



THE RED HILL ROOT



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

Volume XI, Number 3

3 April 2014

They're Back!!!



Brendan and Molly are back for the season, and we couldn't be happier. Our days are filled with seeding, pruning, and transplanting. The days ahead will be busy, busy, and busy!



SAVE THE DATE

Plant Sale: Saturday, May 10th, 1-4 P.M.



- Heirloom, slicing, and cherry tomatoes
- Peppers, herbs, flowers, and more!
- Taste-testing off-farm products
- Learn how to make native-bee nests (see page 3 for more on bees)

Red Hill Farm Children's Garden Activities: the Benefits of Connecting Our Children with Nature!

By Joanne Rosenbaum



Joanne with Lily and her Mom Caroline, 2013

There is a movement afoot to combat "*nature-deficit disorder*," a phrase coined by author Richard Louv, who brought the issue to light in his groundbreaking book, *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*. But he didn't stop with a book. With a group of dedicated parents, teachers, and others, he co-founded the **Children & Nature Network** (C&NN), which promotes ways to connect families around the world to nature and educates the public about why this is so important.

Mounting research ([click here](#)) indicates that children who spend regular time playing and learning in the natural world are happier, healthier, smarter, more creative, and better problem-solvers. Time together in nature—disconnected from electronic media—may also be unique in promoting social/emotional bonding with family, friends, and community. It provides the quality time together we all are looking for and pulls us away from our busy lives, even if momentarily. And, it helps nurture our sense of place.



But connecting to nature isn't always easy. Here are ideas to help: <http://www.naturerocks.org/activities/index.htm>; and **Red Hill Farm Children's Garden**. One benefit of membership in RHF is access to our children's garden. The garden was a great success last year, as reported by both parents and children. This year I'm expanding the activities to provide mini-lessons in the following:

- ♥ Planting vegetables
- ♥ What plants need to grow well
- ♥ Seeds
- ♥ Soil
- ♥ Roots and Shoots
- ♥ Sensory gardening
- ♥ Weeds
- ♥ Composting
- ♥ Garden friends
- ♥ Color hunts
- ♥ Watering the garden
- ♥ Cucumber sandwiches
- ♥ Alphabet scavenger hunt



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Green Tip

By Lilley



Stop using bottled water.

Producing the plastic bottles uses energy and emits toxic chemicals. Transporting the bottled water across hundreds or thousands of miles spews carbon dioxide into the air, complicating our efforts to combat global climate change. In the end, empty plastic bottles end up in our lakes, streams, and oceans, or in landfills where they may never fully decompose.

As an alternative to bottled water, purchase a water filter for your home, and fill up a stainless steel bottle.

For more information, see [The Story of Bottled Water](#) ([click here](#)).

It's Easy Being Green with Herbal Cake!



Roberta's Parsley Cake ([picture credit](#))

Roberta's Parsley Cake—Spring is here, and how better to express it than with a yummy cake made with plentiful, healthy, inexpensive spring herbs like parsley and mint?

It's sure to be the talk of the party—refreshing!

- ❖ 4 cups tightly packed parsley leaves
- ❖ 1 cup tightly packed mint leaves
- ❖ ¾ cup olive oil, & more for the pan
- ❖ 2 cups all-purpose flour plus 1 tbsp
- ❖ 1 tbsp & 2 tsp cornstarch
- ❖ 2 ¼ tsp kosher salt
- ❖ 1 ½ tsp baking powder
- ❖ 4 large eggs at room temp.
- ❖ 1 & ⅔ cups sugar

Make herb-oil mix: put ¼ of parsley & mint in a strong blender or food processor & blend on low speed, or pulse. (Stop machine occasionally to push the herbs into the blade.) Slowly increase speed to a study purée & continue adding herbs till all are in. In a steady stream, add half of oil. Pulse in processor till all are combined. Add remaining oil & blend for 10 secs—the mix will look loose & stringy. Scrape out container to get all the parsley mix, transfer it to a bowl, & refrigerate.

In a bowl, combine flour, cornstarch, salt, baking powder, & set aside. In a stand mixer, whip eggs for ~30 secs. Add



sugar & mix on high speed till mix is very thick & turns pale yellow, ~3 min. Turn mixer to low & add herb-oil mix. W/ machine still running, add flour mix & mix till just combined.

Pour batter into container & refrigerate for 6 to 24 hrs. When you're ready to bake, preheat oven to 340 degrees & lightly oil a sheet cake pan (13x8" or 12x16" or 10x15"). Line bottom of pan w/ parchment paper & lightly oil paper. Pour batter in & smooth top w/ spatula. Bake 12 to 18 min, rotating cake halfway thru. If it starts to brown before done inside, turn temp down to 330 & cook a bit longer. Let it cool in pan. To serve, tear serving-size pieces each into a few pieces & divide among plates. Serve w/ ice cream if desired. ([recipe source](#))

*"Kind hearts are the garden,
Kind thoughts are the roots,
Kind words are the blossoms,
Kind deeds are the fruit."*

Henry Wadsworth Longfellow



Celebrate Earth Day

Protecting Our Pollinators

Sponsored by: Red Hill Farm, Aston, PA



*Warren Graham
Master Beekeeper*

Warren Graham is a third generation Pennsylvania beekeeper from Edgemont Township in Delaware County. He oversees the bee population at Red Hill Farm, as well as other farms in the area. In his youth Warren traveled the world, often meeting and working with beekeepers in exotic apiaries. As a member of Eastern Apicultural Society, the Pennsylvania State Beekeepers Association, and the Chester County Beekeepers Association (CCBA), Warren is a determined mentor of young beekeepers. He has experience as a Pennsylvania State Bee Inspector, past President of the CCBA, and an enthusiastic raconteur of early American bee craft.

Tuesday, April 22, 2014

7 P.M.

**Our Lady of Angels Convent
609 S. Convent Road, Aston**

Cost: FREE

***Parking lot: across the street from the main
convent entrance - signs will be visible**

Pollinators are an important part of our environment and crucial for our food supply. Unfortunately we have lost many of our pollinators and others are on the decline. The reasons for the decline in the pollinator population are difficult to pinpoint, ranging from climate change, pesticide pressures and loss of habitat. Join Warren Graham, master beekeeper who will discuss the possible causes and easy steps that we all can take to protect pollinators and make our environment healthier. As a special treat you will get to enjoy a taste of some local honey.

RSVP and for more information:

Contact Joanne at Rosenbaum@osfphila.org, (610) 558-5396

Directions: www.osfphila.org/about/directions

2014 Farm shares are still available! Enjoy Fresh, Local, Organic Food at an Affordable Price. For more information visit www.redhillfarm.org or contact Lilley (farm manager) at (610) 558-6799.

