

# THE RED HILL ROOT

Red Hill Farm's Newsletter

February 2020

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"Nature looks dead in the winter because her life is gathered into her heart. She withers the plant down to the root that she may grow it up again fairer and stronger. She calls her family together within her inmost home to prepare them for being scattered abroad upon the face of the earth."

- Hugh Macmillan, "Rejuvenescence" *The Ministry of Nature*, 1871

## Introduction to Plant-Based Living

On **Sunday, February 23** from **11 A.M. to 12 P.M.** Janine Berstein, health and wellness consultant, will host a workshop about the benefits of a plant-based lifestyle. Before the talk begins, we will prepare protein truffles to sample! Janine will teach about the science of plant-based diets and recipes you can incorporate into your life. This is a free workshop! All are welcome.

Please join Red Hill Farm at **Our Lady of Angels Convent in the Copper Beech Room** for an educational and exciting workshop. We hope to see you there!

To RSVP or to ask questions, please **contact** [redhillfarm@osfphila.org](mailto:redhillfarm@osfphila.org)

## Tara, Workshare Extraordinaire.

*Our workshare members are committed individuals who help us to accomplish so much during the growing season. We are featuring some of the workshares' stories in the next few newsletters. Here's Tara's story.*

Wanting to stay connected with her farming roots, Tara became a CSA member with Red Hill Farm in 2010 when she and her husband moved to Philadelphia. Although there were many nearby farms to join, Tara felt especially drawn to the community of Red Hill Farm. "I liked that families came to the farm. The kids get to run around and explore. I was hoping to be able to give that experience to my kids someday."

A typical day starts at 8 A.M.. In front of the barn alongside the other farmers, Tara receives the tasks of the day. "It could be planting or weeding. The farmers share guidance about what tools to use or whether or not I should change my shoes. Then we go out to the fields and do it."

In addition to being a workshare at the farm, Tara is a mother to two children, involved in the Landsdowne Friends Meeting, and a registered dietician with plans to begin working part-time. Even with all of these responsibilities, Tara explains that she really enjoys the special feeling of accomplishment she has when spending a day on the farm. Over time she began to see her fellow farmers as coworkers but in this office space she gets a lot more exercise and vegetables.

Taking home a share of vegetables means that Tara prepares healthy and creative meals for her family. She shared a Kohlrabi Slaw recipe that her children love. "Peel and shred kohlrabi into a bowl. Next, thinly chop an apple into the bowl. In a separate bowl, mix apple cider vinegar, Dijon mustard, olive oil, and pepper together. Pour it over the kohlrabi and apple mixture. Stir it all together and serve on the side of sandwiches. It's delicious." Connecting her family to the farm is especially important for Tara because she was raised on a farm in Western New York and was also a farmer in Massachusetts for two years. She wants her children to know where their meals are coming from and who is growing their food.

For anyone who is considering becoming a workshare, Tara says, "You are stronger than you think you are!" Everyone at the farm works as a team. "If a crate is too heavy for you, there's immediately someone to help you." Don't be intimidated by the heat either! "You'll work early enough in the day before it gets too hot, so your body will adjust to the temperature. It won't feel unbearable at all."

***Thank you Tara for seven years of hard work! We appreciate your commitment to the farm.***



# The Beginnings of an Exciting Year

This year is filled with all sorts of interesting workshops for you to enjoy. One of Red Hill Farm's purposes is, of course, growing produce to share with community. Another purpose is growing community. Here's how we've been growing community.

## Living Mindfully Recap

On Saturday, January 18, Susan Long, meditation specialist, taught a group of CSA members, sisters, and community members about how to live mindfully through practicing meditation. Together we practiced three types of meditations, including a relaxing body scan. Susan used the following quote by Jon Kabat-Zinn to describe mindfulness, "Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally." She also shared a short Ted Talk about meditating titled *All It Takes Is 10 Mindful Minutes* featuring Andy Puddicombe. Check it out!

Thank you, Susan, for sharing your wisdom with us!

## Red Hill Farm on the Road

At the end of January, the farmers headed to Hershey to attend the Mid-Atlantic Fruits and Vegetables Convention. At this workshop we learned about all things agriculture from agritourism, Saffron, high tunnels, vegetable grafting to specialty cut flowers.

The learning didn't stop in Hershey! We were back on the road in early February to attend the Pennsylvania Association for Sustainable Agriculture in Lancaster City. We heard Josh Tickle speak about his project "Drawdown." The entire conference was very inspiring and got us even more excited about the upcoming growing season.



## Household Plants Recap

Joe Daniels of the Penn State Master Gardeners in Delaware County brought lots of potted plants with him to talk about how to care for household plants. Guests learned about plants that thrive in low-lighting like the Peace Lily. Joe's best tip was to try to "be less nice to your plants!" He says a common error people make when taking care of household plants is over-watering. Find a good watering schedule to abide to and stick to it.



## Psst, Did You Sign Up for Your CSA Membership?

Just in case you haven't already, here's a friendly reminder to sign up for your 2020 CSA share. Check out the farm's website for more information at [www.redhillfarm.org](http://www.redhillfarm.org).

You can also contact [redhillfarm@osfphila.org](mailto:redhillfarm@osfphila.org) with questions.

Stay up to date with upcoming events

Instagram (RedHillFarmCSA)

Facebook (Red Hill Farm—Sisters of St. Francis)