



Shareholder Newsletter June 17, 2009 Vol. 10, #2

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Farm notes:

We're expecting cucumbers to arrive soon. The plants have plenty of flowers but not cucumbers yet.

We'll begin pulling our garlic this week— fresh garlic is around the corner!

Our Onions are almost ready to be pulled— expect sweet onions in the coming weeks.

After we nearly were sunk by rain last week, we've had some good drying days and have been able to transplant our last tomatoes and seed the winter squash in the field. Whew!



We're pleased to have some blueberries to offer in our shares this week! We planted the bushes in 2005, and are just seeing the fruit of the labor that went into growing them into the vigorous, productive plants they are today. This spring's rains have fattened the berries to bursting, and the berries are sweeter and better for it— unlike most other berries (especially strawberries and raspberries) the blueberries hold well on the plants even in a wet time. Enjoy! Isaac sure is.

A new beginning

Squash is here, and we're particularly glad to see it this spring— It's the first vegetable we've harvested from the fields that we took out of production in June of 2007 after suffering herbicide damage from hay mulch in about a quarter of our farm's fields. The remediation we did through the 2 seasons the affected fields were out of use included first removing the hay and plants, then tilling and planting cover crops in the winter of 2007, last summer, and again last winter. Everything we've planted in these fields is growing well, and the first squash of the summer has been joyfully consumed and sold.

We grow several different types of summer squash, and they all can be used interchangeably. Three are types of Zucchini— dark green, bright yellow, and light green pear-shaped Middle Eastern. We also have long, thin yellow squash and both yellow and green patty pan squash, which is circular and frilly. An easy way to fix them is to chop them up, coat in olive oil and some salt and roast them plain or with onions in a 375 degree oven. They also are great grilled or sautéed. Squash can be grated or chopped and frozen in a plastic bag or container for later use (zucchini bread is great in the winter!).

We have many squash recipes on our website— including my favorite zucchini bread and squash pancakes recipes. We'd love to have your favorites to include in the newsletter!



Our squash field— growing strong and healthy. This was one of the fields where tomatoes were affected by Grazon-treated hay in 2007. The remediation is complete!

Meet and intern

We have a great group of folks who are really motivated to learn about farming and see it as a potential career path for them. It's very rewarding for us to have people with a serious interest in farming here. James is one of them— here's what he has to say.

Hi Waterpenny CSA members! My name is James Hammond. My wife, Holly, and I arrived on the farm in late March. I grew up in North Carolina and attended the University of Maryland on a baseball scholarship. While living out west in Arizona, I worked for IBM in computer sales for six years and in our free time, Holly and I started an organic community garden. Gardening became a passion for us. We eventually decided to quit our jobs, sell our house, and move back east with the goal of starting a new life in sustainable agriculture. In 2008, we backpacked the entire Appalachian Trail, from Georgia to Maine- taking five and half months, it was an incredible adventure. This too is proving to be a rewarding experience. I am learning so much from Eric and Rachel everyday about what it takes to succeed in organic farming. The hard work is satisfying. Thank you for helping make possible what we do!



Eric and several of our interns—Boo, Suzy, James, and Daniel— at the afternoon meeting. The Intern house is in the background.

Below: Our broccoli field at its height, before we picked for last week's shares. It was a great week for broccoli



The fleeting greens of spring

This year was a really good one for Broccoli— lots of rain, mostly cool nights, good fertility and tillage, and (the most challenging) getting the plants in on time in the wet springtime led to one of our best harvests of big, delicious heads yet. We hope you enjoyed it! Now that it's heating up, the broccoli's main heads have been spent and we'll hope to get a few side shoots out of them before they finish. The season is fleeting.

The same is true for Spinach, which was so abundant a month ago— the plants, sensing the longer days of summer, have all sent up their flower stalks or "bolted" and are now gone. The field will be planted with our late melon rotation in a few weeks. Our spring kale will last a few more weeks, and we're starting to have some great chard— the one green that will go consistently through the summer. We hope to have lettuce for a long time, and plant it every 2 weeks to try to increase our chances; we'll see how the heat and moisture play out for our lettuce harvest this year. Our Savoy Cabbage is making some nice heads now— enjoy it sautéed in butter over pasta, or make cole slaw or sauerkraut. We also welcome some beautiful red, green, white, pink, orange and yellow chard to our palate of leaves— because of its heat and drought tolerance, it's the most likely to make it through the summer of any greens.

Kansas Quiche from "The Blooming Prairie Cookbook"

You can find another adaptable, slightly richer "Crustless Quiche" recipe on our website.

1 pound chopped Chard and/or Summer squash
1/2 onion, chopped
4 eggs
1/2 cup milk
1 1/2 cups grated swiss cheese
1/2 tsp salt
1/4 tsp pepper
1/2 tsp dried basil
1/4 tsp dried oregano

Steam Chard, squash, and onions until tender. Set aside to cool. Preheat oven to 375 degrees. Beat eggs thoroughly. Add milk, grated cheese, salt, pepper, and herbs. Blend in steamed vegetables and mix together well. Pour into a medium-sized oiled casserole dish and bake, covered, until set— approx. 30-40 minutes. Serves 4.