



Shareholder Newsletter Aug. 13, 2014 Vol. 15, No. 6

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Meet an Intern..



Reuben arrived here early in the springtime. He's been a great part of our crew, and has a real enjoyment of the work and a drive to accomplish the large tasks at hand. Here, he's standing in a field of tomato stakes that he pounded, by his own choice, all in one hot July day. That's 228 posts— surely a record on our farm. A customer who saw him afterwards thought he'd been swimming in the pond. Here's what he has to say.

Hello! My name is Reuben and this is my first season here at Waterpenny. Trail construction and farming are my two primary interests and they've taken me all over this big, beautiful country. I'm originally from Nashville, Tennessee, but I've lived and worked in Kentucky, Virginia, Montana, Idaho, and Utah. I'm excited to be in Virginia again, in the shadow of Shenandoah Mountain, to explore and cool off in the diverse forests nearby.

I've learned many new skills from the wonderful people here and have begun to form a vision for my own piece of land some day. Looking forward to more harvests, meals, and markets this year!

Farm notes:

- Peppers are coming into their own. The weather and conditions have been right for them this year! We prefer to pick our peppers ripe (red, orange, or yellow) instead of unripe (Green) because they are so much more tasty and nutritious that way. The purple peppers you may have in your share are the most equivalent to green peppers.
- There's a gap in the Melons this week, but as you can see in the photo above, our next planting looks fabulous! The "scare eye" balloons to the right are to keep crows from pecking them.

Roasted Tomato, Pepper, and Sweet Onion Soup

Adapted from Food.com

- 1 1/4 lbs ripe tomatoes
- 1 red onion
- 1 red bell pepper
- 3 cups vegetable stock (or 3 cups water plus 1/2 vegetable bouillon cube)
- 1 tablespoon olive oil
- 4 -8 sprigs fresh sage
- salt and pepper

Wash and halve the tomatoes.
Halve the pepper, removing the core and seeds.
Cut the onion in quarters.
Place the vegetables and two sprigs of sage on a large bake pan.
Sprinkle with the olive oil.
Bake for 30 minutes in the oven at 400 degrees.
Remove the vegetables from the oven and place them in an ovenproof dish.
Add the bouillon, and bake uncovered in the oven 20 minutes or until the vegetables are cooked.
Allow the vegetables to cool.
Puree with a hand blender.
Reheat in a pan on the stove when ready to serve.
Garnish with chopped sage.