



THE RED HILL ROOT



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

Volume IX, Number 24

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2013 Membership Edition



By Angela Kidder

It's that time of year again to think about renewing your farm membership for next season. I am about toes-deep in next season's planning, but it all means nothing if the farm has no members. ***There are a couple of changes coming up for next year, with new options available to suit you in terms of variety of foods, amount of food, cost, and payment options.***

To simplify this and present it matter of factly, I'd like to share with all of you some of the goals I have been working into the planning of the 2013 CSA season.

1) Execute a growing plan with greater diversity of crops throughout the entire growing season:

- **Multiple smaller successions of vegetables:** There are gaps in the late summer when the same produce shows up on the table week after week. With multiple, smaller successions of vegetables, the farm will be able to offer more variety from week to week.
- **Additions to the field plan:** The sweet corn was a big hit and so were the spring 'new' potatoes this year, so more successions and varieties of both of those items will appear next year. Other significant additions include: asparagus crowns, strawberries (again), peas, brussels sprouts (growing during the season not just over winter), parsnips, popcorn, etc.

2) Effectively connect the Farm with more people

- **Accessible Farm Membership:** We're changing the share membership options from Full Share and Small Share to a Full Share and a Bi-Weekly Share. This will provide an equitable distribution of produce. We also are initiating a third payment option to allow more fiscal flexibility for the members. The various payment options are discussed further below, as well as outlined for your choice on the new 2013 membership form attached to this *Root* on pages 3-4, after the recipes.

- **Farmer to Farmer:** Farm staff attendance and presence at more Tri-State CRAFT and SAITA farm workshops throughout the season. More visitation connections with local farms in the spring and fall.
- **Education:** We'll be making Farm educators available during share pickup-times to provide learning activities for children; these can include growing and maintaining plants in some of the new raised beds in the children's garden, bug identification, edible weeds, etc. We also are initiating pre-registered workshops for canning, cooking, and gardening skills.

As noted above, the membership options have shifted to a Full Share and a Bi-Weekly Share. I struggled during the current season with maintaining a fair distribution for the Small Share, but it either seemed like too much or too little produce for how it had been defined.

The payment options have also increased to include a three-payment option (please see the attached membership form, pages 3-4, for the payment schedule). My hope, for those of you who are in Small Shares because of cost, is that you may consider the Full Share with the third payment option, which essentially has you paying \$510.00 (in two chunks) by the start of the season and the third payment of \$255.00 due by September. Or perhaps you share a Full Share already and pickup Bi-Weekly; there again is a natural shift. Or perhaps you know someone who could not even afford a Small Share here this season; in such cases, the Bi-Weekly share is another cost-effective way to introduce people to our farm.



Inclusive with this *Root* newsletter you will find the new membership forms (pages 3-4). You may print them off and hand them in to the farmer in the share room until the end of the season or you may mail them to me at: Red Hill Farm, c/o Farmer Angela Kidder, 609 S. Convent Road, Aston, PA 19014. Please understand that the farm provides a limited number of shares and they are available on a first-come, first-serve basis. If you have any questions, I will do my best to answer them. Please email me at akidder@osfphila.org.



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Rootin' Around



By Melinda Parsons

The Three Sisters: Squash, Beans, & Corn—given the plentiful bounty of our winter squashes lately, it seemed appropriate to focus on the Native-American tradition that



sees beans, corn, and squash as the “three sisters.” The tradition goes back to an Iroquois belief that the three foods grow well if grown together, intertwined and intermingled.

Beans can climb up

the corn stalks, while squashes/pumpkins grow on the ground between the stalks. According to Alice Formiga, *“The Iroquois believe corn, beans and squash are precious gifts from the Great Spirit, each watched over by one of three sisters spirits, called the De-o-ha-ko, or ‘Our Sustainers’. The planting season is marked by ceremonies to honor them, and a festival commemorates the first harvest of green corn on the cob. By retelling the stories and performing annual rituals,*



Native Americans passed down the knowledge of growing, using and preserving the Three Sisters through generations.” ([See here](#))

So this week, our squash will be Sugar Pumpkins, a small variety that’s sweet and firm enough to make a fabulous pumpkin pie (*much*

tastier than a normal Halloween pumpkin), or a soup, or for roasting and eating plain! ([See here](#))

My Mom’s World-War-II Pumpkin Pie

- ❖ 1 cup Sugar Pumpkin purée
 - ❖ 2/3 cup sugar, half brown, half white
 - ❖ 2 eggs
 - ❖ 2 tsp cinnamon
 - ❖ 1 tsp ground ginger
 - ❖ 1/2 tsp salt [or to taste]
 - ❖ 1 1/2 cups milk
 - ❖ 1/2 cup cream (the WWII substitute was 1/2 cup condensed or evaporated canned milk)
 - ❖ 1 pie crust or graham-cracker crust
- Mix all together, pour into crust, bake @425 ~45 min.

