



# THE RED HILL ROOT



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

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## Farm and Member News

***Crops to Anticipate***—Upcoming harvests include *kale*, *Chinese cabbage*, and....wait for it.....**TOMATOES!**



## News from the Furrow

*Mira Kilpatrick's Report*

“Really exciting news...: this week we got a walk-in produce cooler! This is a great asset to the farm. Veggies will keep much longer, wilt less, etc. Leftovers can also be stored better so that they don't go to waste.

We also have a new, full-time farm volunteer, **Josandra Ciucci**, a Bernardine Franciscan Sister who comes to us from Reading, PA. She will be living at Our Lady of Angels Convent and working with the farm crew into the fall. **Welcome Josandra!**”



[From Melinda: the Bernardine Franciscans follow the teachings not only of St. Francis and St. Clare, but also of St. Bernardine of Siena, St.

Angelina of Montegiove, and Mother Veronica Grzedowska of Poland. For more info on their order and the work they do, see [here](#). (St. Bernardine by Antonio Raggi, Chigi Chapel, Duomo di Siena, ca 1660s)]

## Tidbits—Food News

Aby shares three great articles from the PASA listserve with us. The first concerns **Ben Dobson**, a Maine farmer (so many great things happen in Maine!) who devotes his new 170-acre farm, “**Locally Known**,” to growing organic salad greens in quantity for short-distance shipping to supermarkets & restaurants on the East Coast (otherwise we're stuck w/ 3000-mile lettuce from Calif!). For the article, see [here](#); for Locally Known's blog, [here](#). Of the

impact of this endeavor, one Whole Foods manager says, “*This is absolutely huge. What Locally Known is attempting has never really been done before on the East Coast to this level.*”

The second item is about **Chipotle Mexican Grill**, a national restaurant chain that has committed to buying locally grown produce on “a significant scale.” This includes lettuces, sweet and hot peppers, & red onions. For the article, see [here](#). There's a Chipotle Mexican Grill at 4000 City Ave, Phila, PA, 19131 (215-878-0590), [here](#).

Finally, **Wal-Mart** (of all places!) is also starting to stock **locally grown produce!** It says it will purchase \$400 million worth of produce grown by local farmers within the states where it has stores. That will make it, obviously, the largest retailer of local produce in the US, perhaps the world. Probably little of it will be organic, however, and it may hurt farmers'-market businesses by buying in bulk & selling at a lower price. For the article, see [here](#); for Wal-Mart's website on its new, locavore direction, see [here](#). **Thanks for the fascinating articles, Aby!**



**Stuffed Chard Leaves**—**Thanks to Mira** for sending this along. It's from the crop list at Brookfield Farm, where Mira & Aby worked together. (See [here](#) for more recipes.)

- ❖ 1 onion, chopped
- ❖ 1 tbsp oil
- ❖ 2½ cups cooked brown rice
- ❖ 1½ cups cottage cheese
- ❖ 1 egg, beaten
- ❖ ½ cup chopped parsley
- ❖ ¾ cup raisins
- ❖ 1 tsp dill
- ❖ ¾ tsp salt [or to taste]
- ❖ 5-10 large chard leaves

Preheat oven to 350. Sauté onion. Mix all ingredients except chard. Wash & dry chard & remove stems. Place 2 tbsp filling on underside of a leaf, 1/3 way up from the bottom. Fold over sides of leaf & roll up into a square



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packet. Place seam-side down in greased casserole. Cover & bake ~30 min. Bake any extra filling w/ the stuffed leaves & serve together. *Thanks Mira!*

**Lime and Peanut Coleslaw Recipe**—Try this with the Chinese cabbage! Serves 6 as a side dish.

- ❖ 1½ cups unsalted raw peanuts [or, to make it easier, start w/ roasted nuts & skip 1<sup>st</sup> step]
- ❖ ½ of medium-large cabbage
- ❖ 1 pt cherry tomatoes, washed & quartered
- ❖ 1 jalapeño pepper, seeded & diced [or leave out or use milder pepper if desired]
- ❖ ¾ cup cilantro, chopped
- ❖ ¼ cup fresh lime juice
- ❖ 2 tbsp olive oil
- ❖ ¼ tsp (or more) salt

