



# THE RED HILL ROOT



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

Volume VI, Number 21

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## Farm News



**How Much Longer Will the Farm Be Open?**—As Aby says, “The days are getting shorter and the weather a bit chillier, which makes everyone wonder: ‘How much longer will the Farm be open?’ *The CSA season goes until Thanksgiving.* The amount and variety of crops depends on the weather, as always. We may need to skip a week or so as we get closer, depending on frost. But we like to make sure we share out food the week before Thanksgiving so everyone has some farm-fresh food to enjoy during the holiday.” *Thanks Aby!*

**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 22<sup>nd</sup>. The deadline for renewing your membership is December 31<sup>st</sup> of this year. *Thanks!*

**Red Hill Harvest Fest Flyer!**—See the beautiful flyer for our Harvest Fest, which will be **Saturday, October 24<sup>th</sup>, 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”



## Red Hill Revelations

By Mira Kilpatrick

We finished the raised beds in the tunnel! The end of last week, and Saturday, we worked quite a bit on the raised beds; workshares helped a lot! Saturday, we had a big crew of workshares and in 3 hours we filled the 3rd and final bed! Thanks to everyone who came out!!

Wildlife on the farm! Emily and I saw a beautiful snake with orange, white and black stripes. We also found a nest of baby mammals... not sure what they were! Rodents, groundhogs, squirrels? Even though they could grow up to



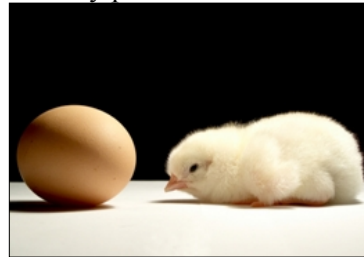
be pests on the farm, we moved the nest somewhere safe to give them a shot. We've spotted 3 praying mantises this week, which is very cool. Emily even saw one on top of a fence post from 10-15 feet away.

Good eye Emily! ([photo credit](#)—for more info, click [here](#))

## Tidbits

**Farming in Your Future?**—If any of you are inspired enough by Aby and Mira's wonderful example as farmers to think about maybe, one day, starting your own organic farm, here's a heartening article about a new book from Richard Wiswall, *The Organic Farmer's Business Handbook*. The article itself includes two videos about the idea of organic farming, a short one and a longer one. For the article, see [here](#).

**Omnivore? Vegetarian? Vegan?**—The *Washington Post* recently published an article suggesting that one of the



best things you can do to reduce your carbon footprint is to reduce your meat consumption. [See here](#). When the story was picked up by the Organic Consumers' Assoc., it sparked a

vigorous debate among farmers, consumers, meat-eaters, vegetarians, etc. To see the comments in this debate, check out this OCA thread, [here](#).

**Canning and Preserving for the Winter**—Would you rather see it than read it? The *Huffington Post* blog has a video about canning and preserving, with links to other videos and sources of information. I didn't know they featured such info. Of course there's lots of gossip too! For the video, see [here](#).



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**Sweet Pepper and Lentil Soup**—Uses a slow cooker, but could be made without one too

- ❖ 2 tbsp olive oil
- ❖ 1 onion or two leeks, chopped
- ❖ 3-5 cloves garlic, chopped
- ❖ 1 tsp paprika or smoked paprika
- ❖ 1-3 sweet peppers, seeded & finely chopped
- ❖ 1 cup dried brown or black lentils, rinsed
- ❖ 5 cups broth or water
- ❖ salt/pepper to taste
- ❖ 1-2 tbsp champagne vinegar or sherry vinegar or rice vinegar

Cook onion in 1 tbsp oil on medium heat in skillet till onion begins to soften. Stir in paprika & cook ~1 min more. Add chopped sweet pepper & cook another 2-3 min, till everything begins to soften. Scrape all this into the slow cooker. Add lentils & broth & stir to combine. Cover & cook on low till lentils are totally soft, 7-9 hrs. Season soup w/ salt/pepper & the 2<sup>nd</sup> tbsp olive oil. Stir in 1 tbsp of one of the vinegars, adding more if desired. ([source](#))

