



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



Arm Rasslin' with Yellow Jackets!!!—Well, I managed to pick my raspberries this past week, but only by (very carefully) wresting them away from the yellow jackets eating them. As Mira would say, “The nerve!!!” Adults should be careful among the raspberries and may want to keep kids away from those rows until the “jackets” are gone— That’s the good news, that the season for yellow-jacket activity is rather short, in early autumn.



Above is a yellow jacket (photo credit, and more info on yellow jackets). They differ from honey bees both in their smooth yellow and black abdomen and very aggressive behavior. They can sting repeatedly, though it’s only harmful if you are allergic or get many stings at once.

News from the Furrow

By Mira Kilpatrick



“On Wednesday, Emily, Marcy, Aby and I all drove up to Stroudsburg, PA, for a tunnel-building workshop. Tunnels, or hoophouses, are essentially passively heated greenhouses, meaning they are heated by the sun [with] no additional heat sources. They are useful in extending the growing season, both in early spring and late fall. It was so beautiful up there, and we had a really nice day. We were working to help a woman who runs a small CSA put up a tunnel on her farm. The reason we all wanted to go is because we’re going to be moving one of ours this year, so we wanted to see and participate in the process. While we were unable to get as far as putting the plastic on, or building end walls, it was still a beneficial trip. Over the next couple of months, you’ll see us slowly tackling the big project of moving our second tunnel.” *Thanks Mira!*

Weather Prediction by the Saints

I find it interesting how many saints’ days are associated with weather wisdom or prognostication. Such is the case, for example, in Pennsylvania-German lore about the Virgin Mary (see here). This coming Sunday, the 21st, is

St. Matthew’s Day, the patron saint of bankers and tax collectors (he was a tax collector before being called to apostleship by Jesus [in Caravaggio’s painting, Matthew is the man in the dapper black hat and Jesus the right-most figure (picture credit)]). In England Matthew’s day is linked with weather lore, as in this poem: “*St. Mathee, shut*



up the bee; St. Mattho, take thy hopper and sow; St. Mathy, all the year goes by; St. Mathie sends sap into the tree; and St. Matthew brings the cold, rain, and dew.” Not great poetry (!), but a nice example of a seasonal folk tradition. (D. Spicer, *Yearbook of English Festivals*, 1954)

Artisanal, Local Wheat Revival!

As they’ll tell you at Tyler Arboretum, Pennsylvania used to be among the premier wheat-growing regions in the US. But after the Erie Canal was completed in 1825, it was cheaper to grow wheat on huge farms in the Midwest and ship it east by barge. And grain-growing has remained in the Midwest until recently. A *New York Times* article (see here) notes the revival of wheat-growing in the old, traditional areas of the country, including Pennsylvania.



According to the *Times*, “In 2002, McGeary Organics... bought a mill built in the 1740s in Annville, PA, and resurrected the venerable Pennsylvania pastry flour known as *Daisy Flour*, milling local soft wheat. ‘In the 1800s, if you were a self-respecting housewife in Lancaster, PA, you couldn’t operate unless you had *Daisy Flour* in your cupboard,’ says...the company’s President. ‘We’re all romantics, and that’s part of the reason we do this....’ Mr. Earnhart, the farmer, hopes local wheat will catch on, but he’s also apprehensive. Greater demand



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might bring calls for greater standardization....He doesn't want to end up on the same path as large-scale wheat producers." (See [here](#) for Daisy Flour and image credit.)

Lemony Chickpea Stir Fry—serves 2-4

- ❖ 2 tbsp olive oil
- ❖ fine-grain sea salt
- ❖ 1 small onion or 2 shallots, sliced
- ❖ 1 cup cooked chickpeas
- ❖ 8 oz extra-firm tofu
- ❖ 1 cup chopped kale
- ❖ 2 small zucchini [or other summer squash], chopped
- ❖ zest & juice of ½ lemon

Heat 1 tbsp of olive oil in large skillet on medium-high & stir in big pinch of salt, onion, & chickpeas. Sauté till chickpeas are deeply golden & crusty. Stir in tofu & cook just till tofu is heated thru, ~1 min. Stir in kale & cook 1 min more. Remove all from skillet onto plate & set aside. In same skillet, heat remaining olive oil, add zucchini & sauté till it starts to take on a bit of color, ~2-3 min. Add chickpea mix back to pan & remove from heat. Stir in lemon juice & zest, taste, & adjust seasoning if needed. Serve family style from platter. ([source](#), a great site!)

