



caerhys organic community agriculture

COCA is a community supported agriculture scheme offering a share of our weekly harvest for our members, throughout the year. All funds raised are re-invested in COCA

COCA INVITES YOU TO A GOURMET TAPAS EVENING

Cooked by cordon bleu chef Andy
Haines using our own produce

FRIDAY 10th AUGUST
CURTIS HOUSE, BRYN ROAD ST
DAVIDS
7:00PM FOR 7:30pm

Bring your own bottle
Enjoy some sumptuous tapas and share
in our harvest

Prices: £15 for COCA members
£20 for non members
Or join as a member of COCA for £10
for the reduced price ticket!

Tickets & membership available from
Pebbles Yard Gallery
Or contact Rupert
cocacarrot@gmail.com
Tel: 07955 387 614

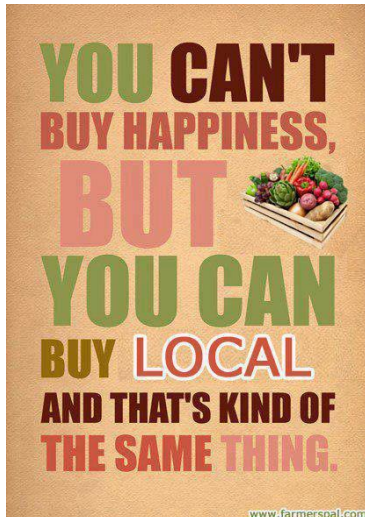


Friday 27th & Saturday 28th July 2012
Festival Fields
St Davids
Pembrokeshire
10am-5pm each day

REALLY WILD MUSIC EVENING
Saturday 28th July 2012 - 2000-2300
Fantastic evening of music with 4 local
bands

COCA HAVE A STAND AT THIS
EVENT SO PLEASE COME ALONG AND
LEND YOUR SUPPORT.

We do require volunteers so if you
would like to help on Friday or Saturday
for an hour or two please email
kate@coca-csa.org
Your contribution would be most
appreciated



DO NOT MISS THE ANNUAL HARVEST PARTY AND OPEN DAY

SATURDAY 22ND SEPT
Details to follow

Continuous rain and winds!

With cold wet weather and strong winds continuing there are still several weeks before we get the summer abundance of new carrots, lettuce, beetroot etc., Even the Chard has finished before our spring-planted crops have grown enough to harvest.

The Hungry Gap

Eating with the seasons is great in August, and not bad in December, but April and May can be a real challenge. Unfortunately this year due to the weather this has extended into June and July. It is therefore vital that as members we remain supportive to ensure that we are able to continue to raise funds for an additional poly tunnel to extend our growing season.

This was a full share for the week starting May 4th, before the Jet Stream shifted south and abolished summer.

- 2kg potatoes
- 2 onions
- 560g carrots
- 170g radishes
- 2 leeks
- 40g stir-fry mustard greens
- 110g purple sprouting broccoli
- Cauliflower
- Bag of lettuce
- Bag of rocket
- Beetroot
- Spinach

The heavy toll from the dreadful weather is clear from the much smaller share on July 6th:

- 1kg potatoes
- 600g carrots (bought in)
- 150g carrots (home grown)
- 500g onions (bought in)
- Mangetout

By paying the same amount every month, members are providing COCA with a stable income, which is essential to meet the continuing costs of production.

Fresh Salad

All salads are freshly harvested and we are taking steps to keep the leaves as fresh as possible given our facilities but the paper bags in the fridge actually do not stay fresh very well. If the leaves are looking limp by the time you collect, do not throw away but as soon as you get home cover the leaves with cold water

for 5 minutes and then shake dry or use a salad spinner and store loosely in a plastic bag or covered bowl in the bottom of your fridge. They will crisp up and stay fresh for several days.

