



Shareholder Newsletter Oct. 7, 2014 Vol. 15, No. 10

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This is your last share! We hope you've enjoyed the season with us. We welcome your feedback— please e-mail with any comments or suggestions.

We will still be at weekend markets until Thanksgiving. Warrenton and Arlington Courthouse are on Saturdays, and Takoma Park is on Sundays. Come for pumpkins (carving and pie), great greens, the last of the summer peppers, sweet potatoes, garlic, and winter squash.

We enjoyed seeing several shareholders at the Rappahannock Farm tour and the Cider Pressing on the farm. We'll continue to have our on-farm self serve stand, in the green barn on the farm, open Fridays and Saturdays until Thanksgiving. If you com out to Shenandoah to check out the gorgeous leaf season, please stop by the farm for your Halloween pumpkins as well!

* **Easy Butternut Squash Soup** *
* By Jennifer Segal *
* Servings: 6-8 *
* Cook Time: 35 Minutes *
* Total Time: 50 Minutes *
* **Ingredients** *
* • 2 20-ounce packages (2-1/2 pounds) pre-cut butternut squash (if using fresh squash, you'll need one large squash or 7-8 cups cubed) *
* • 1 red bell pepper, roughly chopped *
* • 1 medium yellow onion, roughly chopped *
* • 3 cloves garlic, smashed and peeled *
* • 7 cups water *
* • 1 tablespoon salt *
* • 2 tablespoons sugar, plus more if necessary *
* • 1/2 cup heavy cream *
* • Fresh thyme sprigs, for garnish (optional) *
* **Instructions** *
* 1. Combine all of the ingredients except for the heavy cream in a large soup pot. Bring to a boil, then cover and simmer for 35 minutes. Using a hand-held immersion blender, purée the soup until silky smooth. (Alternatively, cool the soup slightly, then purée in a blender in batches, making sure to leave the hole in the lid open to allow the steam to escape.) Stir in the heavy cream and bring to a simmer. Taste and adjust seasoning (depending on the sweetness of the vegetables, you may need up to a tablespoon more sugar). Ladle the soup into bowls and garnish with fresh chopped thyme or thyme sprigs, if desired. *



A Waterpenny (left) perches on top of Nicholas' finger. This and many other macroinvertebrates from the neighboring Thornton River were on display in the barn at our Farm Tour event.

(right) The crowd enjoys a juggling show after the farm tour and cider pressing last weekend. It was a beautiful day! The barn will be open with produce for sale until Thanksgiving.



Past, Present, and Future: A look at three white fields

Last Saturday night, we had our first frost of the Fall season. To prepare for this event, we unrolled a few acres of row cover over our surviving tomato, pepper, summer squash, and eggplant fields. The trick worked well— the field you see to the right will still produce a few valuable baskets of tomatoes, and our peppers look as if nothing hit them at all. The frost was great for our greens, which are invigorated by a frost. They have suffered some from cabbage moth damage, and now will have less pest pressure.



The second photo shows a lovely cover crop or buckwheat. This cover crop is buzzing with bees or all kinds, as well as many butterflies, including monarchs stopping for a sip of nectar on their way south. The white flowers are great in our floral arrangements, and the buckwheat is great for the soil, suppressing weed growth and adding nitrogen. We'll till it in after it's killed by a hard freeze, and plant a winter cover crop of wheat, rye, vetch, and clover.



The bottom photo is of our upcoming spinach field. We enjoyed the early spring spinach that we transplanted on plastic for the first CSA shares of this season, and have decided to transplant most of our Fall-planted spinach this season, rather than direct seeding on bare ground. It took more resources to grow the plants and transplant them all, but we anticipate time savings later when we need to weed the pants, and hope we'll have a better stand of cleaner spinach. If you join the CSA next season, you'll likely have some of this spinach in a spring salad!

The farm's cycle is on the wane, and we're grateful for the abundance of this season. We also look forward to a time of rest and rejuvenation for all on the farm!