



THE RED HILL ROOT



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

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We're Getting Close

By Lilley



It's such a busy time at the farm. Our days are filled with tasks like planting lettuce plugs, planting seed potatoes, and sowing seeds of arugula, turnips and radishes. The crops are growing nicely, and we look forward to providing you with a lovely assortment of early spring veggies. We will update you shortly with a start date, and your specific pick-up date.

The hoophouses are filled with beets, carrots, and English cucumbers. See photos at left & below.



Plant Sale a Success!

By Lilley



People picking tomato plants....

A big thank you to everyone who came out for our plant sale. We had a terrific turnout from our members as well as prospective members, friends and neighbors. Folks



were able to sample some of the off-farm products that we will be offering this season. Samples of Jerry's artisan breads, cheeses from Birchrun Hills Farm, and Michele's Granola were all provided. All of these

were well received, and we will be offering them on pick-up days, along with honey, eggs, and an assortment of meats. We are excited to offer these items from small local purveyors, and are confident you will enjoy them as much as we do! *(Those sunny ladies above are Mariann Rybarczyk, left, our off-farm product coordinator, and Sister Ruth O'Connor, right.)*



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Red Hill Farm Children's Garden

By Joanne Rosenbaum



Bring your little sprouts to the children's garden to meet Joanne (Farm Education Coordinator) and have fun while learning about vegetables and nature!

June Activity Schedule: Tuesdays & Fridays, 1-5 pm (pickup days):

June 3 & 6: Meet Joanne and guess what vegetables are growing—don't worry, Joanne will give you some hints. We will also sow some radish, beet, & lettuce seeds & water the garden too! Can't wait to meet everyone!

June 10 & 13: Help build a trellis for the zucchini plants or a teepee for our pole beans. We will need to do some weeding & watering to keep our plants looking good!



June 17 & 20: **All about plants:** we will learn the names of plant parts & what plants need to grow. I will have a fun book for us to read as well!

June 24 & 27: Joanne on vacation—see everyone next week! Please make sure our garden is watered and weeded! Thanks!

*****We are thinking of adding a "garden wagon" to the children's garden—ideas on what to create or plant are welcome!**

Green Tip from Lilley



Conserve water outdoors too!

Landscape your yard with drought-friendly or native plants. When you do need to use water, get it from a sustainable source: rainwater barrels are attractive, easy to make, and perfect for spring's wet weather.

(For ideas on eco-friendly and/or native plants, check with Lilley, or look at [this catalogue](#), or go out to Redbud Native Plant Nursery on 352 (here's [their catalogue of native plants](#)). And [here's an article](#) on making a rain barrel.

When Our Beets & Carrots Come in, Try Chilled Beet & Carrot Soup with Lime!! ([Recipe Source, Food 52](#))

- ❖ 1 ½ lbs beets (~6 medium)
 - ❖ ½ lb carrots (2 or 3 large, or equivalent smaller)
 - ❖ ¼ cup olive oil
 - ❖ Sea salt
 - ❖ 6 cups veggie stock (or chicken stock or water)
 - ❖ One 2-in. piece fresh ginger, peeled & thinly sliced
 - ❖ 3 large parsley sprigs, leaves finely chopped & stems reserved
 - ❖ ½ large sweet onion, chopped
 - ❖ 1 large clove garlic, finely chopped
 - ❖ 2 limes
 - ❖ Fresh-ground black pepper
 - ❖ ½ cup crème fraîche or sour cream
- 1) Heat oven to 450. Peel beets & carrots & cut into ½ - in. pieces. Spread on rimmed baking sheet, toss w/ 2 tbsp oil & sprinkle generously w/ salt. Roast veggies till they're soft (the carrots should brown a bit); turn a couple times w/ spatula. This all should take ~45 min.
 - 2) Meanwhile, put stock in medium saucepan, add ginger & parsley stems & bring to boil. Turn off heat & let flavors infuse while beets/carrots roast.
 - 3) Put remaining olive oil in large pot & set on medium heat. Add onion & cook, stirring, till soft & slightly caramelized, ~5 min. Add garlic, cook 1 min, then add beets & carrots.
 - 4) Remove ginger & parsley stems from stock & add stock to veggies. Bring to boil, then lower heat to simmer—cook 5 min.
 - 5) Purée soup till smooth; add a little water if it's too thick. Salt & pepper to taste; refrigerate at least 2 hrs. (If you prefer hot soup, just keep going w/ the directions from here.)
 - 6) In small bowl, combine crème fraîche or sour cream, lime zest (the green part of the skin), chopped parsley, & salt to taste. Serve in bowls w/ cream.

For more delicious spring recipes, [click here!](#)



Please remember America's courageous veterans on Memorial Day – especially those who paid the ultimate price in service to our country – by flying our American flag. ~Lilley



Meet & Greet

Music, friends,
food and fun!



Saturday, June 14
7:00 pm
Red Hill Farm

- *Meet fellow members
- *Meet your farmers
- * Enjoy a beautiful sunset at the farm

Bring your instrument(s) and your voice for a jam!

- ***Bring your favorite snack and beverage**
- * Red Hill Farm will provide ice tea, cheese, crackers and a “BONFIRE” !

