



THE RED HILL ROOT



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

Volume XI, Number 5

21 July 2014

Dig This!!

By Lilley



It's time to harvest potatoes. We spent a beautiful morning recently digging our Red Gold variety. What a lovely day it was, with an energetic group. As I walked down the field snapping photos, I passed everyone working away and conversing with one another. Some folks were sharing stories about loved ones, some swapping recipes, and others reminiscing about the day we planted these potatoes. A

heartwarming feeling indeed! Thank you Brendan, Molly, Tom, Ruth Ann, Deb and Anne. Next up for digging ... Yukon Gold and Red Pontiac. (Above, Deb; below middle, Molly & Tom; bottom, Sister Anne & Ruth Ann, and Brendan)



Hakurei Turnips

By Joanne Rosenbaum



We grow both salad turnips and cooking turnips. Hakurei turnips are of the salad variety.

Cooking Tips

The Hakurei turnip is a Japanese turnip that is truly best eaten raw. Its delicate flavor and crisp texture are perfect as is; don't bother peeling the Hakurei turnip—just give it a wash before eating. Slice it, thick or thin as you prefer, and add it to salads, appetizer platters, or serve it on its own as a snack or side dish. Hakurei turnips are also great for pickling, so long after CSA season is over you can continue to enjoy the fresh crispness of turnips. Roasted Hakurei turnips are some of the sweetest-tasting treats of the season. Cut, toss with oil, and roast at 400-425 degrees for 15-25 minutes (depending on how meltingly tender you'd like them). Cooked turnips will turn buttery. Tossed into soups and stews, braised, steamed, pureed or glazed, sweet turnips add a refreshing, creamy dimension to dishes.

Also, never forget that all turnip greens are edible. They can be sautéed with some olive oil and onion for just a few minutes, being careful not to overcook them, and they will have a pleasant and slightly spicy flavor.

Storage Tips

First, separate the greens from the root and use the greens in their own dishes. Be sure to leave about half an inch of stem on the root to avoid cutting into the turnip itself.

Sweet turnips store well in your refrigerator in a plastic bag. Be careful to keep them from freezing, as their thin skin does not protect the pulp. For best sweetness, eat within a week.



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Nutrition

Turnip roots are high in vitamin C, potassium, and calcium. The greens are high in vitamins A, C, and B vitamins, plus potassium, magnesium, and calcium.

History



Turnip (*Brassica rapa* L.) is a root Brassica crop that has been used as a vegetable for human consumption in Europe since prehistoric times and was native to west Asia. Turnip root has been a popular livestock fodder for at least 600 years wherever the crop is grown. Turnips have

truly fallen from grace in recent years, once having been known as the "vegetable of nobility" in Europe. They were historically an incredibly important crop in Europe, especially in the pre-Columbian era; turnips were even often used to make alcoholic beverages. Hakurei turnips are a new variety of turnip developed in Japan in the 1950s, following World War II. (*Selling Turnips*, ca. 1500, [click here](#))

Veggie Preview—Coming Up!

- ❖ Summer squash
- ❖ String beans
- ❖ Fennel
- ❖ Red raspberries
- ❖ Tomatoes

Green Tip

Bring your own reusable coffee mug to coffee shops. Did you know that during the manufacturing process, paper coffee cups are laminated with a plastic resin called polyethylene? This helps keep beverages warm and prevents the paper from absorbing liquids and leaking — but the plastic also prevents the cup from being recycled. Plus, many coffee shops offer discounts to customers that bring their own mugs. More importantly, though, by switching from paper cups to reusable mugs, you'll also help save paper, reduce chlorine used to bleach cups and lessen your contribution to landfills.

2014 Red Hill Farm Events- Mark your Calendars!

Friday July 25 & Tuesday 29th: pick up days

Cooking Demo by Alex Garfinkel, a local chef who will be preparing our meal at the Farm to Table event! Make sure you stop and get a sample of Alex's wonderful and unique dishes.

Saturday, August 16th: Movie Night! "Fridays at the Farm"—7:30pm- socializing, 8:15pm- movie Help celebrate our 15th year and learn how the farm got started. Bring comfy chairs, blankets and your favorite snacks/beverages, and we will provide the popcorn!

