



THE RED HILL ROOT



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

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Farm News



Cold-Food Prep Demo—Katie Cavuto Boyle will be presenting her last cold-food prep demo for the season! They've all been just great! It's **Friday Oct. 16th at 1:00 pm**. As Mira says, for those of you that haven't seen Katie in action, her demos are fun and informative... it's worth checking out!

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

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.**



Red Hill Revelations

By Mira Kilpatrick

This week on the farm we must all bid adieu to Emily, our lovely farm worker who came on mid-season to help us out of a jam!! It's been so great having her back. She's graduating from Villanova this semester, and will then move on to her next life adventure. Keep us posted, Em! Thanks for everything.

Not too much else to report. We're weeding and harvesting, weeding and harvesting. Fighting deer. Seeding a bit more winter greens in the new tunnel. We're folding in beds that have peaked, and trying to seed them with cover crop before it gets too cold. Starting to clean up

in the fields as we can, while still maintaining the crops that will produce until November. Fall is a funny time; it feels like things are slowing down, but really there is quite a while left in the season and quite a bit more work to be done before we rest. Some late fall crops on the horizon, to whet your palate...carrots, kohlrabi, escarole, etc!



Tidbits

The inestimable Mark Bittman (imo) has an excellent *New York Times* blog called “Bitten” (see [here](#)), which, as he says, is “about food — cooking it, eating it, thinking about it and more.” This week, he points us to another blog, “NotionsCapital,” which itself has an amazing list of links this week to other fascinating blogs and topics—see [here](#) for NotionsCapital.

Among topics of interest: a link to lawyer Bill Marler's site on the *latest food-safety news*—see [here](#).



There's an incredible resource in an *online digital library*, sponsored by the International Vegetarian Union, that *reproduces texts on the history of vegetarianism going all the way back to the ancient Greeks, Buddhists,*

etc! For this amazing site, see [here](#). Also, October is Vegetarian Month! (See [here](#).)

Finally, as we're all more strapped for money than we were, perhaps, last year, here's a blog about *eating for two on \$30 a week*—by a couple in Brooklyn. See [here](#). There's a TON more stuff on the NotionsCapital blog. Check it out! (And it's not all vegetarian, you omnivores!)

Ewww, That's Corny!—Corn's gotten a bad rap, not just in the sense of being “corny,” but also as a government-subsidized crop that ruins ecosystems in the name of things like ethanol. For a good, corrective article on the goodness of corn, see [here](#). (Yay, Mark Bittman, again!)



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Arepas—a Venezuelan, corn-based version of English muffins!

- ❖ 1 cup yellow cornmeal, finely ground
- ❖ ½ tsp salt
- ❖ ½ cup grated cheddar or Monterey Jack cheese
- ❖ 1 cup milk
- ❖ 2 tbsp butter (more for serving, optional)
- ❖ ½ cup fresh sweet corn kernels, or frozen thawed
- ❖ ¼ cup chopped scallion
- ❖ ¼ cup chopped fresh cilantro
- ❖ 1 small hot pepper, seeded & minced, optional
- ❖ 3 tbsp corn, canola, grapeseed, or other neutral oil
- ❖ cooked black beans or veggies or sour cream for stuffing, optional

Put cornmeal in large bowl w/ salt & cheese. Put milk in small saucepan on medium-low till steam rises, then add 2



tbsp butter & stir till melted. Remove from heat & stir into cornmeal mix till thick batter is formed. Fold in corn

kernels, scallion, cilantro, & hot pepper if using. Let batter rest till it thickens into a soft dough, ~15 min. Gently form 3-4" balls from mixture & flatten w/ your palm into ½" thick disks. (You can cover & refrigerate disks for a few hrs if desired.) Heat oil in large skillet & cook arepas, working in batches, till golden brown, ~5 min, then flip & cook another 3 min on other side. When all arepas are cooked & cool enough to handle, carefully slice them thru the middle. If desired, serve w/ butter or stuff w/ beans, veggies, or sour cream. Yields 8-12 arepas. ([source](#))

Freezer-Scrap Stock—This is in the “two folks eat for \$30 a week” category—but it’s good *and* frugal!

- ❖ Scraps from any veggie you’re already cooking with that you might use in a stock—peels, skins, ends, parts you don’t use
- ❖ This could include onions, garlic, celery, parsley (stems) mushrooms (stems), leeks, scallions, etc.
- ❖ Put in heavy-duty freezer bag
- ❖ Keep adding to the bag; when you have enough, take from freezer & dump in large pot & cover w/ water—add a bay leaf if desired.
- ❖ Bring to boil & simmer—season to taste. Use some and freeze some for later! ([source](#))

Shiitake Bok Choi Soup w/ Noodles

- ❖ ½ lb bok choy
- ❖ ½ lb fresh shiitake mushrooms
- ❖ 6 scallions
- ❖ 8 g. katsuobushi (dried bonito flakes—check Selene Co-op) & 6 cups water, or substitute 6 cups chicken or veggie broth instead
- ❖ 6 oz. thin Asian wheat or buckwheat noodles

Cut bok choy crosswise into ¼" thick slices. Discard stems from mushrooms [or save for Freezer-Scrap Stock!] & cut caps into thin slices. Cut scallions diagonally into thin slices. In 5-6 qt kettle, bring 6 cups water to boil with katsuobushi & boil 1 min. Pour stock thru fine sieve into large bowl & discard bonito flakes. Return stock to pot [or, at this point, pour 6 cups chicken or veggie into large pot & bring to boil]. Add bok choy, mushrooms, & noodles. Simmer soup, uncovered, till noodles are tender, 2-5 min, depending on type of noodle. Season soup w/ salt, pepper, & stir in scallions. (*Gourmet*, Feb. 1999)

Sautéed Bok Choi w/ Cashew Sauce—most unusual!

- ❖ ½ cup roasted cashews
- ❖ ¼ cup white vinegar
- ❖ ¼ cup water
- ❖ ¼ cup sugar
- ❖ ¼ cup soy sauce
- ❖ 1 tbsp fresh ginger, minced
- ❖ 7 dashes Tabasco sauce
- ❖ 2 tbsp basil, finely chopped
- ❖ 2 tbsp mint, finely chopped
- ❖ 1 ½ lb bok choy, washed & dried
- ❖ 1/3 cup peanut oil

In food processor or blender, combine cashews, vinegar, water, sugar, soy sauce, ginger, Tabasco, basil, & mint & purée. Separate bok choy leaves from stalks, & cut stalks into 1"-long pieces. In large sauté pan, heat oil on high till hot but not smoking. Add bok choy & cook, stirring briskly, for ~2 min, till leaves are bright green and well seared. Remove from heat, drape w/ cashew sauce, & serve immediately. Serves 4. (*NYT*, 29 Nov 1995)

How to Freeze Beets—First, trim off all but about a half inch of the greens and root. Wash beets (w/ skin on), rubbing off any dirt. Boil beets in water to cover till tender (25-30 min for small beets, more for larger—test by poking w/ knife). Drain & discard liquid. Cool beets, then either slice or quarter them. Trim off stems & roots, and slip skins off. You can leave small beets whole if you want. Package in freezer bags or containers & label.

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.

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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.

