



Shareholder Newsletter July 21, 2010 Vol. 11, #4  
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)

Here's a great recipe from Arlington shareholder Anna Santos De Dios. You can use any kind of summer squash in this one! Please e-mail your favorite recipes to share!

## Summer Squash Tacos

1 c cherry tomatoes  
2 t olive oil  
2 sm courgettes or crookneck squash [or other summer squash]  
1 1/2 T vegetable oil  
4 cloves garlic  
1/2 med yellow onion  
4 sm corn tortillas  
1/2 ripe med avocado, pitted  
crumbled cotija cheese

Preheat oven to 250°F. Halve tomatoes lengthwise, toss with oil and arrange in a single layer with cut sides up on a baking sheet. Bake in middle of oven until slightly shriveled but not completely dried or browned, about 1 1/4 hours. Transfer pan to a rack and cool slightly; set aside.

Dice onion and cut squash into batonnets (thick matchsticks). Heat oil in large frying pan over medium heat. When it shimmers, add crushed garlic and onion. Sauté until translucent, about 4 to 5 minutes. Add squash, cooking until crisp-tender, about 3 minutes. Remove from heat and season well with salt and freshly ground black pepper.

Warm tortillas over an open flame or in a lightly greased frying pan. Divide onion-squash mixture onto tortillas. Top with roasted tomatoes, slices of avocado, sprinkling of cotija, and crema. Serve immediately; serves two.

## Farm Notes:

Tomatoes are coming in! Tuesday was the first all-farm tomato pick of the season. We've staked and trellised more of our tomatoes this season, not just the heirloom types. This takes more work, but we're pleased with the preliminary results—robust tomato plants with tomatoes up off the ground. Because of this they'll be easier to pick and less likely to be damaged lying on the mulch. This should mean a great year for tomatoes. Don't refrigerate your tomatoes to preserve their best flavor.

Melons (aka cantaloupes) are also coming in strong— you'll find two types of them in your shares— the ribbed tan Halona, and the round, orange Ambrosia. Store them at room temperature until ripe, then refrigerate.

Left: Anika pops out from behind a row of tomatoes. Below: Nicholas and Isaac have some tomatoes in the wagon



**Meet an intern...** Kelly Shinn has been an intern here since early springtime, and has been super to have here on the farm. We'll miss her when she goes off to grad school in September, but it's great that she's found a place where she'll be able to apply some of what she's learned while an intern here. Here's what she has to say— notice the first letter of each line of her poem— it spells something!

waking early, before my alarm sounds and  
as the sun's first rays reach my shed,  
the chorus of bird and frog stir me to another day.  
eagerly I dress in my already worn tank top and overalls  
ready to learn the next step in this season of farming.  
picking, planting, cutting, bunching, washing, separating, displaying, selling.  
engaging plants, pests, people and pollinators,  
not to forget our dear, talkative (and HUNGRY!) chickens.  
now more than halfway through my internship, I  
yearn to stretch my time remaining as long as it will go.

Learning the rhythms at Waterpenny is a different and welcome beat next to the fluorescent light-filled non-profit office that I worked in throughout the past four years in Washington, DC. Waking to birds and frogs rather than busses and construction, smelling herbs and flowers rather than exhaust and pavement, watching the sunset in an open sky rather than between buildings and light posts, and tasting the luxury of leaves and fruits right off the plant rather than off an old tabletop display enticed me to this summer experience on the farm. I am gratefully harvesting wisdom from Rachel and Eric's



experience with the intent of growing fresh food for urban communities who cannot otherwise afford it. This fall, I will be a graduate school intern at Metro CareRing in Denver, CO, (where I'm from!). This agency "works with families and individuals to meet basic needs and help advocate for solutions to hunger and poverty. We assist people through times of crisis and provide resources for self-reliance." I am anxious to start putting my Waterpenny learnings to work on the 18,000 square foot urban farm they are starting this coming year! Thank you, Rachel and Eric, for the opportunity. And thank you, CSA members, for your commitment to local and organic food!