



Shareholder Newsletter August 29, 2018 Vol. 18, No. 7

Rachel Bynum & Eric Plaksin, (540) 987-8567

53 Waterpenny Lane, Sperryville, VA 22740

e-mail: [waterpennyrsa@gmail.com](mailto:waterpennyrsa@gmail.com)

Website: [www.waterpennyfarm.com](http://www.waterpennyfarm.com)

Facebook and Instagram @waterpennyfarm

Meet an intern...

Wendy has been with us since late this spring. We have been happy to have her here as a part of a crew that has remained positive, engaged in the farm, and hard-working in this sometimes challenging growing season. Here is what she has to say.

Hello everyone! My name is Wendy and I am the newest intern at Waterpenny Farm. Before begging Rachel and Eric to hire me, I was living in Portland, Oregon where I studied Community Development and Psychology at Portland State University. I was born and raised in Orange, California but left as soon as I could.

Before college, I served in the Air Force for five and a half years and was stationed at both RAF Mildenhall and Langley AFB. While stationed in Virginia in 2013, I fell in love with the countryside and knew it was somewhere I would like to return someday.

Sustainable agriculture has always been an interest of mine, but it wasn't until college that I decided it was something I wanted to pursue. After graduation, I worked at a temporary winter shelter with families experiencing homelessness, and began doing research on internships. Once the shelter closed, I applied to Waterpenny and crossed my fingers.

It's been three months since I made the move and I am so grateful for this experience as it has changed my life in so many positive ways!

#### Farm Notes:

- As we get some late August heat, it's good to see areas of the farm drying out. Our peppers are flourishing and our winter squash is progressing nicely towards harvest.



- This is the first week of harvesting some of our late-season greens! They flourished in the wetness, and we hope you enjoy them!
- We were able to get more planting done this week, with another planting of lettuce now in the ground (Here, Wendy shows one of hundreds of lettuces planted on Tuesday)

### Disney's Ratatouille

(from [allrecipes.com](http://allrecipes.com))

- 1 (6 ounce) can tomato paste
- 1/2 onion, chopped
- 1/4 cup minced garlic
- 1 tablespoon olive oil
- 3/4 cup water
- salt and ground black pepper to taste
- 1 small eggplant, trimmed and very thinly sliced
- 1 zucchini, trimmed and very thinly sliced
- 1 yellow squash, trimmed and very thinly sliced
- 1 red bell pepper, cored and very thinly sliced
- 1 yellow bell pepper, cored and very thinly sliced
- 3 tablespoons olive oil, or to taste
- 1 teaspoon fresh thyme leaves, or to taste
- 3 tablespoons mascarpone cheese

- Preheat the oven to 375 degrees F (190 degrees C).
- Spread tomato paste into the bottom of a 10x10-inch baking dish. Sprinkle with onion and garlic and stir in 1 tablespoon olive oil and water until thoroughly combined. Season with salt and black pepper.
- Arrange alternating slices of eggplant, zucchini, yellow squash, red bell pepper, and yellow bell pepper, starting at the outer edge of the dish and working concentrically towards the center. Overlap the slices a little to display the colors. Drizzle the vegetables with 3 tablespoons olive oil and season with salt and black pepper. Sprinkle with thyme leaves. Cover vegetables with a piece of parchment paper cut to fit inside.
- Bake in the preheated oven until vegetables are roasted and tender, about 45 minutes. Serve with dollops of mascarpone cheese.

