



THE RED HILL ROOT



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

Volume VI, Number 25

26th Oct. 2009

Farm News



Bags, bags, bags—We *still* need bags to have a sufficient supply for you to use in the Barn. Please do bring up any extra paper or plastic bags you may have hangin' around!

Member Renewal Forms—Membership renewal forms and year-end surveys are available in the share room now. The **deadline for renewing your membership is December 31st, 2009**. But as Mira says, "We really appreciate when members renew sooner. Get it out of the way before the hectic holidays!" **Thanks!**

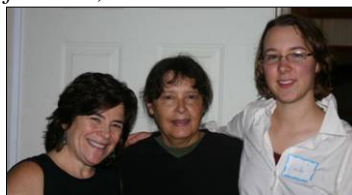
The Harvest Fest Was a Blast, Despite the "Dark and Stormy Night"!—We had a wonderful turnout for the Fest! As Mira says, "Thanks to all who came, Mimi and Steve who



offered up their vacation homes for the auction, the Bowrockers for another great performance, Allison and George, Bob and Jill, and all of our amazing workshares who have helped out all season long and especially gearing up for the fest. If I'm forgetting anyone pivotal, forgive me! On behalf of all the farmers, I want to also thank all the members for the generous gift and expressing your appreciation of our work. We're so appreciative of you and all your support as well!



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We'll include more photos in next week's newsletter. If you have any photos to



share, please send them to Melinda Parsons at m.boydp@gmail.com." Here are some photos from Emily Fero! **Thanks Em!**

A special thank you to Joanne Rosenbaum, who spearheaded the farmer gift. She has gone above and beyond her workshare duties. She consistently encourages us and shares her love for the farm, and is always willing to lend an extra hand. She's become a dear friend to me and Aby. Thanks Joanne!



Red Hill Revelations

By Mira Kilpatrick

This week it was just Aby and me. Last we heard Marcy was in lovely Sedona, Arizona. (Jealous!) We're still harvesting and working in the share room; trying to find time to do other things like fence work. We paid a visit to



Sr. Josandra, at the Bernardine Center, to see the beautiful mural they had done this summer [see photo!]. The community garden Josandra established is right in front of it; though everything

is put to bed for the season. If any of you are able, drive by and check it out; it's gorgeous! It's at 2625 W. 9th Street in Chester. To learn more about the Bernardine Center, click here: <http://www.bernardinecenter.org/bc/>.



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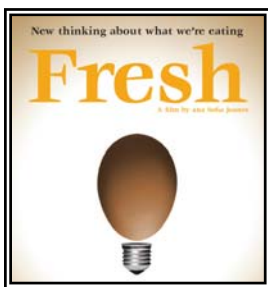
Tidbits

Katie's Demo!—Katie Cavuto Boyle gave her final cold-food-prep demo at Red Hill for the season! She focused on *kohlrabi*, as so many people are unfamiliar with it. (Honestly, it's one of the most mild-mannered vegetables you'll ever taste!) See recipe below.



Thanks for all your wonderful help, Katie!

“Fresh, the Movie!”—There's a new food film by Ana Sofia Joanes documenting the fresh, local food movement.



Here's an excerpt from a review: *“FRESH celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Among several main characters, FRESH features urban farmer and activist, Will Allen, the recipient of MacArthur's 2008 Genius*

Award; sustainable farmer and entrepreneur, Joel Salatin, made famous by Michael Pollan's book, The Omnivore's Dilemma; and supermarket owner, David Ball, challenging our Wal-Mart-dominated economy.” For the trailer, see [here](#). It's showing in Media on Sunday the 25th at the Science Museum; for other venues, see [here](#).

Katie's Cabbage, Orange, & Kohlrabi Salad

- ❖ 3 cups red cabbage, finely shredded
- ❖ 2 navel oranges, segmented (reserve 2 tbsp juice)
- ❖ 1 lb kohlrabi, peeled & coarsely grated
- ❖ 1 cup beets, grated
- ❖ 2 tbsp finely shredded mint leaves, plus whole leaves for garnish
- ❖ ¼ cup canola oil
- ❖ 2 tbsp fresh lemon juice
- ❖ salt/pepper to taste

In small bowl, combine oil, lemon juice, orange juice, & mint leaves. Whisk together & set aside. Soak shredded beets in small bowl cold water for 10 min. Squeeze dry. In large bowl, stir together remaining ingredients, toss w/ dressing, & serve. *Thanks Katie!*

Arugula Salad w/ Sweet Potatoes—serves 4

- ❖ one lb sweet potatoes, peeled & cut in 1½" cubes

- ❖ 1 tbsp olive oil plus 2 more tbsp, kept separate
- ❖ coarse salt/ground pepper
- ❖ ½ tsp grated orange zest
- ❖ 1 tbsp fresh orange juice
- ❖ 1 tsp white-wine vinegar
- ❖ 2 bunches arugula, thick stems removed
- ❖ 1/3 cup crumbled feta

Preheat oven to 450. On large rimmed baking sheet, toss sweet potatoes w/ 1 tbsp oil; season w/ salt/pepper. Roast till tender & brown, 15-20 min. Let cool. In large bowl, whisk 2 tbsp oil, orange zest, orange juice, & vinegar; season w/ salt/pepper. Add sweet potatoes, arugula [torn in pieces if desired], feta. Toss & serve. (*Everyday Food*)

Roasted Beet Salad w/ Bleu Cheese & Nuts

- ❖ 4 medium beets
- ❖ 3 tbsp olive oil
- ❖ 1 tbsp white vinegar
- ❖ ½ tsp Dijon mustard
- ❖ coarse salt/ ground pepper
- ❖ 2 tbsp finely chopped fresh parsley
- ❖ ½ cup crumbled bleu cheese
- ❖ ¼ cup toasted walnut pieces

Preheat oven to 450. Individually wrap 4 beets, trimmed & unpeeled, in foil. Put on baking sheet & roast till tender when pierced w/ paring knife, ~45-60 min. Let cool. Rub beets w/ paper towels to remove skins; cut beets in small wedges. Whisk together oil, vinegar, mustard; season w/ salt/pepper & stir in parsley. Toss beets w/ dressing. Serve topped w/ crumbled cheese & walnuts. (*Everyday Food*)

Ten-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 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 bottom, ~1 min. Stir & cook 1 min. more. Add chicken & stir a bit. Cook 1 min. till bottom begins to char. Cook & stir another min. or 2; check chicken piece to be sure it's done. Lower heat to medium. Stir in nuts & hoisin. Cook ~15 sec., then add 2 tbsp water. Cook, stirring, till bubbly & glazed. Serve w/ rice. ([source](#))

