



Shareholder Newsletter Sept. 23, 2014 Vol. 15, No. 9

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Farm Notes:

We have 2 more weeks of shares— the last shares are October 8 & 9.

- Our Fall greens are growing nicely, and we'll have salad turnips, Kale, and other greens in the coming weeks. We also are digging sweet potatoes!
- **Come to the Farm! The Rappahannock Farm Tour is this weekend (Sept. 27 and 28)! Our end of year cider pressing festival is October 4th , from 3-5:30 Let us know if you plan to come.**
- We will continue taking orders of bulk winter squash through the end of the season. These are also available at our markets in Arlington and Warrenton on Saturdays, and Takoma Park on Sundays. \$40 for 25 pounds of squash will keep you in soup, bread, stuffed squash, and squash fries through Christmas! If you haven't already, e-mail to place your order; specify what types you'd like to have.



Left: An example of what 25 pounds of squash looks like. You can order a mix or all one kind, or any combination you'd like.

Roasted Acorn Squash with Mushrooms, Peppers and Goat Cheese

From Foodnetwork.com

2 acorn squash
2 tablespoons olive oil
1 1/2 teaspoons kosher salt
1 teaspoon freshly cracked black pepper
Filling:
2 tablespoons butter
2 cups cabbage (core removed before slicing)
1 cup 1/4-inch-sliced sweet onion
1 red bell pepper, seeded and sliced in 1/4-inch julienne
1 yellow bell pepper, seeded and sliced in 1/4-inch julienne
Kosher salt and freshly ground pepper
2 cups cremini mushrooms, cleaned and quartered
2 cloves garlic, minced
4 ounces crumbled goat cheese
2 tablespoons chopped fresh Italian parsley, for garnish, optional

Directions

For the acorn squash: Preheat the oven to 375 degrees F. Trim the tops and bottoms off the squash. Cut in half horizontally so the cut-ends will keep the pieces flat. Clean the inside of the squash. Separate the seeds from the membranes and rinse well. Dry the seeds with a paper towel and set aside.

Place the squash cut-side up on a baking sheet, drizzle with the olive oil and sprinkle with 1 teaspoon of the salt and the pepper. Place the seeds on a separate baking sheet or foil. Roast the squash 30 minutes. Roast the seeds at the same time, checking and moving them around after 10 minutes and again after 20 minutes. Depending on the size of the seeds, they may be done after 20 minutes, or up to 30 minutes. Sprinkle the seeds with the remaining salt, and set aside with the squash.

For the filling: Set a large sauté pan over high heat and add the butter. When melted, add the cabbage, onions, peppers, sprinkle with salt and pepper and gently toss to combine. Allow the cabbage to wilt down, about 5 minutes. Add the mushrooms and cook, 3 to 4 minutes. Add the garlic and toss to combine. Sauté 2 to 4 minutes longer, and adjust the seasoning with salt and pepper.

For assembling: Preheat the broiler to low. Fill the roasted acorn squash halves with the filling. Sprinkle the crumbled goat cheese over the top, then top with the roasted squash seeds. Broil just until the cheese is warm. Garnish with Italian parsley, and serve.

Meet.....Eric!

Hi, I'm Eric Plaksin, and I'm just getting toward the end of my 15th year working here at Waterpenny Farm with my wife Rachel. Growing up I was always interested in math & science, and thought I'd eventually end up being a computer guy. I went to a public boarding school in North Carolina for students interested in math & science, but they also offered classes in religion & philosophy, and lots of students took art classes too. By the time I got to college I only took the minimum math & science classes I was required to take, and ended up mainly studying Taoism & Buddhism. I also became active in environmental groups on campus, including one group of students who were working toward starting a farm on college property. I worked on the new 1-acre garden as a summer job after my first two years of college, and helped with the garden as a volunteer activity during the school year. I realized I enjoyed working outside doing tangible work much more than sitting at a desk or doing computer work, and I also worked part time for the college carpentry and grounds departments.

When I graduated in 1996 I decided to work on a full-scale vegetable farm to further explore this new interest of mine, and Wheatland Vegetable Farms was one of two farms that sent job information to colleges. Wheatland sounded better than the other one, and I was hired to work three months that summer as my first job out of college. I found farming to be very challenging but ultimately very satisfying work, and ended up working there for 4 years total. In the winters I did various carpentry & odd jobs (and also worked 5 months at a coffee shop without ever drinking coffee). I kept returning to farming as the job I enjoyed most, and with Rachel working on the same farm for three of those years we both came to appreciate organic farming as a way to do daily work we enjoyed that we could also put into a larger context of making the world a better place.

We started Waterpenny Farm in the fall of 1999 and moved here for a two-year trial period to see how it would work out. The farm has always been our sole source of income, and despite widely varying growing, marketing, and labor conditions it has always worked out one way or another. In September 2004 we signed a 40-year lease on the land we use that allows us to stay here as long as 2044 when we're 70 years old.

When we first got into farming we saw ourselves as voluntarily choosing to get paid less than we might doing other jobs, but getting much more satisfaction & enjoyment as well. Now that I've been farming one way or another for almost 20 years, though, I see farming as both the job I enjoy the most, and also the best way I know how to make a living. The farm is also a great place to raise our family, and we feel fortunate we've been able to make our farming dream into a viable occupation.



Above: Nicholas and Eric bring in Isaac and pumpkins