## Roasted Turnips in Wine



- ❖ 1 bunch turnips, peeled & cubed, greens reserved for another use
- ❖ 1 cup red wine
- ❖ ¼ cup honey
- ❖ 2 tbsp butter

Place turnips in saucepan; add remaining ingredients and enough water to barely cover. (You may also add other root vegetables:

carrots, parsnips, etc.) Simmer until tender. Pour into baking dish and bake at 350 degrees ½ hour. Serve with rice or chicken. 2-3 servings. ([source](#))

## 10-Minute Stir-Fried Chicken w/ Nuts & Peppers

- ❖ 1 tbsp peanut or veggie oil
- ❖ 2 cups sweet pepper strips, onion slices, or a combo of the two
- ❖ 1 lb boneless, skinless chicken breasts, cut in ½" chunks
- ❖ 1 cup halved walnuts, whole cashews, or other nuts
- ❖ 3 tbsp hoisin sauce

Heat oil in large nonstick skillet on high for 1 min. Add veggies in single layer & cook undisturbed till they start to char a bit on the bottom, ~1 min. Stir & cook 1 min more.

Add chicken & stir a bit. Cook 1 min, till bottom starts to char. Cook & stir another 1-2 min, then check a chicken piece for doneness. Lower heat to medium. Stir in nuts & hoisin sauce. Cook ~15 sec, then add 2 tbsp water. Cook, stirring, till it's bubbly & glazes all the meat & veggies. Serve w/ rice. [*Vegans could substitute tofu, plain or marinated, for chicken.*] ([source](#))

## Arugula Vichyssoise—serves 2 (can double, etc)

- ❖ ¾ cup finely chopped white & pale green part of leek, washed well
- ❖ 2 tbsp olive oil
- ❖ 1 clove garlic, chopped
- ❖ 1 small russet (baking) potato, peeled, grated coarsely & reserved in water to cover
- ❖ 2 cups low-sodium chicken or veggie broth
- ❖ 2 cups packed arugula
- ❖ 3 tbsp half-and-half or heavy cream or cashew cream
- ❖ 1 slice homemade-type white bread, cut in ½" cubes
- ❖ 1 small plum tomato, seeded & diced, for garnish

In a small heavy saucepan cook leek w/ salt/pepper to taste in 1 tbsp oil on moderate heat, stirring, till softened; add garlic, potato (drained), & broth, & simmer mix, covered, 8-10 min, till potato is very soft. Stir in arugula, simmer mix, covered, 1 min. In blender, purée it in batches for 2 min, or till completely smooth. Transfer purée to metal bowl set in larger bowl of ice & cold water, stir in cream, & chill soup 10 min, or till cold. While soup is chilling [chillax, you guys!], in small heavy skillet cook bread cubes in remaining oil on moderate heat, stirring, till browned. Transfer croutons to paper towels & season w/ salt to taste. Divide soup b/tw 2 bowls & top w/ croutons & chopped tomato. (source: *Gourmet*, June 1993)

## Lemon Couscous Salad w/ Arugula, Scallion, & Dill

- ❖ 2¼ cup water & 1 ten-oz box couscous (1½ cup)
- ❖ ½ tsp salt
- ❖ 3 tbsp fresh lemon juice, or to taste
- ❖ ¼ cup olive oil
- ❖ 2 cups finely shredded arugula leaves
- ❖ 3 large scallions, sliced thin
- ❖ 3 tbsp chopped fresh dill, or to taste

In a saucepan, bring water to boil & stir in couscous & salt. Remove pan from heat & let couscous stand, covered, 5 min. Fluff couscous w/ fork & transfer to bowl. Stir in juice, oil, salt/pepper & cool completely. Add arugula, scallions, dill, & chill at least 2 hrs. ([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.