



Shareholder Newsletter June 18, 2014 Vol. 15, No. 2

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Recipes from previous years are available on our website— there are lots with squash, basil, garlic tops, all the greens, and broccoli. Try the Crustless Quiche or fried rice throughout the season; They're both delicious and adaptable. Kohlrabi is a recent addition to our repertoire, and we really enjoy it. In addition to eating it sliced raw with dip, or adding it to stir fry, you might enjoy this new recipe. Please send us more of your favorites to share!

Kohlrabi Carpaccio

Sent last June by Arlington shareholder Anna Santos De Dios, adapted from "The Guardian"

This elegant salad shows off kohlrabi's finer qualities, making the most of its radish-y, water chestnut-y crunch, and takes only minutes to make.

1 medium (or 2 small) kohlrabi

4-6 anchovy fillets, chopped

2 oz goat cheddar or other

hard goat's cheese

Peel the kohlrabi and slice thinly using a mandolin. Divide between four plates (or simply toss with remaining ingredients in a bowl for a simpler salad presentation). Shave the goat's cheese over the kohlrabi, then scatter the bits of anchovy fillet on top of the cheese. Sprinkle with thyme leaves if desired, and drizzle with oil and lemon juice. Season with salt and pepper to taste, and serve at once.

Farm Notes:

The regular rain and increasing warmth of our days have things all growing quickly and well. It's easy for farmers to feel "behind" at this time of fast growth. The squash is burgeoning! Tomato plants are growing tall and are constantly in need of another string on their trellis! Garlic scapes are all needing to be pulled, and onions are getting ready for harvest as well. Weeds are growing faster than many of the plants, and the few things we have left in the greenhouse are crying out to be transplanted. We continue to be pleased with this season's weather patterns, and have been able to stay on top of the tasks that will keep your shares and the market abundant through the summer.

We are doing lots and lots of mulching, between the aisles of almost every crop. Each year, we roll out about 200 big round bales in the aisles between the rows. A few fresh bales are pictured below, with Nicholas and Isaac on top—they're fun to play on!



Eat your Brassicas!

Brassicas are an amazingly diverse, and super-nutritious, family of vegetables. This week you have brassica stems aka Kohlrabi, (modeled by Isaac, left), Brassica flower buds aka broccoli (modeled by Nicholas, right) and, of course leaves— aka Kale. Enjoy them in good health!



Summer Squash

is growing quickly now, and will be abundant for the foreseeable future. This photo of a yellow squash plant, in which you can see no less than 6 developing squashes in about one cubic foot of our 1/2 acre squash field, illustrates that well!

We grow many kinds of summer squash, which can be used interchangeably: 4 kinds of Zucchini include 2 dark green ones, bright yellow Zucchini, and the pear-shaped, mellow-flavored Middle Eastern; Patty Pan of 3 types, which all are firm and great grilled or sautéed, and 2 kinds of yellow squash.

One of my favorites from our website is squash pancakes. Another is Zucchini bread. In a pinch, you can freeze grated squash for later use. Enjoy this novel and simple squash recipe sent to us last week by a shareholder.



Meet an Intern..

We're lucky to have Sarah back with us for a second season. She has been great at helping to teach the new crew about our systems here and along with Amanda set a great tone from the start this season. She has quickly expanded her repertoire this year, taking the lead at the Warrenton farmers market, as well as learning to use the tractor to unroll hay bales for mulch. She's pictured to the left, with Amanda, loading some row cover to be taken to the field. Turkey Mountain is in the background. Here's what she has to say!.

Hey everyone. I'm Sarah, and this is my second season working on the farm. There's a lot to appreciate about it. It has been nice to come back knowing how to do many of our day to day tasks. I like being able to help newer interns using what I've already learned. It's also been fun taking on new responsibilities, which for me include more tractor work and going to the market in Warrenton on my own. I love the view of Turkey Mountain across the road while we work. And now that I've seen one season of everything we grow, I'm even more excited for it all to come back around!

Whether or not I have a farm of my own someday, I know that things I have learned here--about food, but especially about character and working well with people--are things that will always serve me well.

We have a beautiful summer ahead of us!

Zucchini (or other summer squash) Chips

From Health.com via Arlington shareholder Erika Fagan

- 1/4 cup dry breadcrumbs
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons fat-free milk
- 2 1/2 cups (1/4-inch-thick) slices zucchini or other summer squash (about 2 small)
- Cooking spray (possibly coconut oil spray)

Preheat oven to 425°.

Combine first 5 ingredients in a medium bowl, stirring with a whisk. Place milk in a shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumb mixture. Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet. Bake at 425° for 30 minutes or until browned and crisp. Serve immediately.