



Shareholder Newsletter Sept. 10, 2014 Vol. 15, No. 8

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Meet an Intern...

Nora has also been here since the springtime. We've enjoyed having her positive energy on the farm this season. We all enjoy her laughter. She's very attentive to the details of the farm and the work here, and is an efficient worker. She and will surely take her experience here far. Here's what she has to say:

Hello! My name is Nora and I am super excited to be on the Waterpenny team this year. I was first inspired to get involved with the food movement after watching *Food Inc* and *Supersize Me* my senior year of high school. After doing some research and reading Michael Pollan's *The Omnivore's Dilemma*, I had a short stint at vegetarianism (about two years) but went back to eating meat because of my love of cooking (especially cooking for others!). Cooking and connecting with others through food is one of my favorite things and because of this I knew I had to start growing my own. After my freshman year of college I started a small vegetable garden at my home in Connecticut where I grew tomatoes, eggplant, sweet peppers, hot peppers, squash, and an assortment of herbs—and I haven't stopped since! Before interning at Waterpenny my only farm experience was volunteering on a farm outside of Boulder, CO. My internship here has really furthered my passion for clean, healthy, local food. Eric and Rachel have taught me so much about farm planning, harvesting techniques, crop succession, and so much more. After my season at Waterpenny I plan to travel to South America for an undetermined amount of time and am also applying for Food Corps! Although I am not entirely sure where my place in the local food movement lies, I couldn't be more excited about what the future holds!

Winter Squash is here!

We're pleased to have a great abundance of winter squash and pumpkins this year! Here is some of yesterday's harvest, including some of the delicate squash you'll get in your share this week, along with Blue Hubbards and jack-o-lantern pumpkins. The storm clouds cooperated, dropping very little rain as we harvested the bounty. We'll be offering bulk squash boxes for Fall/Winter storage in a couple of weeks.

Pictured, from left to right: Eric, Nora, Sara (with squash ears!) Reuben, Isaac, Nicholas, Leigh, and Amanda.



Come to the Farm!

The Rappahannock County Farm Tour & Festival will be on September 28th this year. We'll be one of many farms on the tour, and it is always a great event. We will have a self-guided tour of the farm for visitors to participate in, and will have produce for sale. For more information go to www.rappahannockcountyfarmtourfestival.com

Fall Festival: Saturday, Oct. 4th, 3-5:30

Shareholders and friends are invited to the farm for cider pressing using our no-spray apples (you'll have some in the next shares), a farm tour and scavenger hunt, and hopefully a fabulous juggling show from the Jazzy Juggler! Cider pressing starts at 3. We'll have a hayride tour of the farm around 4. We also still have the informative self-guided tour set up from the Farm Tour for guests to enjoy.

Role Reversal

As a little experiment two of our interns each tried taking a CSA half share and using it just like all of you do. This is quite different from their usual use of our vegetables, when they just take whatever they want whenever they want it. I was curious how they would use things, what they'd want more of, how things held up, what they didn't end up eating, etc. Overall they enjoyed most of their shares, eating most items within a few days. Unfortunately, they both got at least partially bad onions and neither one ate their chard. We're disappointed to learn that onions that look fine can still be bad on the inside (we routinely use "seconds" at home and just rinse out the bad layer), and we hope you all haven't had too many problems with those. As always, we're interested in learning the different, creative, ways you use your share!

This recipe from familyspice.com was recommended by a Takoma Park customer. A great way to use chard!

Spicy Swiss Chard Chips

Like kale chips? Then you'll love these seasoned & spicy swiss chard chips to snack on! Recipe by Laura Bashar of Family Spice

Ingredients:

10 swiss chard, leaves
1 TBS extra virgin olive oil
 $\frac{1}{2}$ tsp kosher salt
 $\frac{1}{8}$ tsp garlic powder
 $\frac{1}{8}$ tsp chile powder

Instructions:

1. Preheat oven to 275°F.
 2. Remove stem and cut into 2-inch pieces:
 - o 10 swiss chard , leaves
 - o Place cut leaves in one layer on a baking sheet and toss with:
 - o 1 TBS extra virgin olive oil
 - o Season with:
 - o $\frac{1}{2}$ tsp kosher salt
 - o $\frac{1}{8}$ tsp garlic powder
 - o $\frac{1}{8}$ tsp chile powder
 - o Bake for 20 minutes, then turn leaves over and bake for an additional 20 minutes.
 - o Let chard chips cool and serve.
- Prep Time: 5 min
Cook Time: 40 min
Inactive Time: 10 min cooling time
Difficulty: Easy
Servings: 6
Serving Size: 5 chips
Serving Suggestions: Serve as an appetizer or snack, or crush over your steak, tacos or any else that needs a little crunch!
Cooking Tips: This technique works for swiss chard, kale and other greens, too. Keep it simple with just salt or your favorite spices. Make sure your greens are dry. The drier the green, the crispier the chip!

Fresh Tomato and Goat Cheese Mousse Tart

By Sonja Bradfield

Sonja is a Waterpenny CSA shareholder! This is from her fun, beautiful blog: gingerandtoastedsesame.com

- 1 sheet of puff pastry, defrosted
 - 1 egg
 - 5 ounces of fresh goat cheese at room temperature
 - 2 tablespoons of milk
 - $\frac{1}{4}$ cup of heavy cream
 - 2 tablespoons of chopped fresh herbs (chives, basil, parsley and/or dill work great)
 - $\frac{1}{2}$ teaspoon of salt
 - $\frac{1}{4}$ teaspoon of black pepper
 - 1 large (or 2 medium) heirloom tomato
 - salt
1. Heat the oven to 400 degrees and line a baking sheet with parchment paper.
 2. Unfold the pastry dough on the paper and press the dough together along the folds.
 3. Score a 1 inch border around the edge of the puff pastry with a knife (be careful not to cut all the way through the dough) and use the tines of a fork to prick all over the dough within the border.
 4. Whisk the egg in a small bowl and use a pastry brush to wash the border of the pastry dough with the egg.
 5. Put the dough in the freezer for 10 minutes.
 6. Bake the pastry for 20 minutes or until golden brown and puffed up. Let cool completely.
 7. While pastry is cooling beat the goat cheese with the milk until well blended.
 8. Whip the cream on high until stiff peaks form.
 9. Fold a third of the whipped cream into the goat cheese mixture until mixed then add the rest of the whipped cream into the goat cheese along with the herbs, salt and pepper.
 10. Flatten the middle of the puff pastry so that the raised border remains. Spread the goat cheese mousse into the pastry evenly.
 11. Slice the tomato into $\frac{1}{4}$ inch thick slices and arrange evenly across the mousse. Season the tomato lightly with salt.