



THE RED HILL ROOT



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

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Farm News



A Reminder, Gentle Reader (!!!)—The deadline for membership renewals is Dec. 31, 2009. We know it's a hard time for folks, but remember, *you can pay in two installments if needed. And our goal is to give you more for your money next season!* Please join us again, and spread the word about the farm if you have friends or neighbors or co-workers who might be interested. *The most important gift you can give yourself and your family is good health;* and remember, you are what you eat!!” *Please mail your form and check in to Red Hill Farm, 609 S. Convent Road, Aston, PA 19014.* Thanks!

New Email—As of 4th Jan., Aby’s new email address is aollila@osfphila.org. Please make a note of it. Thanks!



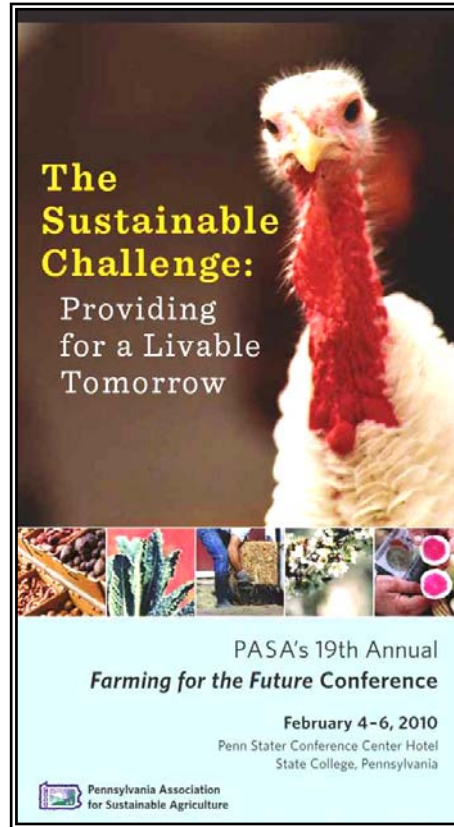
Red Hill Revelations

By Mira Kilpatrick

Surprisingly, it seems like things have not slowed down too much for me and Aby. We have had visits from Neumann University students, consultants for our composting project, a reporter and photographer, a surprising late-season harvest that we opened up for sale to members last week, etc. In addition, a former farmer and current agriculture consultant came out for a few days to show us the ropes with tractor maintenance. We did a lot of work on both the John Deere and the old Farmall: changed fluids, filters, belts, checked batteries, cleaned radiator screens, greased lubrication points, etc! It was a lot of information and gave us a better understanding of our specific tractors and how to handle their upkeep so they continue to run well for us for many more years. Not too much else to report beyond that. We're off to Costa Rica and England for a short spell. We'll check in again next month. Until then, be well and happy holidays!!

Tidbits

PASA’s Conference—PASA, the Pennsylvania Association for Sustainable Agriculture, finalized plans for 2010’s Farming-for-the-Future conference. The theme is *“The Sustainable Challenge: Providing for a Livable Tomorrow.”*



Held from 4th-6th February at the Penn Stater Conference Center in State College, PA, the conference features 11 pre-conference tracks (i.e., workshops on the 3rd and 4th; [see here](#)) and more than 70 main-conference workshops (on Friday and Saturday the 5th & 6th; [see here](#)). All the presenters are experts in their fields, yet many of the workshops and talks are aimed at ordinary, non-farming folks like most of us—

people with an interest in ecology, gardening, teaching, and so forth. It’s absolutely fascinating!

For full conference info and registration details, see [here](#). People interested in going might consider car-pooling!



Easy Oyster Stew—traditional for Christmas Eve—serves 4, but recipe can be multiplied

- ❖ 2 tbsp butter
- ❖ ½ pint fresh shucked oysters, with liquid
- ❖ 1 cup clam broth, homemade or canned
- ❖ salt & fresh-ground pepper
- ❖ 1 cup light cream
- ❖ chopped fresh parsley to taste

Melt butter in medium, heavy saucepan. Add oysters, broth, salt/pepper. Simmer on low for 10 min; add cream & heat very hot, but not boiling. Put a dot of butter in each soup bowl before serving; garnish w/ more pepper if



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desired, and lots of chopped fresh parsley. (Kosoff & Kennedy, *Cooking w/ Five Ingredients or Less*)