A little about the film: Feeling disconnected from their food, a filmmaker and his family decide 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. When the farm loses its intern due to budget cuts, he moves from passive observer to active participant in the planting and harvesting of vegetables and discovers the joy of working with the earth. ([photo credit](#))

Along the way, he notes his three-year old son's increased interest in the growing process and marvels at the baby girl gestating inside his wife's body. The farm emerges as more than a place to get fresh local food—it is a haven where members meet and share the pitfalls and bounty of life. Technically, the entire film is animated using still photos. Humans appear static, while plants are in constant motion. The reversed roles create a unique staccato feel to the piece, and the lush time-lapse and macro photography befits the sweet tone. The film offers an intimate visual and aural diary of his personal experience as a member of a community farm. Director: Richard Power Hoffmann, Coyopa Productions

Saturday, September 20: Farm to Table Event and Fundraiser, celebrating our 15th year!

Wonderful food prepared by local and “organic farm friendly” chef Alex Garfunkel, with music by jazz and folk vocalist Phyllis Chapell. Invitations will be emailed to RHF members first, and then event will be opened up to friends and the community. Cost: \$60, max 60 people.

SAVE THE DATE

Red Hill Farm's 15th Anniversary Celebration and Fundraiser

Saturday, September 20, 6 pm in the fields of RED HILL FARM

Our meal will be prepared by local Chef Alex Garfunkel who spent time in the acclaimed kitchens of Le Bec -Fin , Lacroix, Morimoto and Amada. Cooking Demo with Alex during pick up, July 25 & July 29. <http://www.alexgarfunkelcatering.com/>

Music: Jazz Times calls Phyllis Chapell one of the top jazz vocalists of all time. But jazz is only the beginning...Phyllis Chapell interprets jazz, contemporary & world music classics. Singing in 13 languages, she draws upon the traditions of the U. S, Brazil, Latin America, Europe and the Middle East, and makes them her own. <http://siorajazz.com/index.html>

Cost: \$60 per person* (60 people max)

*E-vites will be sent soon, including menu. Reservations will be open first to RHF members , then friends and the general public.

Flyer by Joanne Rosenbaum

Saturday, Oct. 18: Harvest Fest-Family fun for all!

Pot luck dinner—please bring your favorite dish, enough for six; children’s activities, *silent auction*, and bonfire: bring your instruments and play while we all sing along, enjoy s’mores, and much more!

Silent Auction: Please email Joanne at Jrosenbaum@osfphila.org if you would like to donate a service, vacation home, handcrafted items or whatever you think our members may be interested in bidding on. Last year our members were so generous with donations of a Cape May and Vermont vacation homes, oil paintings, jewelry, ceramics and handcrafted artisan items and restaurant gift certificates. Our members gave from their hearts to support our farm and community and we thank them!

October- TBA- **Tara Bledsoe**, one of our work-shares, will demonstrate how to **“Preserve Fall Greens,”** so we can enjoy our farm’s bounty in the winter!

November, Tuesday 11, Friday, 14 (last pick up): Bonfire, bring your favorite beverage, snack, and stay awhile; we will provide some hot apple cider!



How to Prepare

Fennel—Fennel, with its mild anise-like taste, has three parts: the root end, the bulb, and the stalks & fronds. It can be stored in a plastic bag in the fridge. To use, cut off hollow,

hard stalks ~1" above the bulb. Trim off the feathery fronds to chop into salads. You can use the stalks, after trimming, as a bed for roasting other veggies or meats/fish. With the bulb, cut off the root end about ½" up, set bulb on that flat base, and slice thinly vertically. (You also can halve the bulb vertically, then set flat sides on cutting board & slice thinly crosswise.) For short video directions, [click here](#).

Shaved Fennel & Pistachio Salad—serves 4-6

- ❖ 3 medium heads fennel, thinly sliced cross-wise, ~7 cups
- ❖ ½ cup salted, roasted pistachios, chopped
- ❖ 3 tbsp olive oil
- ❖ 2 tbsp fresh-squeezed lemon juice
- ❖ 1 tsp finely chopped or grated lemon zest

Combine all ingredients in large glass or ceramic bowl & toss till fennel is coated. Season w/ salt & pepper. Serve immediately or refrigerate up to a day

Fennel Pizza

- ❖ 2 fennel bulbs, sliced thinly
- ❖ ¼ cup grated Parmesan
- ❖ olive oil
- ❖ 3 tbsp fresh tarragon, chopped (this also has a warm, anise-like taste)
- ❖ Pizza dough, rolled out & ready to bake

Roast fennel slices in a little olive oil & salt in 400° oven, ca. 20 min. Toss w/ cheese & spread over pizza. Bake in 500° oven ~10 min. Top w/ tarragon after removing from oven. ([source for both recipes, here](#))

“The hum of bees is the voice of the garden.”
~Elizabeth Lawrence