



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



“Vintage Tuesday” Is Great, but Wait Till You Try “Foolishness and Mayhem Friday”!—Coming right up, this *Friday, 5th September*, from 5:00 to 7:00, *Mary Dewitt, Champion Weeder (!), and her friend Joanne* are



sponsoring the Friday version of Vintage Tuesday! Members should feel free to bring wine, juice, glasses, napkins, and a little food to share with others. Then we just kick back and enjoy! **As Mira says, “It’s an evening of foolishness and mayhem at Red Hill Farm, which isn’t necessarily as crazy as it sounds! Share some wine/food with fellow**

members at the end of a busy workweek. Enjoy your Farm with us!” Personally I can’t wait! **Thanks to Mary & Joanne for organizing this!!**

SAVE THE DATE—18TH OCTOBER—HARVEST FEST!!!!

—Our wonderful annual Harvest Fest will start at 4:00 on Saturday, 18th October, with the feasting to begin at 5:00!!! There will be lots more info forthcoming about specifics, but for now, please circle it on your calendar!

We’ll have a sign-up sheet in the Barn, where you can note how many people will be with you and what kind of dish you’ll bring. We’d love to see you there!!!



News from the Furrow

By Mira Kilpatrick



“Basically, this week on the Farm we had the potluck [23rd Aug], which was a really nice event [see photos!]. We were hoping more people would make it out, but hopefully the Harvest Fest (Saturday, October 18th [see above]) will bring more members out. We realize a lot of people are

away in August, but we still thoroughly enjoyed ourselves and had some really delicious food. One of the highlights was Fireman Allen coming out with a fire truck for kids (and adults) to enjoy. Thanks Fireman Allen!



Left: Aby chillin n’ chatting w/ friends; right: Emily’s family (photos by Mira)



Left and right: Fireman Allen and friends (photos by Mira)



Left: Mary Dewitt, boning up for “foolishness and mayhem”!!! Right: Sr. Josandra relaxing with friends (photos by Mira)

We’ve still been plugging away at planning for fall/next season, while in the meantime staying on top of weeding, planting, and harvesting current crops. We’re also trying to utilize more row cover, to protect crops from insect damage. We realized the current bean plot is very badly infested with Mexican Bean Beetles and other insects, so on our newer succession, we’ve covered the plants with row cover to hopefully reduce the amount of damage. We’re also covering more of our brassica crops, like Chinese cabbage, arugula, & kohlrabi. Flea beetles are generally what ravage them! Cross your fingers & we’ll see what happens! Until next time, “Weed it and reap!”



Farmers: Abygail Wright and Mira Kilpatrick, awright@osfphila.org
Newsletter writer/editor: Melinda B. Parsons, m.boydp@gmail.com
<http://www.osfphila.org/red/what>
Red Hill Farm, 609 Convent Road, Aston, PA, 19014 (610) 558-6799



Labor Day & Where It Came From



Although we often think of Labor Day as the last gasp of the vacations of summer, Labor Day actually originated in 1882 as a one-day holiday for laborers who worked 7 days a week (no summer breaks!). Laborers had few rights in that period, so this recognition was welcome, reinforcing the movement toward the establishment of labor unions to protect worker rights. Though we celebrate it here in early September, most countries mark it on May Day (1st May), as “International Workers’ Day.”

Interestingly, our Labor Day was promoted by a group of very progressive *Philadelphia* tailors, the “*Noble and Holy Order of the Knights of Labor*,” founded in 1869.



They demanded “*an end to child and convict labor, equal pay for women [how bizarre that it’s still an issue today!], a progressive income tax, and the cooperative employer-employee ownership of mines and factories.*” ([source](#))

Perhaps you’ve heard of *Mother Jones* (a fairly radical, political magazine—see [here](#))? It was named after a [real](#) feminist, the fascinating,

Irish-born *Mary Harris Jones, known in the labor movement as Mother Jones*, who recruited thousands of women to join the Knights of Labor (see image; [source](#)). So active was she in the worker-rights and social-democratic movements that the government dubbed her “the most dangerous woman in America.” In [her](#) famous words, “*Pray for the dead, and fight like hell for the living!*” Carl Sandburg even suggested that the “She” in *She’ll be Comin’ Round the Mountain* was Mother Jones, in her efforts to unionize Appalachian miners. My hero! (For more see [here](#) and [here](#).)

Zucchini Chips (Dried Zucchini)—If you’re looking for ways to preserve produce but don’t have enough freezer space, try drying! Any kind of summer squash can be dried, though with zucchini, avoid those larger than about 12”, as the seeds in larger ones get too tough. The

cheapest way to dry squash is in the sun, and the sunny *dry* days we have now are perfect (low humidity is essential). Slice your squashes thin (1/16th to 1/8th thin). Lay them out in single layers on clean window screens, or on cheesecloth taped tightly across the open tops of cardboard boxes (that’s what I’m trying). Place in sun, with a layer of cheesecloth covering them (to keep bugs off). Bring in at night. It probably will take several days for complete drying, but it really boosts the flavor of summer squash, as you’re getting rid of the 94% water content that makes them somewhat tasteless. For higher-tech methods with dehydrators or ovens, see [here](#) or [here](#). That first link also has recipes using dried zucchini. Similar methods can be used with other veggies (see [here](#) & click on the letter of the food or method you want).



Chard with Butter, Garlic, Onion, Apricots, & Almonds—serves 2-4 people; from the Sisters’ website!

