



THE RED HILL ROOT



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

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Meet Sister Anne McNulty

By Lilley



“What got you interested in farming?” This is the question I hear so many people ask Sister Anne. She tells a nice story of driving through farm country in Toronto and telling a fellow Sister she would like to work on a farm. The Sister told her about the farm in Aston, and here she is!

As a chaplain for the Critical Care and Trauma Units at Upstate Medical University, Sister Anne said she had seen enough drama, death and trauma.



“Farming seemed like such a very Franciscan, holy thing to do. When I spoke to the Leadership Team about coming here, no one discouraged me. I knew it was the right thing to do.”

Born in Riverside, New Jersey, Sister Anne moved to Syracuse New York at age 19 and has been a vowed member of the Sisters of St. Francis of the Neumann Communities for the past 45 years.

We love having Sister Anne here on the farm with us. She is hard working, extremely inquisitive, and has a wonderful sense of humor. Every day she looks at things with a fresh set of eyes, and reminds us just how lucky we are to do what we love.

“I appreciate the love and care that goes into everything” she said. “The hope that each little seed will turn into something is incredible. What we are doing here truly is an act of faith”.

From Roots to Tips

Article courtesy of [Culinart Group](#)

Food waste is at an all-time high, A new report from the US Department of Agriculture states that one third of the 430 billion pounds of food produced annually is wasted, with a large chunk due to people simply not liking the food they bought and throwing

it away. Try these simple tips to make the most of your veggies, from roots to tips:

- **Carrot tops:** For a boost of Vitamin C, potassium and calcium, remove the earthy/herbal-flavored green tops of carrots and chop finely to replace parsley or use in the pesto recipe below.
- **Beet greens:** With a taste profile similar to Swiss chard, beet greens can be sautéed, added to frittatas or blended into smoothies for added protein, zinc and fiber.
- **Radish leaves:** Wilt radish leaves into soup for extra calcium, iron, magnesium and folate. These leaves offer a peppery, pungent kick (a little goes a long way).
- **Leek greens :** For a slightly milder onion taste finely chop leek greens and braise for use in stir-fried or as a side dish, or use in place of onions in soup stocks. These stalks have B vitamins and lutein, an antioxidant that promotes eye health.

Carrot Top Pesto

- ❖ 1 cup carrot leaves, lightly packed
- ❖ 6 tbsp olive oil
- ❖ 1 clove garlic
- ❖ ½ tsp salt
- ❖ 3 tbsp pine nuts
- ❖ ¼ cup parmesan cheese

Combine all ingredients in a food processor and pulse until combined evenly. Try it on a warm slice of toast, on top of a fried egg for breakfast, as a dip, or a side to roasted veggies. ([recipe source](#))

Turning the Corner

By Lilley



Just as we begin to harvest tomatoes and peppers, we look ahead to fall and winter. We have been busy planting the fall crops of broccoli, cauliflower and Brussels sprouts. On the schedule are cabbage, turnips, and kohlrabi. We'll be taking full advantage of the hoop houses this fall, just as we did this Spring. We'll be filling them with lettuce mix, spinach, head lettuce, kale, chard and more. **Stay tuned for more information regarding our Winter CSA!**



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A Request from Lilley



Please help us keep costs down by returning produce containers to the farm.

Green Tip

Beat the Heat: Staying cool is expensive and causes additional pollution through increased demand on the coal fired power plants spread across the country. You can help reduce your electric bill by using a programmable thermostat and when done properly it can save you up to \$180 per year. Electric ceiling fans can be a savior, and are about 90 percent more energy efficient than central air conditioning.

Featured Veggie

By Joanne Rosenbaum



Summer Squash: We are receiving a bounty of summer squash: green and yellow Zucchini and straight neck yellow in our weekly pick up. Here is a link to a great resource, The Worlds Healthiest Foods website:

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=62>

I have marked the section on summer squashes which includes their history, how to store for the short and long term, nutritional information and health benefits. In the next column is their recommendation for the most healthy and nutritious way to prepare summer squash:



This easy-to-prepare summer squash recipe is not only delicious

but provides you with 33% of your Daily Value (DV) for vitamin C. Enjoy!

Five-Minute Summer Squash

- ❖ 1 medium zucchini, cut in ¼ in slices
- ❖ 3 tbsp low sodium chicken or veggie broth
- ❖ 2 medium cloves garlic, chopped
- ❖ 2 tsp fresh lemon juice
- ❖ 3 tbsp olive oil
- ❖ Sunflower seeds (optional)
- ❖ Parmesan cheese (optional)

Chop garlic & let sit 5 min. to enhance its healthful properties. Heat broth in a stainless steel skillet on medium heat. When broth starts steaming, add zucchini & cover. Sauté 3 minutes, flipping halfway thru. Stir often. Remove from heat and put in bowl. Mix remaining ingredients together to make a Mediterranean dressing, and toss w/ zucchini. (You also can slice squash thinly with a mandolin & use same dressing, or eat raw, adding chives & other fresh herbs.)

I (Joanne) have a copy of *The World's Healthiest Foods*. Come see me pick-up days in the children's garden to see it! I'll leave it with the farmer in the share room after 4pm.

Vichyssoise—Thanks to farm member Christine Baer

- ❖ 3 cups peeled, thinly sliced potatoes
- ❖ 2-3 large leeks, chopped (white part only)
- ❖ ½ cup chopped onions
- ❖ ¼ cup chopped celery
- ❖ 4 tbsp butter
- ❖ 1 qt chicken stock [or veggie stock]
- ❖ 1 cup heavy cream
- ❖ 2-3 tbsp minced chives

Melt butter; sauté onion, leeks, & celery ~20 min on low. When soft, add broth, potatoes & salt to taste & bring to boil. Reduce heat, partly cover & simmer till potatoes are just soft. Purée in processor or blender. Stir in cream, cover, & chill. Garnish w/ chives, eat cold or hot.

No-Cook Zucchini “Noodle” Salad—also from Christine

- ❖ 3 tbsp olive oil
- ❖ 2 tbsp wine vinegar or rice wine vinegar
- ❖ 2 tbsp fresh oregano, chopped
- ❖ 2 lbs zucchini or yellow squash
- ❖ 1 4-oz. jar pimientos, drained & chopped

In large bowl, whisk oil, vinegar, oregano, salt/pepper till well blended. W/ a vegetable slicer or mandolin, cut zukes lengthwise into long thin noodles. Rotate while peeling & discard seedy core. Add squash to dressing in bowl, stir, & serve. (Recipe from Whole Foods)

“Bees do have a smell, you know, and if they don't they should, for their feet are dusted with spices from a million flowers.” ~Ray Bradbury



Movie Night

Saturday, August 16

7:30 pm- Socializing

8:15 pm -Movie



Director: Richard Power Hoffmann

A little about the film:

Feeling disconnected from their food, a filmmaker and his family decides to join a community supported organic farm in suburban Philadelphia. Using a digital still camera, the filmmaker takes nearly 20,000 pictures of vegetables and herbs, insect life, and human activity on the farm.

The film offers an intimate visual and aural diary of his personal experience as a member of a community farm.

Additional behind the scene clips will be shown.

At Red Hill Farm

Legion and Red Hill Road, Aston, PA



Help celebrate our 15th year and find out how the farm got its start. We hope some original members will join us and share their stories!

What to bring:

- ✓ **Comfy chair or blanket**
 - ✓ **Your favorite snack & beverage**
- We'll provide the popcorn!**

