



# THE RED HILL ROOT



The Seasonal Weekly Newsletter for Members of the Red Hill Farm CSA, Aston, PA

Volume IV, Number 21

14 Oct 2007

## Farm and Member News



**Final Harvest Coming Soon**—Yes, folks, sadly our lovely season will soon come to a close for another year. The precise date of the last pick-up isn't clear yet, but it is coming up this month. Stay tuned for more info!

**Late Dairy Delivery**—The dairy products arrived late this past Friday the 12<sup>th</sup>, so if you weren't there to get it (or weren't aware that there was another delivery of cheese), please try to stop by the Farm asap to pick it up. You can stop by any time there's a farmer or work-share person on the property.

**Don't Forget the Harvest Fest!!!!**—The Harvest Fest starts at **3:00pm on Sunday, 21<sup>st</sup> October!** There'll be music and entertainment and games and LOTS of great healthy food! For more specific information, see *Root* #19 (30 September) by [clicking here](#). The Fest will be held rain or shine, thanks to our great new barn. If you have questions, email Amy at [ajohnson@osfphila.org](mailto:ajohnson@osfphila.org).

**Crops to Anticipate**—Among other things, you can look forward to **radishes**, beautiful **spinach**, and oh-so-hearty **winter squashes**.

**Raspberries—our very own “Fruit of Heaven”?**—In the mediaeval period, pomegranates were symbolic “fruits of heaven” because of the many beautiful, fruitful, jewel-like seeds they contain. (Even earlier, in ancient Babylonia, they were considered “an agent of resurrection,” according

to the *National Geographic* [see [here](#)].) But if you've gone to the trouble to go out and pick some of our raspberries, and you've made sure they're really ripe, you may agree that they're so heavenly that they could supplant the pomegranate! How to

know if they're really ripe? Ripe raspberries are dark red, not bright red, and they come off the bush with no resistance to your tug at them. For lots of info about



raspberries, see [here](#). (Illustration, *Picking Raspberries*, by Jill Dubin, 2003; see [here](#).)

**Autumn at Indian Orchards**—Tis indeed a lovely time of year, especially at Nancy and Bob Bernhardt's Indian Orchards, where they are now featuring **fresh, delicious, unpasteurized cider!** As well, you can go to the Orchard and **pick your own apples**, including Golden and Red Delicious, Mutsu, Stayman, Baldwin, York, and Rome. Questions? Call Nancy at 610-565-8387. Or [click here](#) for lots of info about Indian Orchards (including a map)!



*Pooh and Friends in the Autumn Orchard* ([picture credit](#))

## Fair-Trade Halloween

**Drew Arata**, at Media's *Earth and State*, is spearheading local efforts (that originate with Global Exchange, a fair-trade organization) to create a more equitable situation for the cocoa farmers who supply most of the world's chocolate, including Halloween candy. As Global Exchange notes, *World's Finest Chocolate*, the largest distributor of fundraising chocolate for schools and church groups, **“is helping children in this country raise funds for their schools while paying so little to cocoa farmers that many can't send their own children to school.”** Problems include **abusive child labor** and **extreme poverty among farmers**. For detailed analysis, see [here](#). Despite heavy pressure, **Mars, Inc.**, makers of *M&Ms*, *Mars Bars*, and *Milky Ways*, still refuses to purchase fair-traded cocoa. To protest this situation at one of the most intensely “chocolatey” times of year, Global Exchange



Farmers: Amy Johnson and Christopher McNichol, [ajohnson@osfphila.org](mailto:ajohnson@osfphila.org)  
Newsletter writer/editor: Melinda B. Parsons, [m.boydp@gmail.com](mailto:m.boydp@gmail.com)  
[www.osfphila.org/sp/resources/csa.html](http://www.osfphila.org/sp/resources/csa.html)  
Red Hill Farm, 609 Convent Road, Aston, PA, 19014 (610) 558-6799



suggests **Reverse Trick or Treating**, with students and adults distributing flyers on Halloween, door to door, explaining the benefits of fairly traded cocoa.

Alternatively, many folks are ordering fair-trade Halloween candies to hand out with the flyers! For links to fair-trade chocolate retailers, see [here](#). For more on reverse trick or treating, see [here](#). Drew has flyers at his store, Earth and State. **Ira Josephs, at Selene Co-op in Media**, carries fair-trade candies. For info, email [drew@earthandstate.com](mailto:drew@earthandstate.com) or [selenecoop@verizon.net](mailto:selenecoop@verizon.net). For an excellent essay about the economic causes of small-farm poverty, see **Robert Reich's** 8<sup>th</sup> Oct. blog-post [here](#). (Thanks for the tip, **Bix, aka Fanatic Cook!**—see [here](#).)