## A note from our new Food Bank partner, Food for Others in Fairfax:

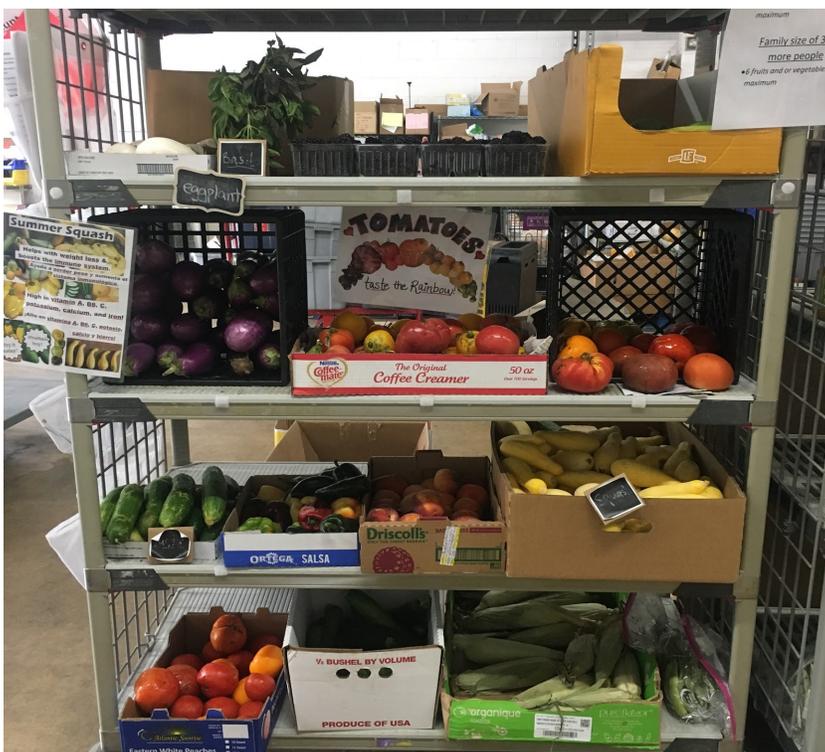
This year we started a new Food Bank partnership with Food For Others (FFO) in Fairfax to help provide food to some of our neighbors in need. This program guarantees a weekly delivery of food from our farm to their warehouse throughout the season, in the form of shares purchased through donations. Many shareholders and friends of the farm and of FFO came together to fund 15 reduced-price CSA shares this year (thank you!). The growing season has been a tight one, but we have also donated hundreds of pounds of extra produce alongside the shares. The program is part of an effort to provide more fresh produce FFO clients and educate those in need about healthy food choices. Grace Philal has been an enthusiastic and effective administrator of the program— here is her report on the program so far this year!

Food for Others is a food bank and pantry located in Fairfax County, Virginia. Like many food banks, we are not just concerned with feeding people in need, but also with making sure that the food our clients receive is healthy and nutritious. We also aim to fight the stigma that food banks only accept non-perishable items, as we have a very high need for bread, meats, and most importantly--fresh produce!

That's where Waterpenny Farm comes in. In early June, with the help of fundraising by CSRA and donations by individuals, we signed on for 15 CSA shares for the 2018 season. Every Wednesday through October, we receive an assortment of fresh fruits and vegetables from Waterpenny, which is located only about an hour and a half away from the food bank.

We serve 400 to 600 families weekly through our community partners, neighborhood sites, and distributions at the warehouse. With Waterpenny's help, these families are now going home with fresh summer squash, heirloom tomatoes, cucumbers, just-picked herbs, and more. Last week, we watched a client in the produce section of our shopping area look all the fresh fruits and veggies over and exclaim, "it feels like I've died and gone to heaven!"

Earlier this month, an intern from the Virginia Cooperative Extension came to the warehouse to do a cooking demo for our clients. She used the heirloom tomatoes, summer squash, zucchini, garlic, fresh basil and onions from Waterpenny to make the recipe. Our clients loved it and many vowed to make it at home!



Above, Waterpenny Vegetables are attractively displayed and ready for pickup by clients of Food For Others in Fairfax.

## Simple Summer Squash

From the Virginia Family Nutrition Program recipes ([www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes))

2 lbs. yellow squash and/or zucchini, sliced  
2 small tomatoes, peeled and cut into wedges  
½ yellow onion, peeled and sliced  
1 clove of garlic, chopped  
2 tablespoons Olive oil  
½ cup cheddar cheese  
Basil  
Salt and pepper

Put onion, garlic, and squash in a large saucepan with a couple tablespoons of olive oil. Put on high heat and brown the vegetables slightly to develop flavor. As you are browning, sprinkle basil on the vegetables. When they are slightly browned, remove from heat, add the slices of cheese, and cover the pan.

In a separate nonstick pan, put the tomatoes and cook at medium-high heat for about 5 minutes, stirring occasionally. You want to let the juice from the tomatoes evaporate some. After 5 minutes, add the tomatoes to the rest of the vegetables and stir. Add salt and pepper to taste.