



Shareholder Newsletter Sept. 9, 2015 Vol. 16, #8

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Farm Notes:

- It's pepper time! Our peppers are doing great this week and it looks like they'll keep going for a while. Peppers are easy to freeze raw, blanched, or roasted. You can also make red pepper pesto. You can order bulk peppers — it's \$10 for 5 pounds. We grow all sweet varieties, and can add a stem of very hot "Cappa top fruit" peppers or medium-hot Jalapenos for \$1.
- Tomatoes are also still abundant; you can place a bulk order— 25 pounds for \$45— this week. We have lots of orange and red tomatoes, as well as some Italian Plums.
- Our last melon planting is coming in and looks pretty good, we hope to have melons for a week or two before they're done for the year.
- We've had very little rain in the last month and we've been irrigating steadily. The small river we use is getting lower each week but still has enough water for our efficient drip irrigation system. We are hoping some of this week's thunderstorms hit the farm rather than passing us by again.
- We are starting to gather winter squash and plan to have some in each of the last shares. Acorn squash this week, then butternut, Delicata, and pie pumpkins in coming weeks.
- Fall greens are just starting, with arugula & mizuna ready now and kale hopefully in two weeks.

Come to the farm!!

The Rappahannock Farm Tour is coming up on September 26 & 27. We will have self-guided tours and will be in the barn with live waterpennies and other macroinvertebrates from our stream. see www.rappahannockcountyfarmtourfestival.com

Our Shareholder Cider Pressing party will be on October 3rd.

Oven-dried Tomatoes

From Food.com

- 2 pints cherry tomatoes or , cut in half (or 2 pounds firm tomatoes, sliced into 1/2 inch slices or wedges)
- 3 tablespoons chopped basil
- 2 tablespoons chopped oregano
- 2 cloves garlic, minced
- 2 tablespoons extra virgin olive oil
- salt and pepper

1. Pre-heat the oven to 225° F.
2. Cut the tomatoes in half, add fresh garlic, olive oil, basil, oregano and salt and pepper to taste.
3. Spread them out on a parchment-lined cookie sheet and place in the oven.
4. Bake for one hour, then turn off the oven and allow the tomatoes to sit overnight in the warmth of the oven.
5. Add to pasta, salad, or pizza, for intense tomato flavor. Store in the refrigerator in a jar with olive oil.



This morning in the barn, Stephen contemplates some of the melons in today's shares. It's good to have them back after a gap in production!

See Stephen's introduction and his great recipe on page 2.

Meet an intern.. Stephen Fredericks has been a great addition to our crew this season! He has really immersed himself in life here, and his true interest in all things food have been great to be around. He has been a sure and steady worker, and we are so glad to have him here! Here's his piece.

Ah, the freshness of summer! Tomatoes ripening on the vine, peppers hanging pendulously by their stems, summer squash bursting forth like a ray of sunlight from the dark green canopy of leaves. But oh wait! Look at the time; It's already early September! We only have a little bit of time left to wax poetically about the fruits of summer, before fall comes roaring in.

Late summer is always a frantic time for me. You can find me running around the kitchen banging pots and pans against one another, juggling mason jars, and putting trays of tomatoes into the freezer. I am in a hurry to preserve the flavors of season and test all those summer recipes I have been procrastinating making! But with each passing day and the subtle chill of the night air I am also getting more and more excited about the next season: fall.

Woah, hold on! It looks like I am letting the poet in me run away from the task at hand. I am supposed to let you all know a little bit about me. Well, my name is Stephen and in case you haven't noticed I am lover of produce, cooking, and food! This love comes my Mom, a phenomenal chef and champion farmers market shopper. Growing up, my family was nurtured by her wonderful cooking and great local produce from central New Jersey, where I am from.

This love followed me throughout high school and college. I studied at American University in DC and received a degree in philosophy and international relations. A major area of my research in international relations focused on the effects of the globalization and industrialization of the food industry, which left me with a desire to be part of the struggle to promote and increase access to local food. It is this desire which eventually brought me to farming and here to Waterpenny Farm.

I have been enjoying living out here in Rappahannock county and working the land. There is something magical about the Blue Ridge Mountain air and the rich soil of the farm. I have also been learning so much both agriculture and how small businesses operate. A great side benefit is having access to amazing produce so that I can pursue my hobbies of cooking and baking. With that I would like to leave you all with one of my favorite late summer recipes. It makes the most of summer vegetables but is also warm and filling as the nights start to get cool. Enjoy!!

Roasted Red Pepper Soup with Potato Dumplings

5-6 red, yellow, or orange peppers
1 large potato cut to 1 inch cubes
One celery, leaves and stalks divided and roughly chopped
2-3 onions roughly chopped
1 tbsp paprika
1 tsp mustard powder
2 tsp coriander
salt and pepper to taste
3-4 cloves garlic roughly chopped
1-2 hot peppers (if you like spicy), roughly chopped
4-5 ripe juicy tomatoes, roughly chopped
3 cups tomato juice (if you don't have this you can just add more tomatoes or use vegetable stock)
 $\frac{2}{3}$ cup flour (whole wheat or white both work)
1 egg

Place the peppers on the top rack of the oven and set the oven to broil. Turn the peppers every five minutes or so until the outer skin of the peppers is charred and black. Set aside to cool.

Set a large pot to boil and add salt. Cut the potatoes into 1 inch cubes and place in the boiling water. Boil for about 10 minutes or until the potatoes are soft and pierced easily with a fork. Dump them in a colander and set aside to cool.

Place a large pot on the stove with a some oil. Add the onions, celery stalks, salt and spices. Saute on medium heat for about 10 minutes or until the onions are translucent and the mixture is fragrant. Add the garlic and hot pepper and saute for another 5 minutes.

While the vegetables are sauteing, take the cooled peppers and cut in half. Use a knife or your fingers to remove the seeds and the charred outer skin. (Don't worry about removing every single black bit of skin. Just get most of it off). Chop the roasted peppers roughly.

Add the tomatoes, peppers, and celery leaves to the pot and cook on medium heat for five minutes until the tomatoes release their liquid. Add the tomato juice and bring to a boil. Then turn down the heat to low

Now its time to puree the soup. If you have have an immersion blender place it directly in the pot and puree. If you are using a regular blender transfer the soup to the blender and puree in batches. Then return the soup to the pot. Bring the soup back to a simmer and put on low heat stirring occasionally for 20 minutes or until the dumplings are ready.

Put another pot with salted water on to boil. Meanwhile, place the cool potatoes in a mixing bowl and mash with a fork. Add the flour, salt and mix until it has an even consistency. Coat your hands with flour and roll the dough into about 12 little balls. If it feels like it is too sticky to do this, add more flour to the dough. Drop the balls into boiling water, they should sink to the bottom. When the dumpling float they are ready! Remove them from the boiling water with a slotted spoon and transfer them to the soup.

Once all the dumplings are in the soup, let it simmer for another 5- 10 minutes and serve! I like to garnish this soup with fresh chopped parsley and a dollop of sour cream or