## Butternut Squash Soup w/ Sweet & Spicy Pecans

- ❖ 2 butternut squash (~4½ lbs total), halved lengthwise, seeds removed
- ❖ 4 tbsp butter, 1 tbsp melted
- ❖ 1 large onion, chopped
- ❖ 2 celery ribs, chopped
- ❖ 2 tbsp brown sugar
- ❖ 1 cup pecans, coarsely chopped
- ❖ 1 tsp chili powder
- ❖ 2 cups chicken or veggie broth
- ❖ 2 cups milk or substitute

Preheat oven to 400. Put squash cut-side up on rimmed baking sheet. Brush w/ 1 tbsp melted butter & season w/ salt/pepper. Bake til browned on edges & fork-tender at thickest part (~1 hr). Melt another 1½ tbsp butter in soup pot on medium. Add onion & celery, season w/ salt & pepper & cook, stirring a bit, till soft, ~6-7 min. Melt brown sugar & remaining 1½ tbsp butter in small skillet on medium-low. Add pecans, chili powder, & ½ tsp salt (or to taste) & cook, stirring, til nuts are toasted, ~5 min. Let cool. Scoop flesh from squash skins & add to soup pot. Add broth & milk & simmer, stirring a bit. Using an immersion blender (what Emeril calls a “boat motor”), purée mix in pot til smooth (or transfer in batches to blender or processor & purée). Serve in bowls, topped w/ pecans. (*Everyday with Rachel Ray*, Nov 2007)

## Tagliatelle w/ Creamy Spinach & Nutmeg Sauce

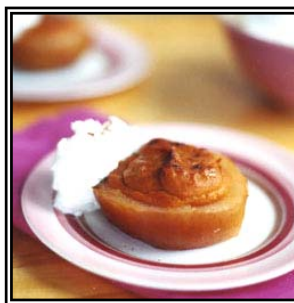
- ❖ 1 lb tagliatelle
- ❖ 1 lb fresh spinach
- ❖ 2 tbsp butter **and** 2 tbsp olive oil
- ❖ 1 onion, finely chopped
- ❖ 2 garlic cloves, finely chopped
- ❖ 2 tbsp cornstarch
- ❖ 1½ cups light (or heavy) cream, plus seasonings

Add tagliatelle to large pot boiling water & cook according to package instructions. Rinse spinach in cold water & put in large saucepan w/ just the water clinging to the leaves & cook on high for 3-4 min, or til tender. Drain well, saving liquid, & set spinach aside. Add water to liquid to make 2/3 cup. Heat butter & 1 tbsp oil in heavy saucepan, add onion, cover pan, & cook gently for 10 min, stirring a bit. Add garlic & cook 1-2 min longer. Stir cornstarch into saucepan, add spinach water, & stir over heat for 1-2 min til thickened. Add spinach & cream, then add **grated nutmeg** to taste & **salt/pepper**. Drain tagliatelle & return to pan w/ remaining oil & toss gently. Add sauce & toss w/ pasta & serve w/ **grated parmesan** if desired. (Rose Elliot, *Vegetarian Supercook*, 2006)

## Cazuela (Puerto-Rican) Baked Apples—4 servings

- ❖ 2 Rome apples, halved crosswise & cored (**pick at Indian Orchards!**)
- ❖ juice of 1 lemon
- ❖ 1 small sweet potato
- ❖ 1 cup peeled & finely chopped butternut squash
- ❖ 1½ tbsp dark brown sugar
- ❖ ¼ tsp ground cinnamon
- ❖ 1/8 tsp ground cloves
- ❖ 1/8 tsp ground nutmeg
- ❖ 2 tbsp heavy cream
- ❖ 1 tbsp butter, softened
- ❖ whipped cream, for serving

Preheat oven to 375. Brush apples w/ lemon juice. Grease small baking dish & add 2 tbsp water. Put apples cut-side down in dish & bake til tender, ~20 min. Microwave



sweet potato on high power for 5 min [poke a couple times w/ fork beforehand?], then peel. In saucepan, boil squash & enough water to cover til squash softens, ~15 min; strain. Mash together sweet potato, squash, brown sugar, and spices. Using melon baller, scoop flesh from each

apple into medium bowl, leaving a ¼" shell. Using handheld mixer, combine apple flesh w/ squash mixture, cream, & butter. [WHUH! Rich!] Put apple shells on baking sheet, fill w/ squash mix, & broil for 3 min. Top w/ whipped cream. (*Everyday with Rachel Ray*, Nov 2007)

*“It is only when you start a garden—probably after age fifty—that you realize something important happens every day.”*

Geoffrey B. Charlesworth