tomato
- ❖ 2 thick slices from baguette
- ❖ 1 tsp paprika (plain or smoked)
- ❖ ½ cup or less olive oil
- ❖ fresh basil leaves
- ❖ 2-4 tbsp sherry vinegar
- ❖ salt to taste

Purée everything in food processor. Enjoy! ([source](#))

Join in the fun at Red Hill Farm's Annual **HARVEST FEST**

Saturday, October 24th, 2009

4 P.M., Dinner will be around 5 P.M.

Come meet this year's farm crew: Aby, Mira, Marcy and Emily. Meet fellow members, catch up with old friends! Enjoy the bounty that fall harvests bring!

The Harvest Fest is FREE for members; we're asking for a voluntary donation for any friends or extended family you'd like to bring. This will help cover costs for the bands and so on.

ACTIVITIES

A visit from a local fire truck, funny photo-ops, as well as music and square dancing! Weather permitting; we hope to have a bonfire as well!

Square dance calling by Dave Dobbins, accompanied by local musicians. Additional music provided by the Bowrockers, our members who have played at previous Harvest Fests.

MUSIC

WHAT TO BRING:

- A potluck dish large enough to serve 8 people and a beverage of your choice. If you can, provide labels to identify foods and potential allergens. If you want to share the recipe, bring that too!
- Bring your own dishware to cut down on the disposable waste in time for dinner at 5:00 P.M.
- If you bring non-member guests, please ask them to bring a potluck dish that serves 8 people as well. We want to make sure there is enough food for all Harvest Fest diners.
- Please bring blankets and chairs to sit on.



PARKING:

Parking is in the Our Lady of Angels (OLA) parking lot, which is directly across Convent Road from the main convent buildings and is clearly marked with signs. Please do not park on the farm land or road! It is really important that we keep that space clear for kids' activities and such.