Therefore, we are grateful for your continued support and patience ... this really is a test of community supported agriculture through bad times. But remember that you will be getting more veg than you pay for over about 8 months of the year

VOLUNTEERING OPPORTUNITIES

If you are interested in volunteering for an hour or preferably more on a weekly basis, please could you either email your details or leave details in the VEG HUB at the farm. A volunteer work schedule will then be drawn up and all of those interested will be notified. Jobs vary and may include harvesting, weeding, transplanting, sowing, hoeing, cutting, strimming, digging, tidying, but most of all socialising with new people and being involved in a community run enterprise set in a stunning location.

Incorporation

Following our successful meeting with Serena Allen of the Wales Co op Centre, COCA has decided to incorporate as a company limited by guarantee. This will enable us to be covered legally as employers, and still receive funding. The process should take around two-three months

Planned Funding

We were unfortunately unsuccessful with an application to PLANED for funding for two new polytunnels, car stickers and leaflets. So we'll be sitting down again to identify some funding as soon as we can.

Green Growers

As part of being responsible to our planet and our responsibilities as green growers and Environmental wardens Gill, Gerald and Kate (WOOFer) transplanted 11 Escalonia shrubs, four Black Thorne bushes and transplanted some foxgloves from a work project at Hayscastle Cross. These have been planted around the fruit orchard to give some shelter.



St Davids Market Stall



Every Thursday 9am – 2pm

Volunteers required to help run the stall on a weekly basis for 2hr slots
Please email kate@coca-csa.org if interested.

Memories and recipes from home...

By Indre Vrubliauskaite

I was born and grew up in Lithuania and I feel very lucky because my family grew almost all of our food in the garden where I spent most of my childhood. I would sit for hours amongst strawberries or under the gooseberry bush nibbling on berries. We ate only seasonal fruits and vegetables fresh straight from the field. Being a part of COCA and getting a share of fresh seasonal weekly vegetables in many ways brings back the memories from my childhood. I would like to share some of the ways that we use vegetables and fruits and tell a story or two... Here is a first one and it is about

Grown-ups and carrot coffee

As a little girl, I loved playing lots of games and many of them were copying grownups. As kids we would role play and pretend to be doctors, farmers, shop keepers and of course we play parents. I remember how much I wanted to do as many things as my mum and be like her. When you are little you are told many times to wait until you older, so you can do all those things, but there was one thing that I didn't have to wait to be older for – that was to have coffee with my mum – a drink of a grown-up! My mum is wonderfully creative in the kitchen and she used to make me a very special carrot coffee which was a real treat. Of course it is made of carrots, which have excellent antioxidant compounds and the largest source of

vitamin A of all vegetables. Those times of drinking coffee with my mum are one the best memories, so I am very excited to share this recipe.



You will need:

1kg Caerhys organic carrots

Optional: Milk or cream, clove, cinnamon, grated chocolate

Grate the carrots with a large grater and place on the baking tray lined with baking paper. Dry it in a preheated oven for about four hours; set the temperature low 60-80 degrees. Then turn up the heat to 150 degrees and bake until brown for about five minutes. Keep watching and steer at this stage as it is easy to burn them. From 1kg of carrots you will have about 100gr of dried carrots, which you can store in a jar.



Boil on a hob as much water for as many cups of coffee you are planning to have.



You will need 2-3 tea-spoons of carrots for one cup of coffee. Add them to the boiling water and simmer for about 4-5 minutes. You can also add a cinnamon stick or a clove to the water. Put a lid on and leave for a couple of minutes. Your coffee is ready! Now just add milk or cream or condensed milk to taste or have it black. If you are really adventurous add whipped cream or ice cream, sprinkle cinnamon and grate some chocolate or add vanilla sugar. Enjoy!



Welcome to all New Members

Welcome to our new member Jill Robinson, who will be using her social enterprise experience in Australia to help out on the Core Group

Welcome to our new treasurer Ian Humphries, who has taken over the reins from Val. A huge thanks is due to Val for all the hard work keeping us on track!