In skillet or oven (350), roast nuts for 5-10 min, shaking pan a bit till golden. Cut cabbage into 2 quarters & cut out core. Shred each quarter w/ a knife as thin as possible, and



make bite-sized [a mandoline makes thin slicing easier]. Combine cabbage, tomatoes, jalapeño, & cilantro in bowl. In separate bowl, combine lime juice, oil, salt. Add to cabbage & stir to combine. Just before

serving, fold in nuts. Adjust flavor. ([source](#))

**Kim Chi**—Surprisingly easy, & keeps up to a year!!!!

- ❖ 2 lbs Chinese cabbage
- ❖ salt
- ❖ 6 scallions, white & green parts finely chopped
- ❖ 4 garlic cloves, chopped finely
- ❖ 2 tbsp chopped fresh ginger
- ❖ 1 tbsp Korean chili powder, or cayenne pepper mixed w/ paprika
- ❖ 1 tsp sugar

Quarter the cabbage lengthwise, then cut each quarter widthwise into ~2-inch pieces. Pour 6¼ cups water into large bowl & stir in 3 tbsp salt till dissolved. Add cabbage & weigh down w/ a plate to keep pieces submerged. Cover & let sit for 12 hrs, stirring occasionally. Using slotted spoon, remove cabbage from bowl; reserve salted water. Mix cabbage w/ other ingredients & 1 tsp salt. Pack into clean, dry 2-quart jars. Pour in enough reserved salted water to cover cabbage. Leave a space of 1" at top of jar. Cover jar loosely w/ non-metallic lid & leave for 3-6 days, till pickle has become sour enough to suit you. Cover tightly & keep in cold dark place up to a year. ([source](#))

**Clear Soup w/ Chinese Cabbage**—Super easy!

- ❖ 4 cups vegetable stock
- ❖ ¼ tsp salt
- ❖ 2 cups cabbage, chopped into strips
- ❖ 1 lb bean curd, cut into cubes

Heat stock in pot on medium. Add salt & cabbage, cover & simmer 3 min. Uncover & add bean curd. Cook, uncovered, another few min. Eat! ([source](#))

**Kale with Cream (Irish Recipe)**—Kale is a lovely, mild-tasting green in the cabbage family, eaten since ancient times (see [here](#)).

- ❖ 1¾ lbs kale
- ❖ 2 tbsp butter [or olive oil]
- ❖ 2 tbsp heavy cream [or cashew "cream"]
- ❖ pinches of nutmeg, salt, & pepper
- ❖ 2 tbsp stock [veggie or whatever]

Wash kale & strip leaves from stalks, then plunge into boiling, salted water & cook till tender (~20 min [or less?]). Drain well & chop finely. In saucepan, combine butter, cream, nutmeg, salt, pepper; then add kale & stock. Mix well & cook till well heated, & the stock is slightly reduced. ([source](#))

**Beans and Kale**

- ❖ 4 cups cooked white beans
- ❖ lemon juice to taste
- ❖ salt, pepper, & red pepper flakes to taste
- ❖ 1 lb kale
- ❖ 4 garlic cloves
- ❖ 1 onion
- ❖ olive oil

Mix beans, lemon juice, salt & peppers together. Heat gently in lightly oiled pan & mash slightly. Chop onions & garlic. Sauté in oil till garlic is golden. Slice kale into shreds & add to onion/garlic mix. Sauté till greens are wilted. Suggested serving: mound beans atop greens.

(From *Moosewood Restaurant Cooks at Home*)



Varieties of kale ([source](#))

*"While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease."*

Genesis 8: 22