



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

There's some repeat information in this *Root*, to allow time for new members to get their mailings and catch up with what's happening (and time for old members to catch their breath and read the announcements)!

The Farm Starts NOW!!!!—**The first pickups are this week, Tuesday the 3rd and Friday the 6th, from 1:00 pm to 7:00 pm** each of those days, and each Tuesday and Friday from now until the end of the season. Please come on the day you selected at our spring meeting. If you can't remember what day, email Aby at awright@osfphila.org.

Farm Orientation and Remaining Payments—All new members **MUST** have a Farm orientation at their first pickup!!! And **all members who still have money due on their share(s) must pay the remainder at the first pickup**. We're set up to accept checks or cash. Someone will be in the Barn for payments, and experienced Farm members will do the orientations, which take about 30 minutes—**please allow extra time for orientation if you're a new member!** Thanks! Also, if you share a share, all shareholders must have an orientation. Finally, **all members (new and old) please pick up a new Red Hill Farm Handbook** in the Barn. They explain new policies, new contact information, and so forth. Thank you!!!

Critter Traps—We've caught four groundhogs in the last 2 weeks, which is great! But they've damaged some of our fields, so we need to keep working on this. If you have or can get a humane trap (raccoon-size or larger) that we can borrow, we'd really appreciate it. You can drop them off at the Farm any time the gate's open—be sure to put your name on them, so we can return them properly. Thanks!

Buckets—We need 30-50 food-grade, 5-gallon buckets to use in harvesting crops for you! If you have any, or could ask your favorite restaurant, food shop, Dunkin Donuts, Starbucks, whatever (!) to donate some to the Farm, it would be fabulous! And if you can drop them off at the Farm, that would be even "fabulouser"! Thanks so much!

Crops to Anticipate—Look forward to fresh spring veggies at first pickup: **arugula, broccoli raab, chard, pea shoots, radishes, and turnips!** Plus, some of the U-pick perennial herbs are ready (but please don't pick those without a label—they're too young yet).



Swiss Chard leaves—chard is related to beets!

Recipes—I'm thrilled that two people have contributed recipes for the *Root*! I hope more of you will too!—you can email them to me, Melinda, at m.boydp@gmail.com.

Off-Farm Products—Off-Farm products are available to those who preordered them at our February meeting. (If you're a new member, you'll be able to order next year!) **Chicken & eggs** will come every two weeks on Tuesdays, starting 10th June. Friday pickup people, please wait till Friday to get your chicken/eggs. They're so fresh that they keep beautifully in our Farm fridge till you pick them up that week. **Cheese** shares are once a month, June thru October on Thursdays, beginning 12th June. **Raw milk** comes every two weeks, June thru Oct, also starting 12th June. **Corn** will begin mid-July; we'll let you know when as soon as we know. And (you did **not** have to preorder this), we'll have **fresh asparagus** for sale in the Barn, at \$2.20 lb, for the first three weeks (weeks of 3rd, 10th, 17th).

Lots of Planting is Done—Aby & Mira tell us that thanks to all the help from our workshares, as well as member volunteers, we've gotten a huge amount of planting done—tomatoes, cucumbers, squash, lettuces, greens, onions, & more are in the ground! Good eats ahead!

Workshares & Volunteers—Yes, May was a great month for planting! Hence June is a month of weeding, and we would SOOOOOO appreciate it if both the work-shares and willing member volunteers could pitch in to make this a truly great season! It takes a LOT of weeding to keep weed pressure off all the wonderful crops planted! If you can volunteer, email Aby (awright@osfphila.org) or just stop by the Farm any time between 8:00 am and 4:00 pm on weekdays, or Saturdays, 9:00 am to 1:00 pm.



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Food Crisis Complexities

The world food crises mentioned in the last *Root* (see [here](#), p. 5, or [here](#) for original source) are so complex and multifaceted that it's quite difficult to unravel them. On one hand, writers like BBC's Jeremy Cooke (see [here](#)) ask if genetically modified (GM) foods might solve the food crisis, claiming that GM foods and other aspects of the so-called "Green Revolution" (see [here](#)) increase food yields, and further, that "There have so far been no reports of the environmental or human health disasters...we were all warned about [by activists vis-à-vis GM foods]." Clearly Cooke hadn't read the earlier report of his fellow BBC writer David Loyn, whose shocking "*Punjab Reaps a Poisoned Harvest*" ([here](#)) describes rocketing cancer rates in Punjab, India, one of the first areas to embrace the Green Revolution. As well, Loyn notes that in GM, Green-Revolution farming, yields dwindle inexorably as pests become resistant to the pesticides GM crops need.

