



# THE RED HILL ROOT



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

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## Farm News



**Membership renewal forms and year-end surveys**—Membership renewal deadline is Dec. 31, 2009, but *we strongly request that members renew sooner!* It allows us to begin making purchases for things like next year's seed order, or supplies. *Please bring in your surveys and member forms/checks this week or mail in to Red Hill Farm, 609 S. Convent Road, Aston, PA 19014.* Thanks!



**TURKEY PICKUP!**—Turkey pickup will be **Tuesday Nov. 24th starting at 1 p.m.** This is for preordered turkeys. Please **bring your checkbook** to pay off the remaining balance. Thank you.

**Bonfires!**—Depending on weather, we are hoping to have a bonfire in the evening during pick-ups next week. Hope to see you there!

**Correction on Harvest-Fest Dinnerware**—The compostable plateware was donated for use at the Harvest Fest by Farm member **James Wurster. Thanks James!!!** Such products can be purchased from Bob Seiple (not a Farm member). See here: [www.whynotbobstore.net/](http://www.whynotbobstore.net/).

**Sources for Local Produce Over the Winter**—As we approach our last pick-up (this week!), *Aby* wants you to know of other sources for locally farmed foods. One is **Winter Harvest**, run by Philadelphia's **Farm-to-City** ([www.farmtocity.org/Home.asp?mname=Philadelphia+Winter+Harvest](http://www.farmtocity.org/Home.asp?mname=Philadelphia+Winter+Harvest)). Even though the CSA season is over, we encourage you to continue supporting local growers & producers. Clark Park in west Philadelphia still has a great weekly winter farmer's market from 10-1 on Saturdays. Fair food farmstand in Reading Terminal Market offers local, often pastured and organic produce, meats, & dairy. (<http://www.whitedogcafeoundation.org/farmstand.html>) There is Media's Selene Co-op (<http://selenecoop.org/>), Talula's Table in Kennett (<http://www.talulastable.com/>), & a monthly winter farmers' market in Phoenixville. For more info on local food and restaurants go to [www.localharvest.org/](http://www.localharvest.org/) and just plug in your zip code!



## Red Hill Revelations

By Mira Kilpatrick

This week on the farm we finished the garlic planting and mulched it with straw and leaves. We're clearing out the old tunnel, pulling the tomato plants that are looking pretty sorry at this point. Much thanks to the workshares who have helped out with that. We're continuing cleaning up the fields, rolling up row cover and drip-tape to store in the barn through the winter.

In the next month or two, things finally begin to slow down a bit. We will get more office work and tractor maintenance done. Hopefully we will continue to plug away at the fence work until the ground freezes solid. We both will take time off for the holidays. *Aby* and *Tom* are going to Costa Rica for their honeymoon. Picture them swimming, snorkeling, and enjoying tropical food and Tico culture. *Pura vida!* And *Gerard* and I are going to England, to reunite with my siblings, brother-in-law and my new baby nephew *Jasper!* He'll actually be 3 months at that point. Picture us drinking tea, holding the world's cutest baby, and walking to pubs in the rain. Cheers!

Then before you know it, we start seeding our transplants in the greenhouse. January, February and March all the little onion, herb, and tomato transplants start germinating and growing, reminding us of the coming season and all the good food on the horizon. Thanks so much to all of you for your support; it's been great getting to know some of you a bit better this year and we hope you've enjoyed this season!! You've survived the great tomato blight of 2009! Hopefully 2010 will turn out to be the year of the tomato! We could all do with a little less rain next year, especially our Friday pick-up people who picked up in downpours probably more than half of the season! **HAPPY HOLIDAYS**, and thanks again!

Warmly, Mira and Aby



## Tidbits

**Soul Food**—Given that our Farm is sponsored by Sisters of St. Francis, we might call our produce "soul food!" *Nicholas Kristof* recently expanded on this idea in the *NY Times*, contrasting the impersonality of industrial farms and the "soulfulness" of small, diverse farms. See [here](#).



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## Good Cooking Sites to Get You Through the Winter!

—One of the most beautiful food sites is Heidi Swanson’s “*101 Cookbooks*” ([click here](#)). Swanson is a cook & a professional food photographer. Though her recipes are all vegetarian or vegan, they are so delicious that they would please omnivores and grace any dinner or party. Equally beautiful is the blog “*Albion Cooks*,” also by a food photographer & also vegetarian ([see here](#)).

