



Shareholder Newsletter Sept. 23, 2015 Vol. 16, #9

Rachel Bynum & Eric Plaksin,

53 Waterpenny Lane, Sperryville, VA 22740

(540) 987-8567

e-mail: waterpennyrsa@gmail.com

Website: www.waterpennyfarm.com

Come to the farm!!

The Rappahannock Farm Tour is coming up this weekend! It runs from 10-5 on Saturday and 11-5 Sunday, September 26 & 27. Our farm will have self-guided tours of our fields, crops, and chickens, as well as a scavenger hunt for kids. We will be in the barn with live waterpennies and other macroinvertebrates from our stream. Nicholas will be filming farm tour happenings as a part of the new 4H film club's first project of the year.

You can find a map of all 30 farms and agriculture-related businesses participating at www.rappahannockcountyfarmtourfestival.com

Our Shareholder Cider Pressing party will be on Saturday, October 3rd at 3:30 PM. We will be making fresh cider from no-spray apples to drink at the farm, and will have a farm tour. We hope you can join us! RSVP via e-mail with how many will come.

Farm Notes:

Fall greens are coming in nicely and should appear in each of the last shares. In addition to several kinds of kale and mizuna or arugula, we should have some Hakurei and/or Scarlet Queen turnips soon, and possibly Pac Choi, cabbage, and/or chard.

We've been pleased with our garlic this year and plan to include it until the end. You can order extras heads at \$2/bulb. We are likely to include cloves of garlic in the last share, which come from breaking up heads with one bad clove and the rest perfectly good.



Above, you see Nicholas & Isaac helping to bring in our first batch of sweet potatoes. Sweet potatoes are an interesting plant, related to morning glories, and grow huge vines all over the place all summer. They will keep growing as long as they can, and the potatoes keep getting bigger and bigger. When we think they might be ready we dig a few plants up and see what we find. If they seem the right size we cut the vines and dig the whole row. Last week two of our three varieties were ready, so we dug them, gathered them, and brought them to our basement to cure. They need to be in a warm, humid environment for a week to store well and have the best flavor, so we put them in the same room we use to germinate seedlings and turn the heater up to 85 degrees. After a week of curing they are ready to be washed, and then eaten! We just washed the first batch yesterday and plan to include them in at least two of our last three shares.



Getting ready for the cooler times to come...



Here you see part of our winter squash & pumpkin harvest, stored in big bins in our basement. We used our basement to store squash for the first time last year and found that the steady, relatively cool temperature was much better for storing squash than either of our barns. The bins hold 800-1000 lbs and we typically fill 10-20 of them each year. This year's harvest looks good, and while it may not match last year's bumper crop we have plenty of most varieties. We are gathering the first round of butternut squash this week, and once that's in we should be able to offer bulk boxes of winter squash with either of the last two shares. Check e-mail next week for details on bulk squash orders.

Smoky Vegetable Soup

*From Arlington shareholder
Eileen Hanning*

6-8 TBS lapsang souchong tea
2 TBS olive oil
1 med onion, chopped
2 stalks of celery, chopped
2 carrots, chopped
2 cloves of garlic, minced
1 TBS of tomato paste
2 bell peppers, chopped
3 medium zucchini, chopped
4 medium tomatoes, seeded and chopped,
juice reserved
4 C water
1 C corn (fresh or defrosted frozen)
1 can cannellini beans
2 TBS of balsamic vinegar
salt and pepper to taste

Brew the tea with 2 cups of boiling water.
Let steep for 5 minutes and then strain.
Set aside

Saute the onion, celery and carrots in the olive oil until soft and starting to caramelize. Add garlic, peppers and tomato paste and saute a few minutes longer. Add the zucchini and saute until the squash begins to soften. Add salt and pepper to taste.

Add the tea, water, tomatoes and reserved juice, beans and corn and bring to a boil. Reduce and simmer for about 10 minutes until all the veg is tender.

Add vinegar and taste to adjust salt and pepper.