



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

IMBY Misty Hollow September Workshop—Sally and Jim Hammerman, who run the In My Back Yard CSA in Westtown, have sponsored a series of garden/CSA-related workshops through the summer. Their September “Make and Take” workshop focuses on making *Balms, Teas, and Vinegars*, culinary and medicinal. The workshop features reusable teabags, common remedies and beauty lotions, and vinegars for health and flavor! It’s **Saturday, 8th September, from 10:00am to 1:00pm**. Cost is \$35 for the first adult, and \$10 for the adult’s partner. But we **Red-Hillers get a discount too!** There’s still time to sign up: 610-455-0981, or you can email them at IMBYmistyhollow@mac.com. The location is 1020 East Street Rd (Rt 926), Westtown, PA, 19395. (See map [here](#).)

Peace Rally—This is your chance to protest the Iraq war in a peaceful manner. Friday, 7th September, the **Rally and Concert for Peace will take place on the Plum Street Mall in Media, starting at 7:30pm**. It’s part of “24 Hours for Peace,” sponsored by Delaware County Wage Peace and Justice. See [here](#) for the full announcement and downloadable flyer, and [here](#) for their new website. The Rally and Concert features speaker Steve Mortillo of Iraq Veterans Against the War; poetry by Voices of a Different Dream and Laurie Pollack; and music by Erik Petersen of Mischief Brew, and Tom Mullian and Friends.

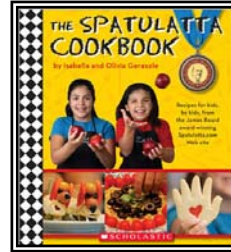


Volunteering, Anyone?—Coming into the season where summer and autumn produce overlap, ***we sure could use any volunteer help we can get***—especially in the mornings on harvest days (Tues & Fri), but anytime would be great. Email Amy: ajohnson@osfphila.org. Thanks!!!

Cool Kids Cooking!!

Check out the two cool girls who designed and founded www.spatulatta.com, a cooking website for kids! Isabelle and Olivia Gerasole not only are cooks and webmeisters,

but they are the youngest winners ever of a prestigious James Beard Foundation award, at the ages of 10 and 8!! Wow, way to go! Their website is full of cooking ideas for kids, including unusual ones, like foraging wild foods, with instructions on how to forage and recipes for Lambs’ Quarters Quiche, Day Lily Stir-fry, Purslane and Bean Salad, and Jerusalem Artichoke Soup! They’ve just published ***The Spatulatta Cookbook*** (Scholastic, 2007) and are working on a new television series for PBS! How inspirational for other budding young chefs! And, you can have fun cooking with your own kids! Also check out fun educational activities on the James Beard Foundation’s “*Taste America for Kids*” (see [here](#)).



Fresh Okra Muffins—these might appeal even to okra-haters! Makes 1½ doz.

- ❖ 2 cups self-rising cornmeal
- ❖ 1 tbsp sugar
- ❖ ½ tsp salt
- ❖ ¼ cups milk [or substitute]
- ❖ 2 large eggs, lightly beaten
- ❖ ¼ cup oil
- ❖ 1 tsp Worcestershire sauce
- ❖ ¼ tsp hot sauce
- ❖ 2 cups sliced fresh okra [pick them while they’re young and smallish, for best results], ~ ½ lb
- ❖ ¼ cup chopped onion

Combine first 3 ingredients in bowl; make a well in center of mixture. Combine milk & next 4 ingredients; add to dry ingredients, stirring till just moistened. Fold in okra & onion. Grease muffin pans, & place in 400° oven for 5 min. Quickly spoon batter into prepared pans, filling each 2/3 full. Bake at 400 for 20 min or till lightly browned. Remove from pans immediately. ([source](#))

Creole Okra & Tomatoes

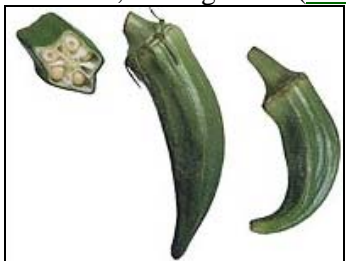
- ❖ ½ cup butter or oil
- ❖ 1 large onion, minced
- ❖ ½ green pepper, diced
- ❖ 1 qt. sliced okra
- ❖ 4 tomatoes, coarsely chopped