Tassajara Warm Red Cabbage Salad—serves 4-6

- ❖ ½ cup sunflower seeds
- ❖ 1 tsp natural cane sugar or brown sugar
- ❖ fine grain sea salt
- ❖ 2 tbsp olive oil
- ❖ 1 red onion, diced
- ❖ 3 medium cloves garlic, minced
- ❖ 1 lb head of red cabbage or radicchio, quartered & cut in thin ribbons
- ❖ ½ tsp fresh rosemary, minced
- ❖ 2 oz golden raisins
- ❖ 1 ½ tbsp balsamic vinegar
- ❖ 2 oz feta cheese, crumbled
- ❖ a bit of fresh-grated Parmesan for garnish

Roast sunflower seeds in dry skillet on medium till golden brown. Sprinkle sugar on, & a couple pinches salt. Stir till sugar melts & coats the seeds (your pan will need to be hot enough). Transfer seeds immediately to plate; set aside. Heat oil in large skillet & sauté onion ~1-2 min w/ a couple pinches salt. Stir in garlic & cabbage & a bit more salt if desired. Stir ~1 min, till cabbage softens a little. Sit in rosemary, most of raisins, & vinegar. Cabbage will continue to soften after removing from heat, so try to avoid overcooking it (where it collapses entirely). Fold in ½ of feta, most of seeds, then taste. Add more salt if desired. Serve garnished w/ remaining raisins, feta, seeds, & Parm cheese. ([source](#))

Sweet Potato Latkes—makes ~26 pancakes

- ❖ 1 lb sweet potatoes, peeled & coarsely grated
- ❖ 2 scallions, finely chopped
- ❖ 1/3 cup all-purpose flour
- ❖ 2 large eggs, lightly beaten
- ❖ 1 tsp salt
- ❖ ½ tsp black pepper
- ❖ ¾ cup vegetable oil

Stir together potatoes, scallions, flour, eggs, salt/pepper. Heat oil in deep 12-in. nonstick skillet on medium high till



hot but not smoking. Working in batches of 4, spoon 1/8 cup potato mix per latke into oil & flatten to 3" diameter w/ slotted spatula. Reduce heat to moderate & cook till golden, ~1 ½ min per side. Drain on towels. ([source](#))

Turkeyless Tetrazzini—vegan; serves 6-8

- ❖ 1 cup sliced mushrooms (white, brown, or wild)
- ❖ 2 tbsp dry white wine
- ❖ 2 cups cubed Chinese-style extra-firm or smoked tofu
- ❖ 5 cups cooked spaghetti, drained & cooled
- ❖ ½ cups blanched, sliced almonds
- ❖ 4 tbsp flour
- ❖ 4 tbsp vegetable oil (or butter for vegetarians)
- ❖ 2 cups veggie or mushroom broth
- ❖ 1/8 tsp white pepper
- ❖ 1 cup soymilk, heated
- ❖ 1 tbsp almonds (optional topping)

Preheat oven to 350. In sauté pan on medium-low, cook mushrooms in wine till they release their moisture, ~8 min. Gently combine mushrooms, tofu, spaghetti, almonds in bowl; set aside. Combine flour & oil in pan on low. Stir till smooth paste forms. Add broth a bit at a time, stirring after each addition till smooth. Remove from heat & stir in pepper & soymilk. Lightly oil baking pan. Combine pasta mix w/ sauce; put in pan. Sprinkle on almonds for topping; bake till golden brown, ~30 min. ([source](#))

Kale and Olive Oil Mashed Potatoes—serves 6

- ❖ 3 lbs potatoes, peeled (or not) & cut in large chunks
- ❖ sea salt
- ❖ 4 tbsp olive oil
- ❖ 4 cloves garlic, minced
- ❖ 1 bunch kale, large stems stripped & discarded, leaves chopped
- ❖ ½ cup (or more) warm milk or cream
- ❖ fresh ground black pepper
- ❖ 5 scallions, chopped
- ❖ ¼ cup fresh-grated Parmesan (optional)
- ❖ fried sliced shallots (optional)

Put potatoes in large pot filled w/ water. Add pinch of salt. Bring water to boil & boil for 20 min, till potatoes are tender. Heat 2 tbsp olive oil in skillet on medium-high. Add garlic, kale, big pinch of salt, & sauté till just tender, ~1 min. Set aside. Mash potatoes w/ potato masher or fork. Slowly stir in milk a few big splashes at a time. Keep adding milk till you like the texture. Season w/ salt & pepper. Dump kale atop potatoes & stir quickly. Transfer to serving bowl, make a well in center of potatoes, & pour in remaining olive oil. Garnish w/ scallions, cheese, shallots. ([source](#))

For 11,494 holiday recipes, [HERE!](#) Happy Holidays! Many thanks to Aby, Mira, & the Sisters!!