



THE RED HILL ROOT



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

Volume VI, Number 23

12th Oct. 2009

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! Recipes are easy & the food delicious!

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

Emily has sent some photos from a recent workshare get-together (see end of article). Thanks to Joanne and Rick for hosting it! It was a lot of fun, with great food and lovely company!

I'm putting in a couple shots from the Dragon Boat Race this past Saturday. My team took a bronze in the Class C division... not too shabby! Because October is Breast Cancer Awareness Month, the fundraising has been extended until the end of the month. If you would still like to donate to the Linda Creed Breast Cancer Foundation, click on <http://www.firstgiving.com/minandgerard>.



Above: Mira & Gerard's Team at the Dragon Boat Races

We've been working on installing the new deer fence. We will keep the existing fence for its height, but we're adding an additional metal hexagrid fence which should help prevent animals from chewing holes at the base, or breaking through the fence.



Nancy & Bob Bernhardt

Other than that, we've been trying to do some clean-up: Aby did a fabulous mowing job this past week, and we've been working on getting irrigation out of the fields and into storage.



Above, worksharers getting a tour of artist Mary DeWitt's house; below, enjoying Joanne and Rick's hot tub! (photos by Emily Fero)



Aby's wedding is this weekend! We've been gearing up for that as well!

We'll include some photos from the wedding in the next Root. **Congratulations Aby, we're so happy for you!**

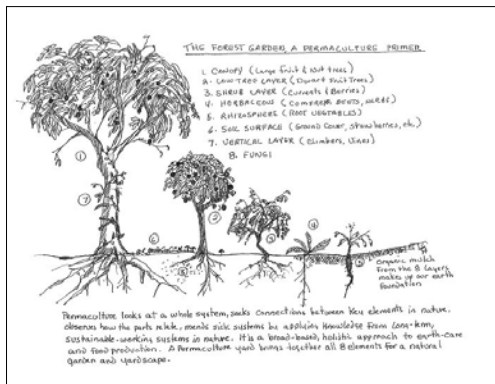


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Tidbits

Permaculture—This is a combined word for “permanent agriculture,” or “perennial agriculture.” It’s based on



designing a system of farming that imitates systems in nature as closely as possible. If you think of a natural system like a forest, its plants, animals, and

resources come back year after year, without much human input. It’s extremely efficient at converting sunlight into biomass, and it has a high “calorific value,” with its huge variety of plants and animals. On the other hand, a wheat field has considerably less natural energy and necessitates big energy inputs from farmers. So imitating natural systems is the idea behind permaculture farming. One permaculture practice Aby and Mira are implementing at Red Hill is digging as little as possible (i.e., “no-till” farming). For a fascinating brief look at permaculture, see [this video](#), or [this one](#) (“A Food Forest Garden”), or this [inspiring video](#) on edible landscaping! See [here](#) for the great site of the Permaculture Institute. ([image credit](#))

Turnip and Potato Patties

- ❖ ½ lb turnips, peeled & cut in ¼” dice (~1-1/3 cup)
- ❖ 6 oz potatoes, peeled & cut in ½” dice (~1 cup)
- ❖ 2 ½ tbsp thinly sliced scallion greens
- ❖ 1 egg, beaten lightly
- ❖ ¼ cup all-purpose flour
- ❖ grapeseed, peanut, or canola oil (high smoke-point oils)

In large saucepan of water, cook turnip & potato cubes ~15-17 min, till they’re tender, & drain them. In bowl, mash them with fork & stir in scallions, egg, flour, & salt & pepper to taste. Put ¼” oil in large, heavy-bottomed skillet. Heat on medium-high till



surface of oil begins to shimmer but not smoke. Spoon ¼-cup mounds of turnip-potato batter into pan, flattening into ½”-thick patties w/ spatula. Fry patties till golden,

turning them once, ~4 min on each side. Transfer patties to towel to drain excess oil. Makes 6. ([source](#))

Turnip Potato Soup

- ❖ 6 tbsp unsalted butter [or oil]
- ❖ 4 medium onions, thinly sliced
- ❖ 3 lbs fresh young turnips, peeled & thinly sliced
- ❖ 1 ½ lbs baking potatoes, peeled & thinly sliced
- ❖ salt/pepper
- ❖ 6 cups chicken stock [or veggie stock]
- ❖ ¼ tsp finely grated nutmeg
- ❖ ¼ cup finely shredded basil for garnish

In large heavy pot, melt butter till it foams. When foam subsides, add onions & cook on moderate heat till soft but not browned, ~5 min. Add turnips & potatoes & stir to coat w/ butter. Add salt to taste [recipe says 2 tsp!], cover & cook on low, stirring a bit, till veggies are tender, ~20 min. Stir in stock & bring to simmer. Cover partially & cook on moderate heat till veggies very tender, ~10 min. Carefully purée soup in blender till perfectly smooth. Return to pot, season w/ nutmeg, garnish w/ basil ([source](#))

Mario Batali’s Escarole and Pine Nuts

- ❖ 1 head escarole, ~1¼ to 1½ lbs
- ❖ 4 tbsp olive oil
- ❖ 2 cloves garlic, thinly sliced
- ❖ 2 tbsp pine nuts

Bring 3 qts water to rolling boil. Separate escarole leaves & rinse thoroughly. Drop leaves into boiling water & boil, covered, till tender (~35 min or less). When escarole is tender, drain thoroughly & let dry. In pan, heat olive oil till hot (not smoking). Rough-chop the escarole. Add garlic to hot pan & sauté till garlic begins to soften & turn light golden-brown, ~5 min. Add pine nuts & cook till nuts are lightly toasted, ~2 min. Add escarole & stir till very soft, ~5 min. Remove from heat & serve immediately as side dish (*contorni*). ([source](#))

Easy Greens w/ Peanuts

- ❖ ½ lb chard, beet, or kale greens, stems removed
- ❖ ½ cup peanuts [or other tasty nuts]
- ❖ 3 tbsp olive oil or butter

Steam greens in basket or strainer over boiling water till just tender; transfer to colander, cool, & squeeze out extra water. Chop coarsely. Put nuts in zip-top bag & crush w/ rolling pin or heavy skillet. Heat oil or butter in large skillet on medium. Add greens, stirring constantly, ~2 min. Remove from heat; stir in nuts. Season w/ salt & pepper. (source: *Farmer John’s Cookbook*, 2006)

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.

