Shareholder Newsletter July 20, 2016 Vol. 17, No. 5

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Farm Notes:

- We are harvesting Malabar Spinach (pictured above) this week. Its long vines grow well in the hot summertime. Try it raw in a sandwich. Its succulent leaves are tasty raw or cooked. They don't have the slightly astringent flavor of Swiss Chard.
- The first beans are in your shares today. All are stringless bush beans. The flat Italian type beans are Roma and Jumbo; the round ones are Provider
- Tomatoes!!!! They are coming in. Leave them at room temperature, rather than refrigerating, for the best flavor.
- Enjoy the first Melons! You can tell when they are ripe by a uniform pale yellow color in the ribs, and a fragrant stem scar. Refrigerate when ripe.

Chocolate Zucchini Cake

From Epicurious.com

This makes a great summer birthday cake!

2 1/4 cups sifted all purpose flour
1/2 cup unsweetened cocoa powder
1 teaspoon baking soda
1 teaspoon salt
1 3/4 cups sugar
1/2 cup (1 stick) unsalted butter, room temperature
1/2 cup vegetable oil (or coconut oil)
2 large eggs
1 teaspoon vanilla extract
1/2 cup buttermilk
2 cups grated zucchini (about 2 1/2 medium)
1 6-ounce package (about 1 cup) semisweet chocolate chips
3/4 cup chopped walnuts

1. Preheat oven to 325°F. Butter and flour 13 x 9 x 2-inch baking pan. Sift flour, cocoa powder, baking soda and salt into medium bowl. Beat sugar, butter and oil in large bowl until well blended. Add eggs 1 at a time, beating well after each addition. Beat in vanilla extract. Mix in dry ingredients alternately with buttermilk in 3 additions each. Mix in grated zucchini. Pour batter into prepared pan. Sprinkle chocolate chips and nuts over.
Bake cake until tester inserted into center comes out clean, about 50 minutes. Cool cake completely in pan.

Meet an intern.. Jamie was one of the first of our crew to arrive on the farm this spring. We have enjoyed having her here, and she has contributed a lot in everything we do here. She remains cheerful in the heat, true to her Florida roots. Here is what she has to say. Jamie is pictured below, picking snapdragons. She also shared a very adaptable recipe for you to try at the end of a busy day, below.

Hi everyone! My name is Jamie Landa and this is my first season as an apprentice here at Waterpenny. I graduated from Emory University a little over a year ago with a major in Environmental Science and a minor in Global Health, both of which inform my work here on the farm. What I learned in my classes also increased my strong desire to improve the world food system through providing education, increasing food access, and bettering environmental and ethical conditions on farms.

After graduation, I volunteered on multiple farms through the WWOOF (World Wide Opportunities on Organic Farms) network. This was a great way to get an introduction to sustainable farming and the various tasks that go into running a vegetable farm. After about 6 months of volunteering and travelling, I was ready to take on a bigger commitment and receive a more comprehensive education in ecological farming. An apprenticeship at Waterpenny farm seemed like the perfect place to do just that, and now here I am!

I have learned and grown so much during my time here and have had a lot of fun along the way, with my favorite on-farm activities being harvesting, helping out at market, and preparing the CSA shares that all of you receive each week. I look forward to continuing my education here for the remainder of the season and whatever my next adventures will be going forward. I hope to continue working in various aspects of the sustainable food movement until I decide where I can contribute most effectively in improving how we grow and consume food.

Kids' Butterfly Count Success!

We had a lot of fun hosting the first-ever Kids' butterfly count sponsored by the Old Rag Master Naturalists last Saturday. After a few introductory activities and distribution of butterfly identification handouts, the 21 kids plus parents and younger siblings boarded the wagon and Rachel took them on a tour of some of the farms best butterfly watching areas, including our flower patches. The group spotted hundreds of butterflies of 12 different species.

You can still sign up for the butterfly count on the farm July 23rd. I'll bet we see lots of Clouded Sulphurs (pictured below)

Jamie's Easy Coconut Oil Baked Veggies

I love this recipe because it is so quick and uses any vegetables.

Ingredients:
Whatever greens you have and like (examples: Chard, Kale, Malabar Spinach etc..)
Eggplant, Potato, Beets, Scallions, Onion, Garlic..really whatever vegetables you feel like eating
2-3 tablespoons melted coconut oil
All The Spices (Salt , Pepper, Cumin, Turmeric, Paprika..go crazy, choose your own adventure!)
Egg(s)

- Preheat oven to 350 degrees
- Chop all ingredients into pieces
- Put chopped vegetables into a glass or metal dish
- Pour coconut oil over the vegetables
- Sprinkle all the spices you have chosen
- Mix the entire thing around then spread evenly around the pan
- Bake for about 35 minutes, stirring occasionally, until done
- Fry an egg in a pan on the stove, over easy (or multiple eggs, one for each person)
- Serve the egg(s) over the veggies in bowl(s)
- Enjoy!