For omnivores, *Jamie Oliver*’s site (and gorgeous cookbooks) can’t be beat ([see here](#); fyi, most of the money he makes is donated to his various charities). As well, he’s doing wonderful work educating people about fresh, home-cooked food, both in Britain and in the U.S. (For his efforts at reforming dietary habits in Huntington, WV, the fattest city in the U.S., [see here](#)!)

Finally, a quick mention of *Mariquita Farm* ([see here](#)) and *RecipeSource* (with 1000s of recipes)—[see here](#).

## Roasted Heritage Turkey w/ Giblet Broth & Rosemary Maple Butter—Aby sent this recipe—*thanks Aby!*

- ❖ 15-lb heritage turkey
- ❖ kosher or sea salt & fresh-ground pepper
- ❖ 4 cups giblet broth (see recipe below)
- ❖ rosemary-maple butter (see recipe below)
- ❖ oiled parchment paper

Rub turkey inside & out w/ salt/pepper. Loosen skin around breast w/ your fingers & insert rosemary-maple butter b/tw meat & skin as well as on inside of bird’s cavity. Set bird in deep roasting pan. Use wire rack to lift bird off bottom of pan. Add giblet broth to bottom of pan. Using a sheet of oiled parchment, tent the roasting pan w/ oiled parchment paper. You can oil the paper w/ any kind of cooking oil, brushing it both sides w/ a pastry brush. The paper is easily affixed to roasting pan w/ strip of foil on each end, or use clean, oiled, wooden clothespins. Preheat oven to 425-450. Roast bird till thigh temp. reaches 140-150F. Remove parchment paper in last 30 min. of cooking to develop crispy, golden skin (if you wish, you can baste bird w/ pan juices after removing parchment). Remove from oven & let bird rest 10-15 min before carving, to let the juices settle. ([recipe source](#))

## Giblet Broth

- ❖ 2 cups white wine (author suggests chardonnay)
- ❖ 2 cups water
- ❖ turkey giblets & neck
- ❖ bay leaf

Simmer everything in small saucepan for 15 min. Discard

bay leaf and neck. Giblets can be discarded if you don’t care for them, or they can be finely chopped & added to the broth. ([source](#))

**Rosemary-Maple Butter**—this could also be used as a baste on a vegan Tofurky (substitute vegan “butter”).

- ❖ ½ lb butter
- ❖ ½ cup pure maple syrup
- ❖ 1 tbsp minced fresh rosemary

Bring butter to room temp and whip all ingredients together. ([source](#))

**Roasted Delicata Squash Wedges**—Delicata is one of the most delicious winter squashes, and true to its name,



it’s delicate enough that its skin (cooked) is also edible. This recipe can be multiplied.

- ❖ 1 medium or a few small delicata squash
- ❖ ½ tbsp olive oil
- ❖ ½ tsp dried sage
- ❖ ½ tsp dried thyme
- ❖ ½ tsp paprika
- ❖ ¼ tsp salt & fresh pepper to taste

Preheat oven to 375. Cut squash in half lengthwise & scoop out seeds Cut halves in half widthwise, then cut into 2 or 3 wedges per half. Place wedges on baking tray or in casserole & coat w/ olive oil. Sprinkle w/ salt, thyme, sage, paprika & pepper. Roast 30-45 min, or till tender when pierced w/ fork. ([source](#)) *If you’re vegan and need to eat gluten-free*, check out these “[Thanksgiving Tutorials](#),” [here!](#) Recipes are vegan/mostly gluten-free.



## **Roasted Delicata Squash Stuffed w/ Beans & Greens**

- ❖ 2 medium delicata squash, halved & seeds scooped out (save & roast them for snacking!)
- ❖ 1 large garlic clove, minced
- ❖ olive oil
- ❖ one 15-oz can small white beans, drained/rinsed
- ❖ 4 large handfuls winter greens
- ❖ 1 tbsp minced fresh sage leaves
- ❖ ½ cup fresh breadcrumbs
- ❖ ¼ cup grated parmesan cheese

Preheat oven to 350. Put squash halves, cut side up, on sheet pan or in baking dish. Drizzle surfaces w/ oil, season w/ kosher salt & fresh-ground black pepper. Bake till flesh is tender when pierced w/ knife, ~1 hr. Remove from oven & set aside. Meanwhile make filling: heat 1-2 tbsp oil in

fry pan on medium till hot, then add garlic & sauté 30 sec, till fragrant. Add greens & sauté till wilted. Add white



beans & cook till beans are heated thru. Stir in sage, season to taste w/ salt/pepper, & set aside to cool slightly. Fill squash halves: first preheat oven to 425. In small bowl, mix

breadcrumbs & cheese. When bean/greens mix has cooled slightly, stir in half the breadcrumb mix to bind it. Divide filling mix b/tw cooked squash halves, mounding it in each. Sprinkle remaining crumb mix over top of squash halves. Drizzle olive oil over each. Return pan to oven & bake till topping is golden, ~15 min (check to be sure it doesn't burn). Serves 4. [\(source\)](#) (If you have leftover filling, it makes a good lunch by itself, reheated, or spread warm on crusty bread!)

