



Shareholder Newsletter Oct. 6, 2015 Vol. 16, #10

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You're invited to

The Waterpenny Farm

Fall Festival

Saturday, October 10

3:30-5:30 PM, rain or shine

Apple cider pressing using no-spray apples, with a hand-crank press

Scavenger hunt and prizes for kids!

"Hayride" farm tour (including a visit to the chickens!)

Self-guided farm tour available.

Possible Juggling show with the Jazzy Juggler!

RSVP to tell us how many children and adults will be with you.

Farm Notes:

This is the last share of the season! It has been a great growing year for us, and we hope you have enjoyed the vegetables. The abundance on the farm has meant a high-value CSA year for shareholders.

We don't have a formal survey, but we appreciate any feedback you have about the shares. Did you like the addition of more varied summer greens? The Thai and lemon basil? What were your favorite tomato and squash types? Was the newsletter helpful to you?

We will be in touch in February to begin signups for next season. If you know others who are interested in joining, have them e-mail us to be put on the 2016 waitlist.

We will keep selling produce (peppers, greens, squash, garlic, soup...) on the farm and at markets until Thanksgiving week. Come get Waterpenny produce at market (Saturday 8-12 in Arlington or Sunday 10-2 in Takoma Park) or on the Farm Fridays and Saturdays.

A recipe from shareholder Eileen Hanning...

Chicken and Sweet Potato Crock Pot Stew

Adapted from Yummly. "It's a great way to use lots of Waterpenny veg in one, easy dish."

6 boneless skinless chicken thighs
2 lbs sweet potatoes, peeled and cut into chunks
1 red bell pepper, seeded and cut into chunks
1 and 1/2 onions, chopped.
4 garlic cloves, peeled
1 Cup white wine
1 tsp fresh rosemary, chopped or 1/2 tsps dried, crushed
1 tsp salt
1/2 tsp ground pepper
1 1/2 Tbs cider vinegar
4 oz or more of kale, stemmed and chopped

- 1) Put chicken, sweet potatoes, bell pepper, onions, garlic, wine, rosemary, salt, and pepper in a 6 quart crock pot.
- 2) Cover and cook on low until the potatoes are tender, about 5 hours.
- 3) Stir in vinegar and kale, cover and let it wilt -- takes a few minutes. Serve.

Photo, right: Our chickens enjoy some new pasture this week. They are part of the cleanup crew on the farm, eating compost and pests on retired fields, while fertilizing the soil. You can meet them in person on our farm tour at the Fest—they always love to eat the apple pumice leftover from the cider pressing. We will keep having their eggs for sale until we sell the flock to neighbors in late November.

