



Shareholder Newsletter July 29 2015 Vol. 16, No. 5

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Upcycling at its best— a new dock in our pond!



We go through several 50-gallon drums of fish fertilizer each year on our farm. Eric sprays biweekly with Neptune's Harvest Organic hydrolyzed fish and kelp. This foliar fertilizer is easily absorbed through the plants' leaves, helping to achieve a balance of micronutrients that lead to healthy plants and tasty produce. This is combined with baking soda to retard fungal growth.

This busy July, for Rachel's birthday, Eric built a wonderful floating dock for our pond using some of our leftover barrels! The dock works great and helps us to have more fun cooling off after a long hot day.



Congratulations, Nathan & Heba!

On Monday, we celebrated the marriage of Rachel's brother Nathan (the Jazzy Juggler from many farm festivals!) and his beautiful new wife Heba. The wedding had many features from the farm, including lots of vegetables and flowers. To the right, Isaac and Nicholas dig potatoes for the wedding feast. Below, flowers for the wedding, along with Cantaloupe melons for your shares, wait in the cooler.



We warmly salute these special shareholders and wish them a long, healthy, great-tasting, and happy life together!



Cantaloupe Salad with Thai Basil and Chile From SplendidTable.org

- 1 medium to large cantaloupe, peeled, seeded and cut into bite-sized chunks
 - 1 red jalapeño pepper, partially seeded and cut into small dice
 - 2/3 cup torn Thai, Cinnamon or Spicy Globe basil leaves (regular basil can be used)
 - 3 to 4 tablespoons rice vinegar
 - Generous pinch sugar
- Salt and pepper to taste

1. Gently combine all ingredients, tasting as you add each one. Set out in a bowl with long bamboo skewers.
2. Spear chunks of melon to eat.

Meet an intern... Naomi is one of the first kids we met here when we started the farm in 2000. She stopped by and helped us weed our first spinach crop here when she was 7 years old! We've knowing her family over the years; now we're pleased to have her working and living on the farm with us. Her upbeat personality and willingness to work hard, coupled with a great interest in farming, make her a great fit here! Here's what she has to say.

Greetings Waterpenny CSA members, I'm excited to have the opportunity to share with you my story and to explain how I ended up here on Waterpenny this season. First if you don't already know Waterpenny is located in a beautiful little patch of heaven known to most as Rappahannock County, I call it home. I was born and raised in Rappahannock and as such I believe myself to be a product of the county's shaping.

For middle school my family and I choose to send me to a private farm school where I did two hours of farm chores everyday, such as taking care of chickens, pigs and horses, along with all my academics. But that's not to say the public schools lacked in agricultural classes by any means. The Rappahannock county high school had an amazing horticulture class that was hands on, and required the class to work in the schools raised beds, hoop house, and greenhouses. After taking said horticulture class I was hooked. I got involved with the schools thriving Farm to Table program during the summer, helping to maintain the three gardens and growing food for the cafeteria to use. I loved to be outside, but more importantly I loved watching my friends eat salads that I had grown the greens for. But alas when summer ended and classes were back in the program had class rooms full of kids to take care of the same gardens that three of us had worked on all summer, so it was time to move on. But I didn't go far, down the road from the high school is the infamous Inn at Little Washington, the only five star, five diamond ranked, restaurant and inn in the United States, and they needed a farm helper. I finished out the season on their own organic farm, and got a up close look at what farm to table really meant. When it became too cold to even grow kale, and yes that's cold, it was time to move on again, but again I didn't move far. Into the restaurant I went to get a closer look at the table side of things.

Now every story needs a little romance, so it's fitting that during my time at the Inn I met a boy. He was in culinary school in Vermont, and when his internship at the Inn was over and it was time for him to go back to school, I went with him. For four months we explored Vermont together. I got involved with a small Farm to Table restaurant a few nights a week and worked on the farm that produced the majority of the restaurant's produce for the rest of the week.

Then it was time to come home and focus on my studies again, for I had one year left for an associate's degree from the community college near Rappahannock. All of a sudden I was done with said degree and again looking for a summer job. My parents, being involved community members, said they thought it would be a good time for me to see what was the deal with our family friend's farm. Knowing I was trying to decide whether I wanted to be a farmer when I grew up, my parents thought it would be best if I worked a full season start to finish at Waterpenny. Even with the experiences I've had none of it fully prepared me for the grueling life of a farmer. While the struggles feel almost superficial, the heat, the dirt under my nails, the permanent tomato stains, the rewards are many and bountiful. Smelling the melons ripening on the vine as I walk past, the faces of our customers when they see our tomatoes, and of course our always clucking forever happy chickens are just a few of my favorites.

Being raised the way I was and coming from where I did, it makes absolute sense to me that I am here at Waterpenny now, and I look forward to a season full of hard work and many many rewards. ~Naomi Weingarten

