



**Shareholder Newsletter Sept. 10, 2014
Vol. 15, No. 8**

Rachel Bynum & Eric Plaksin,
53 Waterpenny Lane, Sperryville, VA 22740
(540) 987-8567
e-mail: waterpennyrsa@gmail.com
Website: www.waterpennyfarm.com

Hello! My name is Nora and I am super excited to be on the Waterpenny team this year. I was first inspired to get involved with the food movement after watching *Food Inc* and *Supersize Me* my senior year of high school. After doing some research and reading Michael Pollan's *The Omnivore's Dilemma*, I had a short stint at vegetarianism (about two years) but went back to eating meat because of my love of cooking (especially cooking for others!). Cooking and connecting with others through food is one of my favorite things and because of this I knew I had to start growing my own. After my freshman year of college I started a small vegetable garden at my home in Connecticut where I grew tomatoes, eggplant, sweet peppers, hot peppers, squash, and an assortment of herbs—and I haven't stopped since! Before interning at Waterpenny my only farm experience was volunteering on a farm outside of Boulder, CO. My internship here has really furthered my passion for clean, healthy, local food. Eric and Rachel have taught me so much about farm planning, harvesting techniques, crop succession, and so much more. After my season at Waterpenny I plan to travel to South America for an undetermined amount of time and am also applying for Food Corps! Although I am not entirely sure where my place in the local food movement lies, I couldn't be more excited about what the future holds!

Role Reversals

As a little experiment two of our interns each tried taking a CSA half share and using it just like all of you do. This is quite different from their usual use of our vegetables, when they just take whatever they want whenever they want it. I was curious how they would use things, what they'd want more of, how things held up, what they didn't end up eating, etc. Their write-ups of each of their experiences are below. Overall they both seemed to enjoy most of their shares, though they both got at least partially bad onions and neither one ate their chard. We're disappointed to learn that onions that look fine can still be bad on the inside, and we hope you all haven't had too many problems with those. We'd also be interested in hearing how you are using your shares during the week.

I enjoyed eating this week's share. It was interesting to see what I ended up using first and what I was not able to use. I used all of the peppers and the cucumber within the first two days - cut up on salads. I made dinner with my friends on Wednesday evening and used the squash, onion, and a clove of garlic in a veggie stir fry. When I cut up the onion to use in the stir fry, I found that part of it was rotten, even though before I cut it the onion seemed hard and perfectly fine. I understand that this happens sometimes and while it was unfortunate that I couldn't use the entire onion, I ended up using most of it after cutting out the bad part. On Thursday afternoon, I added the jalapeno to some other jalapenos I had and made pickled jalapenos, which I canned for use throughout the winter. I used the rest of my garlic to flavor the pickled peppers. I don't really like raw tomatoes (I know, a sin as a Waterpenny intern) so I usually cook them in soup, curry, chili, etc. This week I had a lot of meals already planned out, as well as several dinners at someone else's house. I wasn't able to find a use for the tomatoes so I ended up giving them to a friend who ate them raw on salads. The other thing that I didn't use was the chard. It's not my favorite green... I had intended to cook it with some garlic, oil and a splash of vinegar but I procrastinated and by the time I finally took it out of the fridge (Monday) it was wilted beyond revival.

I am happy with the share I received and think I could probably use a full share next time! Except for the tomatoes and chard, I used everything in the first few days. —Amanda

Dear Waterpenny,

I have enjoyed my first half share of produce immensely! The only things I did not use were the onions and chard. The onions were a bit moldy and the chard was beautiful but I'm just not a big fan of chard, although it did not go wasted. I was able to pawn it off on a friend who eats anything green whether he likes the flavor or not.

Besides those two items, I went through all the produce so fast that I was empty by Saturday. I know that I eat at home more than most city dwellers do though so I should probably step it up to a full share. The squash were delicious and used in a stir fry and the garlic has been used in everything throughout the week. I was quite pleased with the tomatoes that made it until Sunday, when the last one was consumed, without getting to mushy. Cherry tomatoes are my favorite! They were gone by Thursday evening, and the cucumbers are always the best snack!

I guess my next question would be, can I accommodate a full share and not waste any food? Thanks again! —Leigh