



# 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



**Member Survey**—Aby and Mira would like you to know that they'll be putting out *member forms and surveys* in the Barn next week, so you can give feedback, as well as renew your membership for next year. Stand up, be counted, and have your say!

**Sweet, sweet potatoes!**—The sweet potatoes are here for those folks who preordered them from the off-Farm products list this past spring. There's a checklist for those who don't remember (like *moi!*). You can pick up the sweet potatoes from the wagon in the Barn. Each person who preordered gets one box. [Photo: *Oh me, oh my, sweet potato pie!* ([credit](#))]



**"Hacking into Basil"**—Yes, folks, you have the farmers' permission to *hack into those rows of basil* and take as much basil as you want, even pull out whole plants! As Mira notes, it's getting even colder, so you may want to get basil while you can! It's up by the high tunnels.

**All Points Bulletin: Cheese and Milk!**—Yes, it's true, we missed the last cheese and milk delivery. The farmer arrived late, and the gate was locked, so they've added an additional delivery to the end of the season (whew, we \*love\* that cheese!). The next milk delivery is this week, on 9<sup>th</sup> October.

## News from the Furrow

By Mira Kilpatrick



"Not much going on this week, lots of office work and planning. HOWEVER, we have had some of OUR BIGGEST HARVESTS YET, which is really fun and exciting! We actually harvested for about 4 hours on Monday and 4 hours on Tuesday for Tuesday's harvest! Friday looks like it will be the same! It feels really good to be offering this much when everyone keeps asking if we're slowing down. NOT YET!

Also, the Philabundance drop-off went well again.... This time I weighed everything, and it came to just over 200 pounds. What a significant contribution we made in just two weeks of donating. Unfortunately the radio station wasn't there, so I couldn't put in a good word for the Farm. *C'est la vie!*" **Thanks Mira!**



Philabundance truck—for more about Philabundance, our region's largest hunger-relief organization, see [here!](#)

## Drying Herbs for the Winter

Running out of freezer space? (I am!) Don't know how to can? (I don't.) But you'd like the flavors of summer in your winter cooking? Try drying your herbs! The easiest,



cheapest way to dry herbs is to collect a bunch, rinse them in cool water, shake water off, then tie the stems together in a bundle and hang up inside the house, out of the sun.

Depending on the herb, they will dry in a couple days to a week or so. This method is best with sturdy herbs with relatively low moisture content: rosemary, thyme, dill, parsley, sage, savory, marjoram, oregano, and others. ([photo credit](#))

Herbs with higher moisture content—such as basil, tarragon, lemon balm, mint and some others—do better if they're dried faster than simply hanging them will do. You can use a dehydrator, if you have one, or oven-dry on very low heat, with the herbs spread out on a cookie sheet. You want to be careful that you don't actually cook the herbs, or you'll lose flavor & nutrients. For lots more info on herb drying, you can check [here](#), [here](#), and [here](#). If you'd like to learn how to can produce, here's the place to start, the [National Center for Home Food Preservation](#). They also have reliable info on drying, freezing, curing & smoking, fermenting, pickling, making jams, and so forth.



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**Oriental Cabbage Salad Recipe**—This was sent by member Stacey Wieland. Aby says Stacey brought this to the potluck a few weeks ago, and that everybody loved it!

***Thanks Stacey!!!***

- ❖ 1 head Chinese cabbage (Stacey says you also can use regular cabbage or even 1 lb cole slaw mix)
- ❖ 6 green onions, sliced
- ❖ ½ cup almond slices
- ❖ ¼ cup sunflower seeds (or you can use all almonds or all sunflower seeds, as preferred)
- ❖ 1 or 2 packages Ramen noodles
- ❖ ½ cup oil
- ❖ ½ cup sugar
- ❖ ¼ cup vinegar
- ❖ 2 tbs soy sauce



- ❖ seasoning from the noodles

Chop your cabbage and mix cabbage and green onions. Break up noodles and toast along with almonds and sunflower seeds [in a dry skillet, stirring often till golden brown]. Set aside. Mix well the oil, sugar, vinegar, soy sauce, & seasoning from the noodles and add to cabbage. Just before serving, add noodles, almonds, & seeds. This salad does \*not\* keep well b/c the noodles get soggy. [From Melinda—according to the *Dallas News* ([here](#)), ***bok choy*** (which we also have now) is another type of Chinese cabbage that can be substituted, sliced, in any recipe like this one for Oriental cabbage salad.]

