



Shareholder Newsletter Aug. 26, 2015 Vol. 16, #7

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Roasted Garlic from simplyrecipes.com

One or more whole heads of garlic.
Olive Oil to taste

1 Preheat your oven to 400°F (205° C). (A toaster oven works great for this.)

2 Peel and discard the papery outer layers of the whole garlic bulb, leaving intact the skins of the individual cloves of garlic. Using a sharp knife, cut 1/4 to a 1/2 inch from the top of cloves, exposing the tops of the individual cloves of garlic.

3 Place the garlic heads in a baking pan or muffin tin, cut side up. Drizzle a couple teaspoons of olive oil over each exposed head, covering the cut, exposed garlic cloves. Cover with aluminum foil. Bake at 400°F (205°C) for 30-35 minutes, or until the cloves feel soft when pressed.

4 Allow the garlic to cool. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.

Eat as is or mash with a fork and use for cooking. Can be spread over warm French bread, mixed with sour cream for a topping for baked potatoes, or mixed in with Parmesan and pasta.

Farm Notes:

We have our new irrigation pump up and running! Irrigation at this dry time of the season, both for mature crops and for establishing our fall turnips and greens, like Mizuna and Arugula, pictured below. We use portable overhead irrigation to get these crops established—you can see the new stripes of green in the photo below.



Our kale and other larger fall greens are transplanted into the field now,, and we cover these with row cover to keep the insects off and we use drip irrigation to get these crops established. The cooler nights that we have been having, combined with consistent water, should have these greens growing well and ready to harvest in about 6 weeks.

Our last planting of summer squash is coming in, also aided by regular drip irrigation. We also are seeing some ripe pumpkins and winter squash developing in the field! Although it is still technically August, the dry air and cool nights remind us of September!



Waterpenny's Food Bank Partnership: our 16th year

Our CSA started in 1999 as the idea of an acquaintance at the Capital Area Food Bank who worked with Rachel at Claggett Farm, which is co-owned by the Capital Area Food Bank and the Chesapeake Bay Foundation. Rachel worked there as an educator for the Bay Foundation at the time. At that time, Eric and Rachel were considering the possibility of farming in Sperryville. The Food Bank was interested in piloting a program to help provide high quality fresh produce to needy families in Virginia that, unlike Claggett, would run not as a non-profit, but as a part of a profitable farm committed to sustainable agriculture. The food Bank crafted, with us, a plan to purchase 20 low-income CSA shares that formed the nucleus of our CSA. We agreed to raise money for additional shares, and the Food Bank dropoff meant that we would also be there to donate excess produce each Wednesday.

16 years later, the program still is in existence, now formally named the Fresh Produce Grant program. We are consistently able to raise money to almost double the Food Bank's purchase of 10 low-income shares, thanks to the generosity of shareholders who are able to give to the program. (Donors should have received thank-you letters from the Food Bank a few weeks ago). This year, we've also donated over 3,000 pounds of additional produce to the Food Bank on our weekly deliveries during CSA season. We're proud that this partnership continues to be a cornerstone of our farm.

The article below is from Kevin at the Food Bank. The photo is of part of the produce display at the WFCM Food Pantry.

Together we can solve hunger.

Perhaps without even knowing it, shareholders of Waterpenny Farm have become part of the Capital Area Food Bank's slogan. Each year, a partner organization of the food bank is selected to receive shares of produce from Waterpenny Farm to distribute to those in need. This partnership is coordinated through a program called the Fresh Produce Grant, but the amount of produce that is donated depends on all of you!

This year, financial gifts from Waterpenny shareholders took the number of shares purchased by the food bank and nearly doubled it! Where is all that produce going, you might wonder?

For the second year in a row, Western Fairfax Christian Ministries was awarded the grant and the community they serve is not letting anything go to waste. When people in need of food assistance walk into WFCM's choice model food pantry in Chantilly, VA, they first shop for their shelf stable goods and then head towards the back of the pantry where they find a large commercial refrigerator full of fresh produce along with an easy access display rack (pictured below) with items that will fly off the shelves. Not only does the fresh produce brighten up the room, add variety to available meal options, and increase nutrient intake of the shoppers, WFCM is also able to use the produce as a catalyst for education. They offer recipes so individuals can feel confident in the kitchen, produce guides to breakdown the barrier of unfamiliar fruits and veggies, and even host health and wellness classes at the local library.

With the hard work of Rachel and Eric, the financial contributions of Waterpenny shareholders, the coordination of the food bank, and the hands-on service of WFCM staff, we can make a difference for those struggling with hunger in communities all around us.



~Kevin Longhany, Capital Area Food Bank