
Recipe: Chard pesto and French Beans pasta

Ingredients (for two people):

180g Pasta ½ Garlic
150g Chard bulb
100g French Beans
2 tbsp. Olive oil
1 tsp Salt

Instructions:

1. Boil chard and beans in two different pots for 10 min (approx.).
2. Drain the vegetables
3. Blend the chard with the olive oil and garlic and add salt.
4. Cook the pasta.
5. Mix pasta with the pesto and add the boiled beans.
6. Garnish with olive oil.

BON APETIT! ☺



Farm Life

In this last month the farm welcomed a group from National Theater Wales to start their project called: "Back to the land" based on Caerhys Organic Farm.

They joined us for four days in our daily tasks, asking questions and understanding the routine of the farm.

They took recordings of the farm sounds, including: ducks, tractor, birds singing, cows shouting and lots of wind.

They also asked us to record our voices expressing how we feel, what we smell and what we see around the farm.

If you want to know more about this exciting project, you can follow the Instagram page: @backtothelandpems

Local Food

To support the local producers now you can find Y Felin flour and Laurens and Phil's pots in the straw building together with the other delicious and local products.



Your July COCA Newsletter

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



Here we are after 4 months in lockdown in the Sloop Inn drinking our first beer outside! Gerald did a great job showing us how to play the drinking game "fizz buzz".

We discovered that Gerald is a professional!

Adventures with Gerald!

As you all know Gerald never STOPS! That's why in this month we visited many different places.

The first stop was Lammas (TIR Y GAFEL) an Ecovillage which is a collective of smallholdings and eco-dwellings in the Preseli hills, North Pembrokeshire.



The Second stop was Parc y Dderwen where Lauren and Phil, a young entrepreneurial couple show us around their farm of 12 acres. They started the business producing fermenting food such as sauerkraut and Kimchi. Try them! (available in the straw building).



These are the future production buildings.



The Third stop was Glynhynod Organic Farm the home to caws Teifi Cheese and Dà Mhile Distillery.

Robert the manager of the farm, showed us all

the procedures they use to produce cheese and liquor.

In the field

2/3 of the field is now full, only one section to go! Unfortunately, as we all know not only vegetables are there but also lots of weeds. This doesn't discourage us and we keep going with our weeding routine.

Positive news: we finished to weed the carrots!!! 😊 Now they are growing faster and stronger.

The salad is big and grows well, in less than a week also the new ones will be ready to harvest.

The competition for the biggest beetroot harvested has started! We are hoping you have started to enjoy the tastiest beetroots of the area.



Polytunnel 1

Fresh basil has been transplanted between the tomatoes and the wonderful smell fills the air in the polytunnel.

After many days of trimming and weeding the first red tomatoes can be seen.

Sowing and watering continue as usual.



Polytunnel 2

All the salad has been moved outside to leave more space for the squash to grow.

The cucumbers are growing faster and the plants are heavier every day, but thanks to our string system they keep growing in height.

French beans swam the poly, climbing the bamboo structure we built and reaching the roof.



HELP NEEDED

As you may already know this year due to the pandemic we are only three volunteers... So we NEED YOU! The three days that you can come and help weeding are:

- Tuesday 4pm to 6pm
- Thursday 9am to 11 am
- Friday 9 am to 11 am

(weather permitting)