**Shrimp Stir-Fry w/ Chinese Cabbage, Carrots, & Broccoli (or Broccoli Raab)**—serves 2; you can double recipe; also substitute chicken tenders or tofu for shrimp

- ❖ 1 tbs peanut oil
- ❖ 1 tsp chopped garlic
- ❖ 1 tbs freshly grated or chopped ginger
- ❖ 1 cup thinly sliced Chinese cabbage or bok choy
- ❖ 1 cup thinly sliced carrots
- ❖ 1 cup broccoli florets, cut in small pieces, or same amount chopped broccoli raab
- ❖ 1 lb shrimp, peeled & deveined [or sub. chicken tenders, chopped in bite-size pieces, or tofu]
- ❖ fresh ground black pepper
- ❖ ¼ cup light soy sauce

Heat oil in large skillet or wok on medium-high heat. Add garlic & ginger & stir 30 seconds. Turn heat to high, add cabbage, then carrots, then broccoli, then shrimp, stirring quickly after each addition. Season w/ pepper, add soy sauce, & cook till shrimp is cooked & opaque. ([source](#))

**Kohlrabi & Squash Empanadas**—Can be made as here, or you can add boneless chicken pieces to the filling, or the veggie filling can be served on its own as a side dish!

- ❖ 3 cloves garlic, minced
- ❖ 1 inch fresh ginger, peeled & grated
- ❖ 2 medium kohlrabi, peeled & cut in small cubes
- ❖ 1 large summer squash [or 2 small], cut in small cubes
- ❖ 2 large scallions, white & green parts, chopped
- ❖ 1 radish, minced
- ❖ 1 tbs olive oil
- ❖ 1 tbs butter
- ❖ salt, pepper, & dash of grated nutmeg
- ❖ 1 box pre-made piecrust, or 1 batch homemade (I think she means enough for a double crust)
- ❖ 1 egg

**For filling:** In skillet, heat oil & butter on medium heat.

Add garlic & ginger to brown. Add kohlrabi cubes & some salt & pepper. Toss well & cook 3-4 min, till kohlrabi are softening a bit. Add squash cubes & cook 4 more min. Add scallions, radish, nutmeg, & more salt/pepper to taste. Mix well & cook 1 min, then take off heat & set aside to cool. **For crust:** Roll out dough a bit thinner than pie crust usually is. Using a cereal bowl or large cookie cutter, cut ~6" circles from dough. You should get ~15 circles. Preheat oven to 425 & line cookie sheet w/ parchment paper [available at cooking stores & upscale supermarkets]. Prepare egg wash by beating egg



w/ 1 tsp water & set aside along w/ small bowl of water. **To make empanadas,** spoon ~1 tbs filling into center of dough circle. Dip your finger in water & run it around outside edge of dough. Fold dough over filling to make half-

circle. Press down edges, then carefully pick up and pinch edges to seal tightly (or use fork to crimp edges). Repeat above process to fill all dough circles, laying them on



lined cookie sheet when done.

W/ fork, prick tops once & brush w/ egg wash. Bake 8 min, then turn over. Bake another 5-7 min, till golden brown & flaky. Best served immediately. YUM-OH!!!

(From a great site, "Straight from the Farm"—[here](#))

***"Joy is an act of resistance."***

Marianne Pearl, wife of slain journalist Daniel Pearl