

## WE'RE STILL FARMING FOR YOU.

The world feels a bit upside down and turned around ever since the global pandemic, COVID-19. We've all had to adjust our life and endure hardships both on an individual level and as an entire community. Here at the farm, we've been taking extra precautions such as adding an additional handwashing area, maintaining a safe distance from volunteers and workshare members, and wearing masks. Prior to the pandemic, the farmers would take a nice lunch break in the dining room at the convent just across the street which gave us a chance to mingle with the sisters and the employees of Our Lady of Angels and update everyone about the happenings at the farm. Now, to be safe, Red Hill farmers take our lunch on the porch of the barn while listening to the purple martins sing and watching the robin feed her babies. Personally, I'm so grateful to continue my work at the farm. I live in Philadelphia, and, as of recently, there's a slight discomfort in the clustered city where once there was a fun frenzy. Luckily, walking onto the farm and taking in the fresh air feels akin to walking into a sanctuary. I'm happy to farm for you all as are my wonderful colleagues.

That brings me to the main message: ***Red Hill Farm is still in business!***

We've planted fields of cabbage, broccoli, kohlrabi, escarole, and Swiss chard for our members. In the high tunnels, beds of spinach, carrots, and beets are steadily growing. Our greenhouse is true to the name. The tables are packed with vibrant seedlings sprouting up just waiting to be transplanted into the fields.

When it's that time again to pick up your weekly share of fresh produce, things will be a bit different. Rather than sorting through the bounty on the shelves, we will prepackage your farm share. This will allow us to keep you and the farmers safe from spreading the Corona virus. We can deliver your farm share to your car if that works best for you. It's certainly more enjoyable to sort through the bins for the perfect tomato or the biggest head of lettuce but we have to take these precautions to keep everyone healthy. As for the You-Pick area that we all know and love, you will be required to bring your own scissors and bags to gather flowers, herbs, and berries. The farm will not provide bags at this time. We'll ask that you wash your hands before and after harvesting. There will no longer be a surplus area to sort through but we see this as an opportunity for you to try the produce you may have left behind in the past! Each week we will provide you with recipes to spark some cooking ideas with all the produce you'll receive. We hope you'll understand and respect our adjustments at the farm.

Lastly, we're still accepting CSA memberships, workshare members, and volunteers for this season. Please send an email or give us a call if you are interested in lending a helping hand at the farm. We'd love to have you!

For those of you who have already signed up for a farm membership or have spent some hardworking hours with us, thank you for supporting Red Hill Farm. We can't wait to share our bounty with you all.

- Madison Rios

# Sandy: Peace in the Fields

Architect, wellness coach, mother, wife, and workshare member of Red Hill Farm. These are some of Sandy's titles which she shared during an interview one morning over tea. Here's the conversation:

**Q: How many years have you been a workshare member at Red Hill Farm?**

A: I started in 2018 so this upcoming season will be my 3rd year with the farm.

**Q: What inspired you to become a workshare member?**

A: I wanted to feel connected to my food and Mother Earth. I wanted to increase my physical activity. Plus, I wanted to get my vegetables for free! I have a home garden but it's not the best spot for growing vegetables and it's a lot of work. I figured I could spend four hours a week at Red Hill Farm to get fresh produce rather than spending all of my free time working in my home garden.

**Q: What has been your favorite part of the workshare experience?**

A: Being on the farm, just *being* there. It's meditative. Working on the farm for those four hours during the week is a mental break from the business of life. It's like therapy.

**Q: Tell us something you've learned or gained while farming.**

A: I learned about the rhythm of the seasons from consistently seeing the changes week after week.

**Q: What's your favorite item in the CSA share and how do you cook it?**

A: Swiss chard. I love Swiss chard so much that I'm planning to grow some at home, too. One of my favorite ways to cook it is for breakfast. I chop up garlic and onion, sauté them in a pan with oil, add chopped Swiss chard, crack an egg right into the pan, and scramble it all up. It's my Breakfast Scramble—so good.

**Q: What's your advice for people curious about the workshare program?**

A: It's so rewarding on all levels: physically, mentally, emotionally, and spiritually. There's a great, wonderful community with whom you work. Plus, working four hours each week at the farm versus always working in your home garden is a better deal. At Red Hill you get variety and abundance for less time spent working. I encourage people to come if you can spare four hours of your week.



*Thank you, Sandy, for working with Red Hill Farm all of these years!*



*"All the flowers of  
all the tomorrows  
are in the seeds of  
today,"*

- unknown

