



Shareholder Newsletter June 16, 2010 Vol. 11, #2

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Meet an intern...

Rachel Best has been here since late March this year. It's been great to have her here this season and interesting to hear about the farms she had contact with during her Peace Corps assignment in Cameroon. We look forward to having her here until the Fall, and enjoy her positive spirit and perceptive and hard-working presence in the group. Here's what she has to say.

Greetings, my name is Rachel Best and I'm originally from Richmond, VA. While working in the agricultural sector in Cameroon as a Peace Corps Volunteer, I decided I wanted to learn more about organic farming. After returning to the U.S. I found myself back in my home state looking for a hands-on, learning experience. And I succeeded! As an intern at Waterpenny Farm I am learning daily, eating plenty of fresh produce, and enjoying the scenic hikes around Sperryville. I am sure all of these trends will continue throughout the season.

Hot and steamy— and great for growing!

The hot weather of the last 2 weeks, interspersed with thunderstorms to keep things well-watered, has everything growing fast and well. We have laid out our drip irrigation system and had the pump running once this week to help out recently transplanted squash, but mostly rainfall has stepped in to do our watering for us without stopping the constant work of transplanting, weeding, and mulching the rest of the farm.



The squash in the shares this week comes from plants that survived, under row cover, 2 frosts earlier in their lives. It's gratifying that most of them lived and they seem to be in their element with this weather we're having— with big green leaves, and covered in blossoms and perfect, glossy baby squashes. Today (Tuesday) Eric showed the new crew of interns how to pick squash, (see Andy Savoy and others picking, left) and now we'll be harvesting it daily until the first hard frost this October.

Greens, especially Chard, are growing well, though the cabbage worms love that tender kale. Chinese cabbage is ready for this week, and broccoli is coming soon. So are the first cucumbers (Isaac and I found 3 today, including the one pictured to the right!)



The hot weather makes the mulching job extra-sticky, but our crew has been very efficient from the start. We'll talk more about mulching and its many benefits in later newsletters, but the photos below of some of today's mulching of direct-seeded winter squash give you an idea of what it's like on the ground.

Below, Andy King unrolls a hay bale; below right, Eric unrolls while Rachel Best redistributes some hay. June rolls on!



Spicy stir-fry Chinese cabbage

(from *www.about.com*) Chile paste adds heat to this stir-fry with Chinese cabbage (also called Napa Cabbage or by its Chinese name, Sui Choy) and green onions.

- 1 pound Chinese Cabbage (also called Napa Cabbage or Sui Choy)
- 1 large garlic clove
- 2 green onion (spring onions)
- 2 tablespoons vegetable or peanut oil, for stir-frying
- 2 - 3 teaspoons chile paste, according to taste
- 1 tablespoon Chinese rice wine, dry sherry, or white wine
- 1/2 teaspoon salt
- 1/4 cup water
- 1 teaspoon sugar
- 1 - 2 teaspoons soy sauce, optional
- 1 teaspoon cornstarch mixed in 4 teaspoons water

1. Rinse the cabbage and pat dry. Remove the leaves and cut diagonally into 1-inch pieces. Finely chop the garlic. Rinse the green onion and cut into 1-inch lengths.
2. Heat the wok and add 2 tablespoons oil. When the oil is hot, add the chile paste. Stir-fry for 30 seconds, then add the garlic. Stir-fry for a few seconds until fragrant, and then add the cabbage.
3. Stir-fry the cabbage for 1 minute, splashing with the rice wine or dry sherry and stirring in the salt.
4. Add the water. Turn down the heat, cover, and simmer the cabbage for 3 minutes.
5. Turn the heat back to medium-high. Stir in the sugar and green onion. Stir in the soy sauce if desired.
6. Push the cabbage to the sides of the wok. Give the cornstarch and water mixture a quick stir and add it in the middle, stirring quickly to thicken. Cook briefly to mix everything together. Serve hot.

Summer squash is tasty, nutritious, and very versatile. We grow several kinds— green and yellow zucchini, Mid-east zucchini, 3 kinds of yellow squash, and several patty pan varieties. All types can be used interchangeably. It's a very good source of, among other things, Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate, Magnesium, and Potassium. My favorite 2 inaugural squash recipes that we made this week are on our website— squash pancakes, and Zucchini bread. After learning from our friend and Arlington shareholder Lori Brent that you can freeze grated summer squash, I have been able to make those recipes from our own squash year round.

The veggie fried rice recipe below is another great way to use squash, greens, and other vegetables in your share, and there are many others— grilling, roasting, and in all kinds of tomato dishes. We'd enjoy hearing about your favorite squash recipes to share in the newsletter—just e-mail them!

Vegetable Fried Rice

I was turned onto this by our farming friend Hana, and our friend and former intern Stacey. You can make this any time, with almost any vegetables! It's best to make with leftover rice. It's easy and very tasty. Keep it in your CSA cooking repertoire all season long!

Serves 4-6

- 1) *In a large skillet or wok, sauté 1/2 cup chopped onion, garlic tops, garlic, and/or scallions in oil*
- 2) *Add 2 cups of chopped vegetables that take a medium time to cook— broccoli, summer squash or zucchini, peppers, snow peas, and/or mushrooms. Steam a couple of minutes, until 1/2 done.*
- 3) *Add 4 cups of chopped mixed greens; spinach, swiss chard, chinese cabbage, and/or kale are good. Steam until wilted.*
- 4) *Add 3-4 lightly beaten eggs and scramble up with the vegetables.*
- 5) *Add 2-3 cups of cooked rice (leftover is best— it will absorb more of the flavors). Toss constantly to keep a light consistency.*
- 6) *Add 1-2 tablespoons of fish sauce and 1-2 Tablespoons of tanari sauce to taste. Red pepper flakes or Szechwan sauce are also an option. Mix thoroughly and serve.*