Late Summer Minestrone—4-6 servings

- ❖ ¼ cup olive oil
- ❖ 1 medium onion, chopped
- ❖ 2 carrots, cut in ½" dice
- ❖ 2 summer squash, cut in ½" dice
- ❖ 1 cup fresh corn, cut off the cob (~2 ears)
- ❖ 1 cup fresh green beans, cut in 1" pieces
- ❖ salt & fresh-ground black pepper
- ❖ 1 cup cored, chopped tomatoes (any kind)
- ❖ ½ cup chopped basil leaves & more for garnish
- ❖ freshly grated Parmesan cheese for serving

Put 3 tbsp oil in large, deep saucepan on medium-high.



When hot, add onion, carrots, & squash. Cook, stirring, till onion softens & veggies begin to caramelize, ~10 min. Add corn & beans; sprinkle w/ salt/pepper.

Cook, stirring, 1-2 min, then add 6 cups water & tomatoes; bring to boil, then lower heat till mix bubbles gently.

Cook, stirring a bit, till veggies are fairly soft & tomatoes broken up, ~15 min. Add ½ cup basil & let mix simmer till veggies are very tender, 5-15 min longer. Taste, adjust seasoning, drizzle w/ rest of olive oil, & serve, passing cheese and extra basil at table. ([source](#); photo by E. Sung)

Chard and Ravioli—4 servings

- ❖ 2 lbs chard, leaves cut in 1" ribbons & stems diced
- ❖ 2 tbsp olive oil
- ❖ 2 garlic cloves, minced
- ❖ 1 shallot [or small onion], minced
- ❖ pinch of crushed red pepper flakes
- ❖ salt & black pepper
- ❖ 1 pkg (30 oz) frozen ravioli of your choice
- ❖ ½ cup grated Parmesan



Bring large pot salted water to boil. Add chard stems & boil 2 min. Add leaves & boil till just wilted, ~30 sec. Remove chard w/ slotted spoon; drain well. Bring water back to boil. Heat oil in large skillet on medium-high. Add garlic, shallot, red pepper & sauté ~1 min. Add chard to skillet & sauté ~3 min. Season w/ salt & pepper. Add ravioli to boiling water, turn down, &

simmer (do not boil) till ravioli are cooked & rise to surface, ~5 min. Drain well. Combine ravioli & chard in serving bowl & toss together. Sprinkle w/ some Parmesan & toss again. Sprinkle remaining Parmesan on top & serve. (Chesman, *Serving Up the Harvest*; photo of Mira, Josandra, and Chards by Mary DeWitt—*thanks Mary!*)

Sautéed Leeks w/ Chickpeas—6 servings

- ❖ 2 lbs leeks, white & light green parts, cut into 2" pieces, each one sliced lengthwise
- ❖ ¼ cup olive oil
- ❖ 1 slice pancetta, ½" thick, or ¼ lb regular bacon, or ¼ lb vegan "bacon"
- ❖ 1½ cups cooked, drained chickpeas

Soak leeks in cold water at least 20 min. Drain well.



Combine oil & pancetta [or bacon or vegan bacon] in large skillet on medium. Sauté till browned. Add leeks & 3 tbsp water. Cover & reduce heat to low. Cook till leeks become soft & almost creamy, ~30 min; stir a bit, adding 1-2 tbsp water as necessary to replenish liquid in pan. Add chickpeas,

mixing them in well. Season w/ salt & black pepper. Cover, increase heat to medium & cook 10 min more, stirring a bit to keep leeks from sticking. Add water if necessary. Transfer to serving plate. ([source](#)) (Photo of famed anthropologist "Mary Leek," fresh from a "dig," by Mary DeWitt—*thanks so much Mary—love your humor*)