



THE RED HILL ROOT



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

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It may look like a simple box of seeds. To me it's magical. One day it's a pack of seeds, the next thing you know it's on your dinner table. Actually, a lot of good people and hard work mixed with a little blood, sweat and tears help bring it to the table. When we think about the amount of food that will come from this box it really is magical.

Terms We Think About In Ordering Seeds

By Lilley

Open Pollinated (OP) refers to pollination by insects, birds, wind, or other natural mechanisms. The seeds of open-pollinated plants will produce new generations of those plants. Gardeners may save the seeds of open-pollinated plants, provided they are grown with sufficient isolation, for future planting.

An **Heirloom** is a plant variety that has a history of being passed down within a family or community, similar to the generational sharing of heirloom jewelry or furniture. An heirloom variety must be open-pollinated, but not all open-pollinated plants are heirlooms. While some companies create heirloom labels based on dates (such as a variety that is more than 50 years old), others identify

heirlooms by verifying and documenting the generational history of preserving and passing on the seed.

Hybrid (F1) seed is produced by the controlled crossing of two plants of closely related species or strains. Hybrids are bred to improve the characteristics of the resulting plants, such as better yield, greater uniformity, improved color, disease resistance, and so forth. Hybrid seed cannot be saved, as the seed from the first generation of hybrid plants does not reliably produce true copies.

Certified Organic (OG) seeds are produced in compliance with the federal organic law. In practical terms, this means the inputs (fertilizer, water, pest controls, amendments, etc.) used to produce the organic seeds are found in nature and free of contamination from non-natural sources.

Winter Meeting

Our winter meeting will be held on Sunday, March 2nd at 1:30 pm in Our Lady of Angels Convent. Come out and mingle with fellow members as we discuss our upcoming season. We'll discuss crop plans, off-farm products, and seasonal events. We'll have plenty of membership forms on hand for those who have not yet registered for the 2014 season.

Leading off the meeting will be an informal talk with Dr.

Janet Chrzan

(Department of Anthropology/School of Nursing at UPenn, & PASA Staff member, see left) who will discuss the broad principles and evidence behind our understanding of the evolution of human



nutrition, especially in relation to modern diets. She will also discuss how the local food economy, particularly that of the Delaware Valley, can help us to eat a diet that is rooted in evolutionary theory yet supportive of sensible and sustainable farming and health practices. ([photo credit](#))



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Work Shares

We have 2 more Work Shares available for the 2014 season. If you are interested, please contact Lilley at [610-558-6799](tel:610-558-6799) or mlilley@osfphila.org.

Girl Scout Locavore Badge

By Lilley



Do you know a Senior Girl Scout who is working toward her Locavore Badge? Part of the requirement is finding local food sources, and exploring the benefits and challenges of going local. If you know a young lady who has taken on this challenge, please introduce her to Red Hill Farm.

We would be happy to help!

Drexel Neumann Academy 3rd-Grade Class

By Joanne Rosenbaum



Joanne Rosenbaum (RHF Education Coordinator) and Mimi Hall (RHF workshare and volunteer) gave the 3rd graders a lesson on the grain food-group. Not only did they participate in a play featuring Grain Girl and Grain Boy, but they learned the importance of making half their grain intake whole grain. They tried whole-grain snacks like Cheerios (whole-grain and one of the lowest sugar-content cereals). We told the children to look for the whole-grain label on food packaging, because it's easy to

be fooled by labels that say just wheat or multigrain.

Until the Whole Grain Stamp (see above) is on all foods, how can you know if a product is whole-grain?



First, check the package label. Many whole-grain products not yet using the Stamp will list the grams of whole grain somewhere on the package, or say something like “100% whole wheat.” You can trust these statements. But be skeptical if you see the words “whole grain” without more details, such as “crackers made with whole grain.” That product may contain only miniscule amounts of whole grains.

REDUCE YOUR PAPER WASTE

By Lilley

Here are a few ways to help you cut back on your paper trail:

- ❖ Copy on both sides of the paper.
- ❖ Before printing, reduce documents to fit two pages onto one.
- ❖ Find alternatives to mail. Use email, voice mail, and fax whenever possible.
- ❖ Print on the blank backs of letters, exams, etc. (removing staples first of course).
- ❖ Utilize the blank sides of junk mail & return envelopes for store and to-do lists.
- ❖ Eliminate unnecessary subscriptions. Cancel newspapers, newsletters, and magazines you don't read or can access online.
- ❖ Make recycling easy. Place recycling bins in the kitchen as well as the home office.

Miso-Maple Roasted Roots—4 servings

- ❖ 2 lbs root veggies of any sort
- ❖ 2 tbsp any miso paste (white miso is mildest, yellow is medium flavor, & red is most robust)
- ❖ 2 tbsp maple syrup or honey
- ❖ 2 tbsp rice vinegar
- ❖ 1 tbsp soy sauce
- ❖ 2 tbsp canola or grapeseed oil



Preheat oven to 425 F. Line a baking sheet w/ parchment or just oil it. Whisk together miso, syrup, vinegar, soy sauce, & oil. Cut root veggies into ~ 1/2 -in. dice. Toss sauce w/ cubed veggies, coating them well. Transfer to baking sheet & roast, turning periodically, for 30-40 min, till they're soft (but not mushy) & caramelized. ([source](#))

“Don't eat anything your great-grandmother wouldn't recognize as food.” ~Michael Pollan