- ❖ 1 bunch Swiss chard
- ❖ 1 tbsp unsalted butter [or oil]
- ❖ ¼ large onion, chopped
- ❖ 1 large clove garlic, minced
- ❖ ¼ cup white wine
- ❖ 2 tbsp minced dried apricots
- ❖ 2 tbsp chopped almonds, lightly toasted
- ❖ salt & pepper to taste

Remove and chop chard stems. Add to boiling, salted water (w/ ½ tsp baking soda to help retain veggie color). Meanwhile finely chop chard leaves by rolling them “cigar”-style & slicing finely w/ sharp knife. Hold knife at 90° angle & cut these slices into thirds or quarters. Add leaves to boiling stems & cook 2 min, stirring to assure even cooking. Drain in colander & spread out to aid prompt cooling. Melt butter [or heat oil] on medium-low. Gently cook onion & garlic, stirring. Increase heat to medium-high, add wine & apricots, and deglaze pan [that’s using liquid to remove cooked-on solids from a pan]. When fruit swells slightly, add chard, mix well, & season to taste. Sauté for a minute or two. Before serving, mix in almonds. ([source](#))

Baked Brie with Peaches—serves 8-10

- ❖ 8-oz round of Brie cheese
- ❖ 2 tbsp raspberry preserves
- ❖ 1 cup diced, peeled [or not], fresh peaches
- ❖ 1 tbsp brown sugar

Preheat oven to 400. Put Brie in small, shallow baking

dish. Spread preserves evenly over cheese & top w/ peaches. Sprinkle w/ brown sugar. Bake 10-12 min, till cheese softens. Serve w/ crackers. ([source](#)) Try Nancy Bernhardt's peaches for this!



([source](#))

Artichoke-Green Bean Salad (only 3 ingredients!)

- ❖ ½ lb fresh green beans, trimmed
- ❖ 8 oz jar marinated artichoke hearts
- ❖ ½ cup chopped, unsalted pistachios

Cook green beans in boiling salted water to cover, in unlidged pot, for 4-5 min, till crisp-tender. Drain in colander & immediately run cold water over beans. Drain again. Drain artichokes, reserving liquid, & coarsely chop. Combine all ingredients in bowl, season to taste w/ salt & pepper, toss gently, & chill 2 hrs before serving. ([source](#))

Pasta w/ Shredded Vegetables & Lavender

- ❖ salt & fresh-ground black pepper
- ❖ 1 medium to large zucchini
- ❖ 1 medium carrot, peeled & trimmed
- ❖ 1 red bell or Italian-roasting pepper, cored
- ❖ ¼ cup olive oil
- ❖ 2-3 cloves crushed garlic
- ❖ several lavender leaves or flowers, or both (or use rosemary)
- ❖ 1 lb pasta like penne or farfalle

Bring a large pot of water to a boil & salt it. Shred veggies, using food processor, grater, or knife. Put oil in large skillet on medium & add garlic. When it starts to brown, stir & add veggies. Sprinkle w/ salt/pepper, add a bit of lavender [I assume he means chopped] & cook, stirring a bit, till veggies barely soften, ~5 min. Meanwhile, cook pasta till barely tender, less cooked than it would be to serve. Drain, reserving some cooking water. Add pasta to veggies & continue to cook, adding cooking water as necessary to keep mix moist. Taste, & add more lavender to taste [a little goes a long way!]; it should be distinctive but not too strong. When pasta & veggies are tender but not mushy, adjust seasoning for salt/pepper, garnish w/ lavender flowers, & serve. ([source](#))

Mediterranean Cucumber & Yogurt Salad—This is vegetarian; see below for vegan version.

- ❖ 1 medium cucumber, finely chopped or grated
- ❖ salt
- ❖ 2 cup drained yogurt [or use bought Greek yogurt]
- ❖ 2-3 garlic cloves, mashed to paste w/ ¼ tsp salt
- ❖ 2 tbsp chopped fresh mint (or more to taste)
- ❖ pepper
- ❖ 2 tbsp olive oil (optional)

Toss cucumber w/ generous amount of salt & let wilt in colander for 15-30 min.



Rinse & drain on toweling. Beat together yogurt, garlic, mint, oil, & salt/pepper to taste. Stir in cukes. Adjust seasonings & serve. To serve as a soup, put a couple

ice cubes in each of 4 to 6 bowls; thin out yogurt mix w/ a little water & serve on ice. ([source](#))

Mediterranean-Style Cashew-Cucumber Dip—serves 6

- ❖ 1 lb seedless cucumber, peeled & grated [~1 & 2/3 cups total; you can use seeded cukes, but remove seedy part before grating]
- ❖ 1 cup raw cashews
- ❖ 2 large garlic cloves
- ❖ 1 tbsp olive oil
- ❖ 1 tsp dried oregano (or 2-3 tsp chopped fresh)
- ❖ ½ tsp salt & pinch of pepper
- ❖ 3 tbsp lemon juice
- ❖ 1 tbsp chopped fresh dill (optional)
- ❖ kalamata olives for garnish

Squeeze handfuls of grated cuke over bowl to remove as much juice as possible. Set juice aside & put cukes in bowl.



Combine cashews, lemon juice, half of cukes, garlic, oil, oregano, salt, & pepper in food processor. Blend till creamy, scraping sides of processor often. Add 1-3 tbsp reserved

cuke juice to sauce. Final consistency should resemble a not-too-thick hummus. Scrape into medium bowl & stir in remaining cukes & chopped dill. Cover & chill till ready to use. To serve, garnish w/ a drizzle of olive oil & a few kalamata olives. (Moskowitz and Romero, *Veganomicon; the Ultimate Vegan Cookbook*, 2007)

"I hope to live long enough to be the great-grandmother of all agitators."
Mother Jones