



Shareholder Newsletter June 30, 2010 Vol. 11, #3

Rachel Bynum & Eric Plaksin,

53 Waterpenny Lane, Sperryville, VA 22740  
(540) 987-8567

e-mail: [waterpenny@verizon.net](mailto:waterpenny@verizon.net)

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

A recipe from Arlington shareholder Elizabeth Mook. She says: *"I thought I'd share this recipe with you because it was sooo easy, it cooks up quick unlike some soups, and it can be eaten chilled. I'd never before thought of using summer squash in soup, but my family thought it was yummy. I doubled it, so I easily dispatched with 2 pounds of squash."*

## Summer Squash Soup

1/2 T butter and 1/2 T olive oil  
2 medium onions, diced  
1 lb yellow squash or 2 medium zucchini, sliced  
2 cups water  
1 vegetable bouillon cube  
1/8 teaspoon hot sauce (optional)  
fresh ground pepper  
1/4 cup plain yogurt (plus)

1. Heat oil and butter over medium heat in large saucepan, until a little foamy. Saute onions until they start to brown slightly.
2. Add water, bouillon cubes, zucchini or yellow squash and onions in medium saucepan. Bring to a boil.
3. Cover, reduce heat and simmer 15 minutes.
4. Add hot sauce and pepper.
5. Spoon squash mixture into the container of an electric blender.
6. Add yogurt. Process until smooth. (Can also add a little half and half or cream)
7. Serve hot or cold.

Recipe can be frozen or doubled.

## Farm Notes:

Our early plantings of cucumbers and squash are doing great-- you'll have peak amounts in your shares this week. If you're interested in making pickles or relish or otherwise preserving them, you can now order them in bulk to be delivered with your shares. We have lots of pickling cucumbers now, which are the best for pickles of course (they're also good eaten fresh!). You can get them in 10 pound increments, for \$12 for 10 pounds. Other cucumber varieties, as well as zucchini (green, yellow, and the light green mid-east) are also available. e-mail how much you want and what you want, and we'll include them with your shares July 7th-8th. You can then mail in a check for the amount you've ordered.

Broccoli is in! This is one of our most productive broccoli fields, though not the prettiest broccoli we've grown. The sudden burst of heat has the broccoli growing in non-uniform, funny looking, heads. Thankfully, the unusual shape doesn't take away from the wonderful taste of fresh broccoli. Steam it, make soup, eat it fresh with dip— and enjoy the leaves and tender stems as well as the florets. I've been amazed to watch wasps hunting for the green cabbage worms that usually proliferate on broccoli when it starts to get hot. They're effectively protecting the plants, which only have a few worms although we haven't sprayed with the organic insecticide pyrethrum for weeks. It seems like we're in balance!

We have 4 types of cucumbers this year— all can be eaten raw or made into cucumber salads. The short, striped, bumpy picklers are great in salad as well. The smooth, often slightly scarred burpless cucumbers and the long, thin, prickly Asian ones have thin skins and a sweet flavor. They should be eaten in the early part of the week. We also have regular slicers, which store the best because of their thicker skins.



Cutting squash: Isaac and Nicholas help by cutting up the squash on our kitchen floor— it's easy for kids to do, with a spatula or a butter knife. It's also a tasty snack cut in sticks with dip. (see a new recipe on back)

### Meet an intern...

**Anika Roth is another of the group of 6 interns working here for the season. She has been great with the kids and a dedicated worker as well. Here's what she has to say:**

Hello, Shareholders! I'm from the Midwest, but I lived last year in DC volunteering with AmeriCorps at the Capital Area Food Bank. My co-workers there introduced me to Waterpenny Farm, who they know because of Waterpenny's low-income share program and donations of produce. It's been a dream of mine to work on an organic farm for a season, so here I am. I love many aspects of this job, but I'm especially gratified to see all our produce beautifully laid out for Thursday's (on-farm) CSA pickup. I can't describe how amazing it is to harvest something we seeded, watered, spotted, transplanted, and watered, and present it to you, our shareholders. I hope you enjoy!

### Cucumber dill dip

- 1 16 oz container Sour cream
- 1 cucumber, grated and squeezed as dry as possible
- 1 bunch fresh dill, chopped
- 1/4 cup lemon juice
- 1 tsp. salt

Mix all ingredients. Adjust seasonings to taste.  
Cover and refrigerate 1-2 hours.

Serve with vegetable sticks (squash, broccoli, carrots, etc), and crackers or chips.

### Creamy cucumber soup

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 tablespoon lemon juice
- 4 cups peeled, seeded and thinly sliced cucumbers, divided
- 1 1/2 cups vegetable broth, or reduced-sodium chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- Pinch of cayenne pepper
- 1 avocado, diced
- 1/4 cup chopped fresh parsley [or dill], plus more for garnish

1. Heat oil in a large saucepan over medium-high heat. Add garlic and onion; cook, stirring occasionally, until tender, 1 to 4 minutes. Add lemon juice and cook for 1 minute. Add 3 3/4 cups cucumber slices, broth, salt, pepper and cayenne; bring to a simmer. Reduce heat and cook at a gentle simmer until the cucumbers are soft, 6 to 8 minutes.
2. Transfer the soup to a blender. Add avocado and parsley; blend on low speed until smooth. (Use caution when pureeing hot liquids.) Pour into a serving bowl and stir in yogurt. Chop the remaining 1/4 cup cucumber slices. Serve the soup warm or refrigerate and serve it chilled. Just before serving, garnish with the chopped cucumber and more chopped parsley, if desired.

Rachel picks flowers on the farm. We have lots blooming right now, harvested Thursdays, Fridays, and Saturdays. They are great for markets, and also provide habitat and food for a host of insects, from butterflies to bees to wasps. We have several meadow areas on the farm that are also in bloom now..



Isaac cools off eating a cucumber in a tub of water on a busy Friday in the barn. He really likes the burpless ones— they have thin skins and a sweet flavor, great for eating straight up!