

July 11, 2015



THE RED HILL ROOT

Newsletter for the Members of Red Hill Farm CSA

Keep on Planting!

That’s what we do. We are always looking ahead. What do we need to plant today, tomorrow, next week? Sadly some things cannot take the heat, while others get swallowed up by weeds so fast that they don’t have a chance. We just keep going. We just keep planting. Today we plant Sumer Crisp Lettuce, tomorrow we plant Delicata Squash, next week we plant our Brussels Sprouts plugs. Next time you see us, feel free to ask “What are you planting today?”



Elizabeth and Joanne planting Butternut Squash.



Veggies to expect over the next few weeks:

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|---------------|----------------------|-------------|
| Carrots | Onions | Beets |
| Summer Squash | Potatoes | Swiss Chard |
| Fennel | Summer Crisp Lettuce | |

Roasted Fennel with Parmesan

Ingredients

4 tablespoons olive oil

4 fennel bulbs, cut horizontally into 1/3-inch thick slices, fronds reserved

Salt and freshly ground black pepper

1/3 cup freshly shredded parmesan cheese



Directions

Preheat oven to 375 degrees F.

Lightly oil the bottom of a 13 x 9 x 2 inch glass baking dish.

Arrange the fennel in the dish.

Sprinkle with salt and pepper, then with Parmesan.

Drizzle with olive oil.

Bake until the fennel is fork tender and top is golden brown, about 45 minutes.

Chop enough fennel fronds to equal 2 teaspoons, then sprinkle over roasted fennel and serve.

Recipe courtesy of Giada De Laurentiis

Hoop House Update

I'm sure most of you have noticed the damage that has occurred to our hoop houses this summer.

We are working with our insurance company to get them repaired, and the work should begin soon.



Thank you to members Jeanette Sadowski, Christopher Anthony, and Allison Lam for their generous donations toward the purchase of a third hoop house.

Nature's Best Remedies



Lemon Balm

Lemon balm has been used to relieve stress and anxiety for millennia. In modern herbal medicine, it is combined with other calming herbs such as valerian and hops, to reduce anxiety and promote sleep. Recent studies indicate that it may also improve secondary memory and the ability to learn, store, and retrieve information.

Lemon balm leaves have a minty, calming fragrance. To make a tea, pour 1 cup boiling water over 5 to 6 fresh leaves or 1 teaspoon of dried leaves, and steep for 5 to 7 minutes. Strain and add honey or stevia if desired. It's delicious with mint too!

Carrot Top Pesto

1 cup lightly packed carrot leaves (stems removed)

6 tablespoon extra-virgin olive oil

1 large garlic clove

1/4 teaspoon kosher or fine sea salt

3 tablespoons pine nuts, toasted

1/4 cup freshly grated Parmesan cheese, preferably Parmigiano-Reggiano



In a food processor, combine the carrot leaves, oil, garlic, and salt and process until finely minced. Add the pine nuts and pulse until finely chopped. Add the Parmesan and pulse just until combined. Taste and adjust the seasoning. Use immediately or cover and refrigerate for up to 2 days.

Can be served as a dip with crudités or dolloped on top of bruschetta that has been smeared with fresh goat cheese. It's also perfect simply tossed with pasta.

Recipe courtesy of Diane Morgan.

One Final Note ...

Please do not ask us to switch your pick up day or hold your share for you. We have far too many members to accommodate the requests that we have been receiving. We encourage you to have a friend in mind to call if you are unable to pick up your share. Thank you in advance for your cooperation.