



**Shareholder Newsletter August 5, 2009 Vol. 10, #5**  
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### Farm notes:

—Our first tomato planting has finally started really producing, and the next two plantings aren't far behind. We should have good amounts of tomatoes for the next 6 weeks.

—You can now order a 25 lb. box of red hybrid tomatoes for \$40. We will probably have them available most weeks, but e-mail or call to let us know you're interested and to confirm that we can do it.

### FENNEL:

We grew a small amount of fennel this year and you'll be receiving fennel once or twice in the next week or two. The entire thing is edible, both the bulb and the leaves. Fennel aids digestion, and Rachel's family always serves it sliced raw as part of Thanksgiving dinner. Nicholas (4 1/2) loves it! Below are some other fennel ideas, from the "From Asparagus to Zucchini" cookbook that we highly recommend for learning how to use all kinds of vegetables:

—Substitute for celery in any recipe

—Cut into quarters, drizzle with olive oil, and bake for about 35 minutes or until tender.

—Try a sauté of fennel, artichoke hearts, zucchini, tomatoes, sweet bell pepper, thyme, and a dash of salt & pepper.

—Use feathery leaves as a fresh herb for seasoning. Try using in place of dill. Excellent on baked or broiled fish with butter & lemon.

—Add to soups, pureed or chopped. Slices can be sautéed first to lock in flavors.

—Storage tips: Store fennel in a plastic bag in the refrigerator for up to two weeks. The delicate leaves will go limp. Wrap them in a moist towel & refrigerate.

—Our regular newsletter author (Rachel) is out of town with our two main photo subjects (Nicholas & Isaac), so this one was created by a stand-in (Eric), who accepts all responsibility for any errors or silliness.

### Delightful zucchini and pasta

Sent in by Arlington shareholder Colleen O'Bryant

3/4 pound of orzo (or broken spaghetti in a pinch)

2 tablespoons olive oil

1 tablespoon butter

1 small chopped onion

3 medium or 2 large zucchini GRATED (it's key)

Salt and Pepper to taste

3 sprigs of Thyme (any kind) stem on

Squeeze of lemon

1/4 cup grated Parmesan or any hard yellow cheese

cook pasta with about 1 tablespoon of salt for about 12 minutes reserve about 1 cup of pasta water after draining

Saute in Olive oil and butter on low to medium heat add onion, zucchini, and thyme -season with salt and pepper to taste and saute til soft and slightly browned. Deglaze the pan with the lemon juice first then add about 1/2 pasta water and pasta to pan to finish. Add parmesan cheese and fresh thyme after all done.

Excellent alone or with roasted chicken... Kids will love this...

### Crispy Potato Pancakes

Sent in by Arlington shareholder Anna Santos de Dios

1/4 cup all-purpose flour

2 eggs

salt and pepper to taste

2 large potatoes or six small ones, peeled

1 medium onion, peeled

shortening or vegetable oil

Mix flour, eggs, salt and pepper in a bowl; batter will be slightly lumpy. Grate potatoes and onions together in a food processor (or by hand) and place grated mix in the center of a clean tea towel. Gather edges of tea towel into a twist and squeeze vigorously to remove as much moisture as possible. Add squeezed potatoes and onions to egg batter and mix by hand to distribute batter evenly. In a large skillet, place shortening or oil 1/4" deep over medium heat. When oil shimmers, place rounded tablespoonsful into the oil and use back of spoon to press down until flat and lightly compacted. Turn when edges are golden, remove from heat when crispy on both sides and drain on brown paper bags or tea towels. If desired, sprinkle with salt as soon as pancakes are removed from oil. Serve with sour cream, applesauce or ketchup if desired.

### Meet an Intern...

We were very pleased to receive an application from someone named Suzy Bean this winter. Having worked on a different farm with a Rebecca Onion we knew that vegetable names were the way to go. Learn more about Suzy below:

Hi there!

My name is Suzy and I have been at Waterpenny since June this year. I was drawn here by a couple of close friends I had lived with at school in Arizona, and have been enjoying my experience similarly to how they had.

I have lived my life with the joy of having freshly gardened veggies and berries from my mom's plot outside, although, as much as she tried to get me excited about it, the garden remained *her* hobby, and I left her to it. I happily watched cartoons inside and popped raspberries.

In middle school, I started to realize how important sustainable farming and gardening were to me on a theoretical level. I took an interest in an organization called Heifer International, and went through middle and high school with dreams of working on their team someday.

When it came to deciding where I would like to attend college, I looked for sustainable agriculture programs and initially had poor luck within the state of Virginia. I found a school in Arizona, however, Prescott College, which I really love. It is a close community of people that particularly value sustainability and social justice. I found it of particular interest how experiential education relates to both topics, and decided that that is what I wanted to study.

I graduate in a year with a degree in Education, with an emphasis in something called Ecopsychology—an emerging field that asks questions of how we view what the psyche is and its connection to the world. This summer has been a refreshing switch from a focus on theory to one on action, participating in the creation of my food.

Working on the farm has been a tremendous opportunity for me to begin to learn that which my mom always tried to teach me. I am excited to be able to go home and talk to her about the plants, and feel at ease out weeding bindweed with her while we catch up. The farm has broken me in to the garden!



Local shareholder Susan Holmes created "Waterpenny Eggplant Dude", shown at left.



Below is the squash woman he married, and at the bottom are their two children, Patty & Sonny.

The second two pictures are by interns Miranda & Holly.

Story line by Eric.