**Fiery Sweet Potatoes** (vegan if you substitute oil or butter substitute for butter)—serves 10-12



- ❖ 5 lbs sweet potatoes
- ❖ 1 cup coconut milk
- ❖ 1 tbsp Thai red curry paste
- ❖ ½ cup dark brown sugar
- ❖ 4 tbsp unsalted butter
- ❖ 1 tsp salt

Heat oven to 375. Bake potatoes on baking sheet till very soft, ~1 hour. When cool enough to handle, peel & mash. In small saucepan, heat coconut milk w/ curry paste on low. Mix coconut-milk mixture, half of sugar, half of butter, & salt into potatoes. Keep warm till ready to serve or cover & refrigerate up to 2 days. At least 30 min before serving, heat oven to 425. Put potatoes in baking dish, cover w/ foil, & bake for 20 min. Uncover potatoes, dot w/ remaining butter & sugar, & broil till brown & crusty on top, checking often to prevent burning. [\(source\)](#)

**Arugula Salad w/ Pomegranate & Toasted Pecans**

- ❖ 1 ½ tsp red wine vinegar
- ❖ 1 tbsp plus 1 ½ tsp aged balsamic vinegar
- ❖ ¼ tsp kosher salt & 1/8 tsp black pepper
- ❖ 6 tbsp olive oil
- ❖ 2 medium bunches arugula, thick stems removed
- ❖ 1/3 cup pecans, toasted & rough-chopped
- ❖ ½ cup pomegranate seeds, from 1 medium pomegranate

In medium nonreactive bowl, whisk together vinegars, salt, & pepper. Gradually drizzle in oil, whisking till emulsified. Toss arugula w/ enough vinaigrette to coat. Sprinkle w/ pecans & pom seeds & serve. [\(source\)](#)

**Traditional Mashed Potatoes (from scratch!)**—This takes longer to describe than to make!

- ❖ 2 ½ lbs potatoes (6 large), preferably a combo of russet (baking) potatoes and Yukon Gold [but don't fret about it!]
- ❖ 4 tbsp butter, more for dotting
- ❖ 1/3 cup whole milk [or milk substitute, or, to really gild the lily, add some crème fraîche too!]
- ❖ salt & pepper to taste

In large pot, bring a gallon of water & 2 tbsp salt to boil on high. Peel & quarter potatoes & keep in cold water till ready to cook (up to 4 hrs in advance). Add potatoes to boiling water & cook ~15-20 min, till soft; a knife should go in w/ almost no resistance. In saucepan or microwave, heat milk & butter together till butter melts & mix steams. Drain potatoes well & return to pot. Using an extruding masher or a ricer, mash hot potatoes till smooth. Lightly mix in half of butter/milk mix, just till blended. Taste for salt & add more butter mix to your liking. Stop here for fluffy potatoes. For creamy potatoes, keep stirring potato mix, using sturdy spoon to mash against sides & bottom of pot. Mix till dense & thick. For whipped potatoes, use a stand mixer or hand-held electric mixer to mash hot potatoes just till smooth, ~30 sec. Add all butter mix & salt to taste, pulsing machine in short bursts at medium speed. When light & creamy, stop mixing immediately [you don't want them to get gummy]. To keep hot till ready to serve, transfer to serving bowl, dot w/ butter, cover tightly, & keep in warm place up to 30 min. Serves 4-6; can be doubled, tripled, etc. [\(source\)](#)

**Carrots & Turnips w/ Fried Sage Leaves**

- ❖ 20 fresh sage leaves & 3 tbsp olive oil
- ❖ 6 carrots & 1½ lbs turnips, peeled
- ❖ ½ cup water
- ❖ 3 tbsp unsalted butter
- ❖ 4 tsp molasses
- ❖ salt & pepper to taste

Fry sage leave in oil till crisp. Drain on towels. Dice carrots & turnips. Put in large cast-iron saucepan or casserole w/ remaining ingredients (except sage). Bring veggies to boil, cover & turn heat to medium-low. Simmer 10-15 min, till tender & glazed. Sprinkle w/ sage leaves before serving. Serves 8-10. [\(source\)](#)