New sharing members

Josh Hoole, Heather Nixon, Adam and Jenny Vincent, Patricia Crozier, Sue Whitmore, Chris Clements, Laura Phillips and Ellie Harper

New non – sharing members

Paul Swannock, Sam Best, Gabriel Scally, and Gareth Wiseman

Many thanks for your support!

Goodwick Farm Visit

On the 20th June, 29 pupils from Goodwick Community School visited the farm with their teacher Mrs Lewis, trip organiser Shani Lawrence and two helpers.



They were hosted by Gerald (farmer) and Kate (schools coordinator).



And also planted peas in guttering in the poly tunnel



We were very fortunate with the weather and the children enjoyed a farm walk, led by Gerald who showed them fields of barley, oats, wheat and hemp and discussed organic farming and methods of growing. They met the pigs, cattle, and numerous dogs, one of which (Mali) ended up the bus as they were about to depart.



The children thoroughly enjoyed the day and Mrs Lewis said she would definitely recommend the farm for future visits.

The children helped harvest new potatoes



Basket Weaving

We had a fantastic basket weaving day on Saturday 21st July. Cassie from Lammás came down to show nine of us how to weave our own veg baskets! There was a lot to learn and some did not quite finish, but the outcome was superb and very satisfying.

No Dig – Charles Dowding Study

Mick Denney reporting from England

One thing which must be worth trying is the Permaculture way to a No Dig or tilling the Earth as Charles Dowding study has shown

This is a reduced energy input to keeping weeds at bay whilst also replenishing vital nutrients in the soil.

He has found that by a No Dig area of soil it recovers earlier to enable earlier crop growth thus a shorter hunger gap.

Although yield is not significantly greater using this method of growing it cuts down on fossil fuel/ man power energy and carbon whilst also keeping a balanced enriched soil



SUCCESSFUL SCARECROW MAKING MORNING

A few children that participate in the Food Co-op attended the Scarecrow Making Morning that was held on the last Saturday of the Easter holidays at Caerhys Farm. The children had a wonderful time despite the weather and successfully produced ten scarecrows that are a very welcome addition to the field full of new crops and seedlings.

Gill Lewis with newly lifted garlic which is drying under cover.

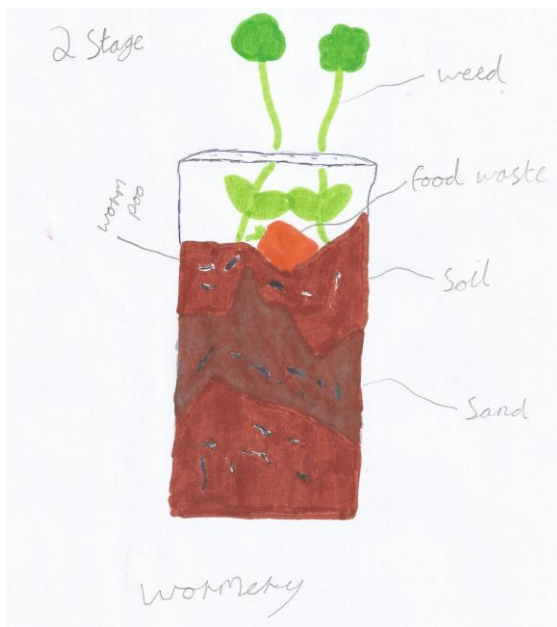


Ysgol Bro Dewi

FOOD CO-OP

During the last two months the children at Ysgol Bro Dewi have continued to successfully run the food co-op. Despite the decrease in the number of orders since the outset they are still supplying up to eight households.

Weekly activities have consisted of the usual work involved in the running of the Food Co-op but additional activities, such as, completing work sheets, continuing to contribute material towards the scrap book, various discussions in respect of environmental issues, leaf and mini beast identification, continual assessment of wormeries



and vegetable tasting has also been completed and enjoyed.