There also are many economic/political aspects of current food crises. For two critical essays, see Geoffrey Lean, "*Multinationals Make Billions in Profit out of Growing Global Food Crisis*" ([here](#)) and Raj Patel, "*New Green Revolution and World Food Prices*" ([here](#)). Patel draws an especially interesting contrast between northern industrial "perpetrators" and the "Global South" as the "victim" the Green Revolution was designed to control.

Mira's Radish & Turnip Greens Soup—Thanks to our assistant farmer *Mira Kilpatrick* for this great way to use the *whole* radish and turnip, & not just the roots!

- ❖ 1 bunch radish greens, washed well
- ❖ 1 bunch turnip greens, washed well
- ❖ 3 medium scallions, washed, roots removed
- ❖ 2 medium potatoes (3/4 to 1 lb total)
- ❖ 1 tbsp oil
- ❖ ½ tsp sugar or honey
- ❖ 3 cups veggie broth
- ❖ salt, pepper, & nutmeg to taste
- ❖ 7 radishes and/or turnips for garnish (optional)

Peel & thinly slice potatoes. Coarsely chop scallions. Heat oil in saucepan on medium. Add greens, scallions, & potatoes, tossing till leaves wilt. Add sugar or honey & 2½ cups broth. Simmer, covered, on low till potatoes soften, ~20 min. Purée in blender (or use immersion blender) & return to pot, adding broth for desired thickness. Season to taste & add diced radishes or turnips for garnish. Good eats! Thanks Mira!



Swiss Chard & Leek Tart—This & the next recipe (both from *Bon Appétit*) were sent by *Christine Baer*—*thanks!*

- ❖ 1 sheet frozen puff pastry (half of 17.3 oz pkg), thawed
- ❖ 3 large leeks (white & pale green parts), chopped
- ❖ 1 tsp dried thyme
- ❖ ½ bunch Swiss chard, ribs removed, leaves chopped (~2½ cups)
- ❖ ¼ cups whipping cream
- ❖ 3 large eggs plus 2 large egg yolks
- ❖ 1 tsp salt, ¼ tsp pepper, & pinch of nutmeg

Roll out pastry on floured surface to 12" square. Transfer to 9" glass pie plate. Trim overhang to 1", fold under, crimp edges. Cover & chill. Melt butter in large nonstick skillet on medium-low. Add leeks, thyme, & a little salt/pepper; cover & cook till leeks are tender but not brown, stirring, ~10 min. Add chard; sauté till wilted, ~2 min. Remove from heat & cool. Position rack in bottom 1/3 of oven; preheat to 425. Whisk cream, eggs, yolks, salt, pepper, & nutmeg; add cooled leek mix & pour into crust. Bake 15 min, reduce heat to 350, & bake till filling is puffed & just set in center, ~15 min longer. Cool 10 min on a rack & enjoy! *Thanks Christine!*



Halibut Wrapped in Chard w/ Lemon/Thyme Butter

- ❖ 1 stick butter, room temp
- ❖ 1 tbsp fresh lemon juice
- ❖ 1 tbsp chopped fresh thyme
- ❖ 1 tbsp chopped fresh chives
- ❖ 2 tsp grated lemon peel
- ❖ 4 very large chard leaves, halved lengthwise & stems removed
- ❖ 4 one-inch thick halibut fillets (6-8 oz each)
- ❖ 4 lemon slices

Preheat oven to 450. Blend butter, lemon juice, herbs, & lemon peel in small bowl; season w/ salt/pepper to taste. Put four 12" squares of foil on work surface. Overlap center edge of 2 chard halves on each square. Sprinkle fillets on each side w/ salt/pepper & spread w/ some lemon butter. Top each w/ lemon slice. Put 1 fillet crosswise on widest part of chard; fold bottom of leaf over fillet & continue to roll up (sides will be open). Enclose each wrapped fillet in foil. Arrange packets on rimmed baking sheet; bake till fish is just opaque in center, 12-14 min. Transfer packets to plates, open foil, & serve. *Christine made this w/ sole & says any mild-flavored fish will work.*