Three-Sisters Gluten-Free Corn Muffins

- ❖ 1 cup organic brown-rice flour
- ❖ 3/4 cup white corn meal
- ❖ 1 tbsp potato starch
- ❖ 1 tsp baking powder
- ❖ 1/2 tsp baking soda
- ❖ 1/2 tsp salt
- ❖ 1/4 tsp nutmeg (optional)
- ❖ 1/4 cup unsalted butter or canola oil
- ❖ 1/4 cup maple syrup
- ❖ 1/2 cup light brown sugar
- ❖ 1 egg, slightly beaten
- ❖ 1/2 cup cooked corn kernels
- ❖ 2 oz. cooked cranberry beans (fresh or canned), coarsely chopped, then mashed
- ❖ 1 cup organic cooked Sugar Pumpkin purée (to make purée, see [this Root](#), page 2)

Mix flour, corn meal, starch, salt, baking powder & soda, with nutmeg. Set aside. Preheat oven to 350. Beat sugar & syrup together w/ butter or oil. Stir in egg & pumpkin, then add & stir in dry ingredients. Fold in the mashed beans & stir in corn. Line 12 mini-cake molds (2x3 in.) or a muffin tin w/ parchment paper [that’s what it says—I would use the crimped aluminum muffin-tin liners], or oil a cast-iron corn-muffin pan. Pour batter into cups. Top each w/ a sprinkle of sugar for a crunchy effect. Bake 25-30 min till golden-brown. Cool. Serve w/ pumpkin butter or cranberry-hot pepper jelly. ([Source](#))

Red-Cooked Butternut Squash—4 side-dish servings

- ❖ 1 tbsp garlic, minced
- ❖ 2 cups beef broth
- ❖ 2 tbsp soy sauce
- ❖ 1/2 tsp sesame oil
- ❖ 1 hot red chile[or to taste]
- ❖ 1-2 butternut squash, long necks peeled (save rest)
- ❖ 1 tsp red miso paste
- ❖ Chopped scallions & sesame seeds for garnish
- ❖ Chopped cilantro & grated Fuji apple for garnish



Cut cylindrical necks of butternuts in 1/2-in. rounds; you should have 10-12. Put garlic, broth, soy sauce, sesame oil & 1 chile in saucepan. Bring to boil, then reduce heat. Add squash rounds & miso, bring back to boil, then reduce to simmer & cook till tender, ~20-30 min. Remove squash, put in a bowl, & ladle broth over. Put garnishes in small bowls & let folks garnish their own. Serve. ([Source](#))

Red Hill Farm 2013 CSA Season Membership

I would like to share in Red Hill Farm's 2013 season. I understand the farmers are committed to providing high quality organic produce, and I understand that some growing conditions may be out of the farmer's control.

* Contact Information *

Name:	Address:
Phone:	Email:

* CSA Share Options *

All shares are Full Share quantities week to week. The options below determine how often you choose to pick up produce and experience the benefits of the 'you-pick' field.

[] Full Share = Twenty four weeks of produce starting the week of June 3 rd running through the week of November 11, 2013. Weekly access to 'you-pick' field, berries, and herbs as items mature. As indicated through our member survey, this share typically feeds 3-4 average vegetable consuming adults.	
[] Bi-Weekly Share = Twelve bi-weekly share pickups of produce starting the week of June 3 rd running through the week of November 11, 2013. Access to 'you-pick' field, berries, and herbs during your scheduled pickup days (Tuesday and Friday pickup schedules are listed below) The share is the same as a Full Share only picked up half of the time. This may be a good option for a household of 1-2 average vegetable consuming adults, a previous Small Share member, or a previous split Full Share member.	
Tuesday Bi-Weekly Pickup Schedule: June 4 th , June 18 th , July 2 nd , July 16 th , July 30 th , August 13 th , August 27 th , September 10 th , September 24 th , October 8 th , October 22 nd , November 5 th	Friday Bi-Weekly Pickup Schedule: June 14 th , June 28 th , July 12 th , July 26 th , August 9 th , August 23 rd , September 6 th , September 20 th , October 4 th , October 18 th , November 1 st , November 15 th

* Indicate Preferred Pick-Up Day *

[] Tuesdays	[] Fridays	[] No Preference
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* Payment Options *

Payment is required with this registration form to reserve your share for the 2013 Season. Make checks or money orders out to 'The Sisters of Saint Francis' with 'Red Hill Farm' listed in the memo. Failure to make payments on time will result in \$10.00 per week late fees and forfeiture of your share until payment is obtained. NO REFUNDS.

	Full Shares	Bi-Weekly Shares
[] Paid in Full	\$750.00 due with this form	\$375.00 due with this form
[] Two Payments (second payments due June 7, 2013)	\$380.00 due with this form (second payment = \$380.00)	\$192.50 due with this form (second payment = \$192.50)
[] Three Payments (second payments due June 7, 2013 third payment due Sept. 1, 2013)	\$255.00 due with this form (second payment = \$255.00) (third payment = \$255.00)	\$130.00 due with this form (second payment = \$130.00) (third payment = \$130.00)

* Cookbook Bonus *

*Complete registration paid in full and received before January 1, 2013 is eligible for **one** complimentary copy of From Asparagus to Zucchini (by Madison Area Community Supported Agriculture Coalition), an excellent CSA companion with recipes and storage tips about numerous vegetables you will be receiving throughout the season.*

[] Yes , I would like a complimentary copy of the cookbook with my eligible registration.
[] No , I decline the offer
[] I would like to purchase additional copies of the cookbook _____ # of copies @ \$13.00 each = _____

[] I agree to all terms described on this membership form.

Date: _____ Signed: _____

Mail completed form and payment to:

Red Hill Farm, c/o Farmer Angela Kidder, 609 S. Convent Road, Aston, PA 19014

Red Hill Farm 2013 CSA Season Membership

Shared Membership Contact Information

I would like to share in Red Hill Farm's 2013 season. I understand the farmers are committed to providing high quality organic produce and I understand that some growing conditions may be out of the farmer's control.

* Additional Contact Information for Shared Memberships *

Primary Shareholder's Name:

Name:	Address:
Phone:	Email:

[] I agree to all terms described on this membership form.

Date: _____ Signed: _____

Mail completed form and payment to:

Red Hill Farm, c/o Farmer Angela Kidder, 609 S. Convent Road, Aston, PA 19014