The children that have been involved with the Food Co-Op have enjoyed participating in all aspects of the project. There have been four key pupils that have remained after school to assist with the distributing and ordering of the vegetables. They have been responsible for handling cash and calculating the correct change for the customers, which has improved their confidence and numeracy skills. They have communicated the meaning of a food co-op in an appropriate manner and have an improved understanding of organic growing, sustainability and seasonal vegetables.

Name DANIEL Age _____

How does a Food Co-Op work?

Every week the food co-op group come out of school and prepare vegetable to sell.

What are the benefits of setting up a Food Co-Op?

We encourage people to eat organic vegetables instead of shop bought veg.

Where will the produce come from and what type of produce will be sold?

The veg comes from a local farm.

What activities would you like to be involved in?

I would like to go down to the farm and help the farmer

There has been an increasing emphasis on the need to help children discover and learn about the wider world at educational settings outside school, including farms and community gardens, as an essential part of their personal development. Concerns about obesity, poor diet and a disconnect between children and where their food comes from has helped ignite more interest in this area.

Food Co-operatives are a fun way for children and school communities to learn about local food systems and how to run a self-sufficient social enterprise. This learning can have strong links to the school curriculum. A food co-operative makes closer links between food producers and consumers than the supermarket system allows. It can reduce food miles, strengthen local food economies and build relationships between the people who grow and make food and those who eat it.



In conclusion this project has complimented the National Curriculum at KS2 and has incorporated many aspects of the key skills, such as, communication, application of number and thinking.

**NEW FOOD CO-OP'S
OPENING AT ROCH AND
GOODWICK PRIMARY
SCHOOLS IN SEPTEMBER**

NEW LEAFLETS AND ADVERTISING CAMPAIGN

COCA is presently in the middle of house to house leafleting throughout St.Davids as well as local businesses and schools

Please could all members take this opportunity to support family, friends and neighbours who have received leaflets or expressed an interest and follow this up by way of encouraging them to visit the farm, become members or veg sharers.

COCA VEG HUB IS COMING TO ST DAVIDS

Weekly drop off point for veg sharers
Anyone interested or requires further details please email dave@coca-csa.org

CSA Gathering

A very successful day was held at Caerhys Farm on July 14th 2012 which was organised by Rupert Dunn. The Community Supported Agriculture Gathering attracted a number of people. Following a morning at Oriel Y Parc, there was a site visit to COCA.

SOIL ASSOCIATION APPRENTICESHIP SCHEME

Caz Miles has decided to enter the Soil Association Apprenticeship Scheme, a two year course which will give him access to some of the best horticultural knowledge in the UK.

Therefore, we are looking for financial support to pay the fees for this

apprenticeship and we also desperately need two new poly tunnels

Any financial assistance for either of these will be gratefully received or if you have any fund raising ideas, please get in touch with kate@coca-csa.org.

TEACHING/MENTORING SESSION

Every Friday afternoon until further notice there will be a teaching/mentoring session from 2pm to 4pm followed by the harvest and share sorting 4pm to 5pm

All members welcome to attend
Teaching will cover basics of veg growing and field work

Tools provided but people should wear wellies or boots and old clothes, sometimes waterproofs.

NEWS FROM WOOFERS

I'm Arthur the French volunteers with glasses and strong beard!
I come from France and I was a volunteer here for 2 months.

It was a wonderful experience, Gerald and Caz are amazing and cool guys like COCA members.

The landscape is awesome, sunset (when the sun is not behind clouds), Abereiddi's beach, the blue lagoon and St. David's a city close to the farm with the biggest cathedral of Wales. Work isn't too hard, but weeding the most of the time.

You have to know your English numbers maybe to 100 and all multiple of 7 because you'll playing Buzz with Gerald, a funny drinking game. If you stay too much time with him you'll say flippy neck every day.

Try Caerhys farm, you'll love it!
Iechid da I chi.

