



Shareholder Newsletter Sept. 2, 2009 Vol.10, #7  
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## Simple Fresh Salsa

Salsa (literally “mixture”) is an easy thing to make with the summer vegetables that are in your shares. It’s great with chips, as a salad, or as garnish, and freezes well. Enjoy experimenting!

- 4 medium tomatoes
- 1 small sweet onion (Red or yellow)
- 1 sweet bell pepper
- 1 small hot pepper (optional) or cayenne to taste
- 1 cup melon or peaches (optional) for a sweet twist
- Herb of your choice— basil, parsley, or cilantro
- Salt to taste

Chop all ingredients as finely as you wish. Mix, taste, adjust seasonings, and enjoy!



### Farm Notes:

- We look forward to seeing many of you at this Monday’s tomato Tasting event on the farm. It’s from 3-5 PM and family and friends are welcome. Bring a non-tomato snack to share and RSVP by e-mail to let us know how many people will be attending.
- Waterpenny Farm will be a part of the Rappahannock Farm Tour on September 26th. It’s shaping up to be a great weekend event that features many different farms in our county. Check out [FarmTour.VisitRappahannockVA.com](http://FarmTour.VisitRappahannockVA.com) for more information
- The date is set for our Autumn Harvest festival: mark your calendar for Saturday, October 10th from 3-5 PM. We’ll have apple cider pressing, a farm tour, possibly pumpkin picking, and live entertainment for this fun event at the close of the CSA season.
- Peppers are in! Enjoy the red, yellow, and orange peppers in your share. There are roasted pepper, ratatouille, and many other pepper recipes on our website. Peppers also freeze well.



Above: The stellar Waterpenny Crew, 2009, bringing in the tomatoes for your shares Tuesday morning. From left to right: Daniel, Holly, Miranda, James, Boo, and Suzy.

Below: The last intern to arrive was Daniel. Another favorite pastime of his is to teach Nicholas and Isaac fractions and shapes by cutting them pieces of Melon in the barn. They love it. He’s a fun, hard-working addition to our crew.

Hello. My Name is Daniel Layton and I have been interning here since early June. I am originally from MeLean, Virginia, but my family has lived just a few minutes from the farm here in Rappahannock County since 2004. After finishing a job teaching English in Japan, I decided to try my hand at farming, and what better place to do so than at my local farm where I had shopped for several years. Working for Rachel and Eric is very pleasant. In fact, they are so friendly with me and the other interns that it’s quite difficult to think of them as bosses. I feel grateful to experience sustainable food production firsthand. While not toiling in the fields, I can usually be found studying, or attempting to study, for the GRE, which I hope to take in order to begin a master’s program in plant taxonomy next year. Wish me luck!

## Gardens on the Farm



Above: Holly and James have grown beans, sunflowers, okra, carrots, and corn in their garden. The intern house and shed are pictured in the background.

You might think that the farm is enough agriculture for us here at Waterpenny Farm. It's true that often Interns have turned to other pursuits after the long workdays are over. That's not always true this year. Each year, our Interns have had some garden space to try their own hands at gardening, growing some things we don't have on the farm. This time, Holly and James have taken it to another level, putting many off-work hours creating a beautiful and bountiful organic garden of their own in the spaces formerly occupied by our hoophouses. They have sold some of their produce—sweet corn, beans, carrots, and okra—on the farm and at the markets. These are all things we don't grow on the farm or have little of. It's a great way to learn, adds diversity to our market stand, and has worked into a profitable side business for them.

Nicholas and Isaac (with lots of help from us) also have been growing some great produce. We have set up a garden right next to their swing set, which Nicholas has planned and planted, watered and mulched. Last week we harvested popcorn that he seeded in the greenhouse this April, and we're always snacking on his cherry tomatoes when we go to the swing set. He's also planted carrots, gourds, and peppers. It's a great project for him to have and he takes a lot of pride in it. He's not really interested in or able to help on the 300 foot long rows of plants we have on the farm, but a 20' by 10' space is perfect for him. It also is a way for Rachel to have her hands in the soil while being with the kids.



Left: Isaac eats a matt's wild Cherry tomato



Above and right: Nicholas harvests popcorn from his garden