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Melt butter (or heat oil) in large pot; add onions & sauté on medium heat till transparent. Add peppers, okra, & tomatoes & season w/ salt/pepper to taste. Lower heat, cover, & simmer 20 min, stirring a bit. ([source](#))



Okra, whole & cut in cross-section (the proper way to slice it)

West African Lemony Chicken-Okra Soup—serves 4-6

- ❖ juice of 2 lemons
- ❖ 6 cups chicken or veggie broth
- ❖ 3 tomatoes, peeled [or not] & chopped
- ❖ 2 cups sliced okra
- ❖ 2 tsp salt [or to taste]
- ❖ ½ tsp chili pepper
- ❖ one 2½ lb chicken [could use chopped tofu or other vegan substitute]
- ❖ 1 large onion, peeled & chopped
- ❖ 1 can tomato paste
- ❖ 1/3 cup uncooked long-grain rice
- ❖ ¼ tsp pepper
- ❖ 1 tsp ground turmeric

Cut up chicken & rub lemon juice over pieces. Put chicken in large kettle w/ broth or water. Bring to boil, lower heat, & cook slowly, covered, 12 min. Add remaining ingredients & continue cooking slowly ~30 min, till chicken & rice are tender. Remove chicken pieces & debone. Cut chicken into small pieces & return to kettle. ([source](#))

Summer Vegetable Skewers w/ Cumin Butter—serves 2; can be doubled or tripled

- ❖ 2 small bell peppers, cut into 1½ " squares (different colors if possible)
- ❖ 2 small ears fresh corn, husked & cut into 1" rounds
- ❖ 6 tbsp butter [or oil]
- ❖ 3/8 tsp ground cumin
- ❖ ¼ tsp dried red pepper flakes
- ❖ salt & pepper
- ❖ 1½ tbsp chopped fresh cilantro

Prepare barbeque grill on medium heat. Alternate veggies on 4 skewers. Mix melted butter [or oil] w/ cumin, red pepper flakes, salt/pepper in small saucepan. Remove

from heat & stir in chopped cilantro. Arrange skewers on grill & brush w/ some flavored butter [or oil]. Grill till veggies are crisp-tender & beginning to char, turning & basting occasionally, ~15 min. Remove from grill & brush again w/ flavored butter/oil. (*Bon Appétit's Time-Saving Recipes from the Weekday Cook*, Los Angeles, 1989)

Grilled Potato & Bell Pepper Packets—2 servings; can be doubled or tripled

- ❖ 3 medium potatoes, unpeeled, thinly sliced
- ❖ 1 medium bell pepper, cut in thin strips
- ❖ 6 garlic cloves, peeled
- ❖ 4 shallots, peeled & halved lengthwise
- ❖ 3½ tbsp olive oil
- ❖ 1½ tsp minced fresh sage
- ❖ salt & pepper

Prepare barbeque grill on medium-high heat. Grease 2 large sheets heavy-duty foil. Combine all ingredients in bowl & toss. Divide between foil sheets. Seal packets tightly. Place packets on edge of grill rack [you can be cooking something else in the middle], cover grill, & cook till potatoes are tender, 30 min. (*Time-Saving Recipes from the Weekday Cook*)

Pasta with Garlic Sauce, Cantina d'Italia—serves 4-6

- ❖ **60** cloves of garlic [WOW!!!]—but the cooking makes the flavor much milder
- ❖ chicken or veggie stock
- ❖ 1 cup olive oil
- ❖ 2 tsp finely diced, fresh hot peppers
- ❖ 1 cup fresh basil leaves
- ❖ salt & pepper
- ❖ ¾ - 1 lb fettucine
- ❖ grated parmesan cheese



Boil the peeled garlic cloves in stock to cover for ~15 min, till tender. Drain & set aside. Heat oil in wide, heavy skillet. Add peppers & garlic & heat through. Season w/ salt & pepper, & stir in basil leaves. Serve over freshly cooked, *al dente* fettucine. Serve the cheese at the table. (Sue Kreitzman, *Garlic; 101 Savory and Seductive Recipes, along with Fascinating Facts and Folklore*, New York, 1984) ([picture credit](#))

*“When the sun rises, I go to work.
When the sun goes down I take my rest,
I dig the well from which I drink,
I farm the soil which yields my food,
I share creation, Kings can do no more.”*

Chinese proverb, ca 2500 BC