



Shareholder Newsletter June 17, 2020 Vol. 21, No. 2

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Farm Notes

—It is worth remembering now that we had a series of very cold, below freezing nights around May 10th, just over a month ago. We only have squash now because the plants had been out for about two weeks before the freeze and had time to get established, plus they were under two thick layers of row cover we added before the freezes. If any detail had been different, or it had gotten a few degrees colder, the whole planting would have been lost, along with a lot of other summer crops.

—As it is most things are coming along nicely, and while it won't be an especially early year for anything, it should be fairly close to normal. Our tomato plants look good and we're working on getting them staked and strung. We also just seeded winter squash this week. After a spring of regular rains it has gotten dry recently, so we started irrigating this week as well.

—Around the corner, we will be having cucumbers and some beautiful beets join the shares soon. Cabbages are looking wonderful, and will be ready to harvest. The population of Imported Cabbage Worms in the broccoli and cabbage is down this year, possibly because of the warm weather followed by a May freeze that happened as the caterpillars were emerging. Enjoy the last of the wonderful fennel— great raw shaved or cooked; there are 2 recipes on page 2 today for you to enjoy.

—To the right, enjoy intern portrait, from our returning intern, Katie! (she's holding the beets, I think)



Above, our first squash, which lost its leaves under double row cover in a May frost. It's resilient and tasty! We grow zucchini, yellow zucchini, yellow squash, bicolor zephyr yellow squash, light green mid-east zucchini, and patty pan squash. Below, broccoli, squash, and greens at market in Takoma Park!



Roasted Fennel bulbs

(from Simplyrecipes.com)

2 fennel bulbs (thick base of stalk), stalks cut off, bulbs halved lengthwise, then cut lengthwise in 1-inch thick wedges

2 tablespoons (or more) of extra virgin olive oil

2 teaspoons (or more) balsamic vinegar

1 Toss fennel wedges with olive oil and balsamic:

Preheat oven to 400°F (205°C). Place the fennel wedges in a bowl and toss them with 1 to 2 tablespoons of olive oil, just enough to coat them. Sprinkle with balsamic vinegar, again just enough to coat.

2 Roast the fennel: Line a roasting pan or baking dish [Silpat](#) or aluminum foil brushed with olive oil. Arrange the fennel wedges on the pan and roast them at 400°F (205°C) for 40 minutes or until the fennel wedges are cooked through and beginning to caramelize at the edges.

Fish Roasted on Fennel Fronds (from sidewalkshoes.com)

4 fish fillets (cod or tuna work well)

1/2 cup fresh lemon juice

1/2 cup olive oil

1 teaspoon salt

1 teaspoon chopped fresh thyme

fennel fronds

olive oil

Combine the lemon juice, olive oil, salt and fresh thyme in a shallow dish large enough to hold the fish and whisk together. Add the fish and turn to coat. Cover and refrigerate for about an hour.

Preheat oven to 500. Place fennel fronds on baking sheet and spread out in a thin layer. Sprinkle with a little water and a little olive oil. Place fish on top. Roast fish in the middle rack of your oven for about 10 minutes per inch (mine took about 20 minutes) or until cooked through.



Meet an intern...

Lucy joined us early in the Spring and has seen the plants that we are now harvesting from little seeds in the greenhouse. We enjoy having her and her inquisitiveness and sense of humor on the farm!

Above, Katie and Lucy with spring Mustard flowers.

Hi! My name is Lucy Grinnan and I'm so happy to be working at Waterpenny this spring and summer. I grew up in Richmond, and graduated this February from Middlebury College in Vermont. While in school, I studied dance and Latin and Ancient Greek, worked two days a week at a vegetable farm, and lived in the local foods house on campus, where we cooked meals year-round with ingredients from within 30 miles. At Waterpenny, I have loved living in community with the other interns, watching the seasons change, getting extreme and bizarre tan lines, and finding a different, slower rhythm. In my free time, I ferment food--kimchi, kombucha, lemons, kefir, and yogurt so far—and read poetry and write very long letters in my very small print. I also think often about my favorite chicken; her name is Gremlin, and she's a rebel.

Here's one of my salad dressing recipes! I make salad daily, often for breakfast. This time of year, I make salads with de-ribbed and thinly sliced kale leaves, torn spinach, mint and basil leaves, shredded beets or kohlrabi, fennel stalks (or, as I call them, "fennel celery") and fronds, or peeled and cubed cucumber. I make a big batch of dressing at once, and it stays good in the fridge for a couple weeks. I rarely measure things, so adjust as it tastes good to you!

Ginger Soy Vinaigrette

2 inches ginger, minced or grated

3-4 cloves garlic, minced

½ cup soy sauce

½ cup rice vinegar

1 cup vegetable or other neutral oil

Combine in a jar, adjust to taste, and shake!