
Recipe: Stuffed courgette

Ingredients (for two people):

2 round courgettes
200g mince meat
1 red onion
1 egg
3 tbsp. bread crumbs
100g grated cheese
1 tsp. black pepper
1 tsp. salt
1 tbsp. Olive Oil

Instructions:

1. Cut the top of the courgette and scoop out the inside.
2. Add a pinch of salt inside the courgette and turn upside down to reduce the water. (set aside 10 minutes approx.)
3. Dice the onion and mix all the ingredients in a bowl together with the inside of the courgette.
4. Stuff the courgette with the mix.
5. Cook in a pot with one glass of water and add the lit to steam for 35 minutes.
6. Remove the lit and cook for another 10 minutes.



Farm life

Interview with the farmer :



(Gerald Miles)

Q: How has this year been different from the others?

This year has been challenging with the pandemic affecting the amount of volunteers that we have, resulting in weeds getting out of control or we can ironically say having a “weeds pandemic!”

Q: What does being a farmer mean to you?

Being a farmer means that you can't control the elements: although this year has been good for growth there are stressful moments. Such as last week: we've had the last cow calving and the birth was really traumatic, the calf was stuck causing damage to the cow's spinal cord. Luckily now she is starting to stand up and walk again.

As a farmer you have to endure and trust nature.

Q: How do you imagine the upcoming months?

This pandemic has brought many troubles, but one thing is for sure...by working as a community and buying local food we will secure our food security for the future.



Your August COCA Newsletter

Brought to you by the ESC volunteers Marta and Mireia and WWOOF volunteers Izzy and Juli.



Here we are: trying to turn “ragwort pulling” into a fun activity... at the end Gerald is the one who had more fun making us fly while sitting in the JBC scoop!

IMPORTANT NOTICE

As we are trying to reduce the use of plastic on the farm, we now have reusable boxes for the salad and tomatoes instead of the plastic bags. Please bring your own containers to take these vegetables home as the boxes will stay in the straw building.

New arrival: Juli!

Q: What made you decide to return to Caerhys farm?

A: I had a great experience volunteering on the farm last year and as I'm looking to relocate to this area, it felt like a nice way to ease myself into it. Also farming is just what I like to do!

Q: What are the differences at the farm this year compared to last year?

A: Obviously, because of Covid there are less things happening in St Davids for example and also we are not as many volunteers as normally which makes keeping on top of all the jobs harder. But it's a good new bunch of people to get to know.

Q: Do you think your future will involve local farming?

A: Absolutely! It has been my future plan since I was a kid and I am very passionate about local and regenerative farming.

Q: What have you enjoyed most about being here so far?

A: It's been great getting to know all the new volunteers and get my hands back into the dirt. Also Gerald has taken us on some excellent adventures!



In the field

The weeding is progressing in the cabbages and kale area, now that we are back as four it is a little faster. But we still need you to resuscitate our onions and leeks!!!!

The work in the field has also moved to the cow fields due to the invasion of ragwort. We are about to approach the last field to clear... and we are winning against it!



Polytunnel 1

Every morning when we enter the poly, seeing the tomato plants full of red hues we feel happy and re-charged with new energy after a long time of slow growth.

We've recently freed the soil from the straw and of course weeds. Every Monday we take good care of our tomatoes trimming their stems.



Polytunnel 2

As for Poly one we took out the straw also from the cucumbers to let them breath. The squash are now growing big and in different shapes and colours.

French beans and runner beans look good now that we have taken care of the fungus problem cutting all the bad parts and making them stronger.



Community on board!

We'd like to thank **Brenda, Sue, Ruth, Rachel and Molly** for the help they have given us in the war against weeds.

