



Shareholder Newsletter July 13, 2016 Vol. 17, No. 4

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Farm Notes:

- Eggplant and potatoes are in this week! We are pleased with the crops this year. (Below, Isaac and Nicholas help to dig some Rad Norland potatoes).
- Tomatoes, which were set back by frost just 2 months ago, are just about to get going! It's hard to be patient, but will be worth the wait. Depending on the variety, tomatoes begin ripening 65-85 days from flowering.
- Melons (sweet cantaloupe type) will be ready for the next shares!
- Our chickens are laying lots of wonderful eggs! Come to the farm or our farmer's market in Arlington (Saturdays 9-12) or Takoma Park (Sundays 10-2) We also have flowers at markets and for sale in the barn.



Come to the Kids Butterfly Count

Saturday, July 16 10-11:30

at Waterpenny Farm!



This special event for kids is sponsored by the Old Rag Master Naturalists, as a new part of their annual Rappahannock County Butterfly count. Kids 6 and up are welcome! To register for this free event, contact Jane Smith with the Master Naturalists by emailing jsperryville@gmail.com. Adult events (Butterfly identification workshop, and the annual count, on our farm and at many great places in the county, are July 17 and 23.)

We see lots of butterflies in the farm fields and meadows throughout our farm. (Above: a Great Spangled Fritillary on a Marigold this year). We will tour the different habitats on the farm and hopefully spot some butterflies in action. The Master Naturalist volunteers have some fun activities and crafts planned. Snacks will be provided.

(Below: flowers from our fields— Butterfly magnets!)



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 * Recipes are available on our website. *
 * Lately I have been making Squash *
 * Pancakes, cucumber salad, and *
 * zucchini bread from there. Enjoy *
 * these two simple ones that highlight *
 * some of the produce in your share! *
 * * * * *

Grilled Eggplant with Parsley and pine nuts

From RealSimple.com

2 Tablespoons pine nuts
 2 medium eggplants, sliced 1/2 inch thick
 1/2 cup olive oil
 1/4 cup red wine vinegar
 2 teaspoons fennel seed
 kosher salt and black pepper
 2 tablespoons chopped flat-leaf parsley

Heat oven to 350° F. Spread the pine nuts on a rimmed baking sheet and toast in oven until golden, 6 to 8 minutes.

Meanwhile, heat grill to medium-high. Toss the eggplant with ¼ cup of the oil. Grill, turning once, until tender, 8 to 10 minutes. Toss the eggplant with the remaining ¼ cup of oil, the vinegar, fennel seed, 1 teaspoon salt, and ½ teaspoon pepper. Let marinate for at least 30 minutes and up to 8 hours. Just before serving, top with the parsley and pine nuts.

Easy Zucchini Noodle Alfredo

From dinner-mom.com

1 pound zucchini
 (2 cloves Garlic, or 2 scallions, optional)
 1 Tablespoon olive oil
 1.5 ounces of cream cheese, room temperature
 1 Tablespoon sour cream
 ¼ cup Parmesan cheese, grated

1. Use a spiralizer or vegetable peeler to made zucchini noodles.(I like Vegetti spiralizer)
2. Heat olive oil in a large pan over medium heat.
3. Add zucchini noodles to pan and sauté for about 5 minutes.
4. Remove noodles to serving dish.
5. Add cream cheese, sour cream and Parmesan cheese to pan and stir to combine.
6. Pour sauce over noodles and toss to combine. Top with additional Parmesan cheese, if desired.

Meet an Intern..

Katrina Beitz has been with us since the springtime. Her varied experience, farming and otherwise, has made here a great person to have on the farm. She hurt her knee recently, but is on the mend, hopefully in time for tomato season. Recently, she has been a great asset to our flower arranging for market.

Here is what she has to say...

Hello! My name's Katrina and I'm a first year intern on the farm. I'm originally from just outside Cincinnati. I went to school at American University in DC, studying International Development. It was during college that I first became interested in growing things through various part-time/summer jobs at garden centers and an internship at World Food Program USA got me thinking about food justice and feeding people.

After graduating I worked as a team leader for AmeriCorps NCCC FEMACorps-- which involved taking a group of young adults across country in a 15-passenger van. I did a second AmeriCorps year with JVC NW, which gave me the chance to live in a wonderful intentional community and to move to rural Alaska and work at the District Attorney's Office. It was the middle of winter on the tundra, having lived in a food desert for half a year and feeling miserable in an office job, that I realized I wanted to grow plants and work outside and feed people good food.

From Alaska I went to California. I had an apprenticeship on a biodynamic farm in the Santa Cruz mountains that supplied a Michelin -starred restaurant. While I loved the work--the rhythm of each day, being physically and mentally challenged, the community between the other apprentices--I didn't love that most of the food we grew consisted of tiny perfect produce, leaving so much wasted.

So, here I am, back on the east coast, and learning all that I can from working on a farm for a full season. I feel so incredibly grateful to be here and working with such an amazing group of humans. I don't know what's down the road for me, but I hope to keep farming and to share this knowledge (and food) with others for as long as I can.