
Recipe: Potato and Onion Vellutata

Ingredients:

4 white onions Nutmeg
2 -3 potatoes Olive oil
500ml water Black Pepper
Salt

Instructions:

1. Cut the onions and potatoes into large chunks.
2. Boil the vegetables in a big pot with 1tsp of salt for 15 minutes until you can slice the potatoes with a knife
3. Drain the vegetables and keep the water in a separate bowl.
4. Use a hand blender to blend the vegetables and add 2 tbsp of olive oil.
5. Add in the boiled water into the mixture a little at a time to own consistency.
6. Garnish with nutmeg and black pepper.

We added some cheese from Caerfai Farm and crackers!



Life in Lockdown

As lockdown rules have been eased ever so slightly, we have been cycling around and swimming at all the local beaches enjoying the sporadic sunshine. If you ever see us around don't hesitate to say hi as we all are going a bit crazy chatting the chickens and tomato plants all day.

Hope you guys are enjoying the new cider, honey and crab and lobster now available in the straw building, we certainly are! Nice treats to brighten up these foggy days, or to enhance the sunny ones!



Our banquet of crab and lobster from local fisherman Jono (advertised in the straw building). We paired the seafood with fresh salad from the farm and cumin potatoes, would 100% recommend.



Your June COCA Newsletter

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



Here we are at Traeth Llyfn after a cold dip in the sea. It took a while to encourage Marta and Mireia to take the plunge as they are still adapting to the cold but once they got out and felt the warm buzz they are glad they did

New arrival Meghann!

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

Having just finished my dissertation in University, I had been spending lots of time inside in front of a screen. I have always loved being outdoors and so when this opportunity came up, I couldn't say no. With my friend Izzy being here, she had told me how amazing it was and I really wanted to experience myself.

Q: What were your expectations about this farm?

They have exceeded my expectations, I didn't know much about farming before but I am learning a lot, living in such uncertain times it is nice to be in nature and back with the natural rhythm of life. It is a beautiful place and I see why people are so happy here.

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

Definitely, I have been involved with local food NGO's in the past and understand why they are more sustainable, but being here I feel much more grateful for the food on my plate as I have seen the behind scenes of all the hard work that goes into producing food.

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

Lots of different things, I can't name 1. I love the beautiful views, the people are lovely, I love watching the process of food growing before my eyes but not so much the weeds... All in all this is a truly life changing experience and I would recommend everyone to spend some time working with the land and close to nature.

In the field

Beetroots, chard, courgette, squash and broad beans are all growing very well now thanks to all the rain and sun we've had. All the onions and leeks have been transplanted.

Also the lettuce is now in the field colouring it with shades of red and green.

These past rainy days have been "helpful" for the weeds to grow faster, so our daily job is to get rid of them... not a pleasure for our backs!

Luckily for us we have less watering to do because of the rain. Despite all of this as a good farmer does, we are complaining every day about the weather and we want the hot sun back!



Polytunnel 1

Our little tomato's plants are every day bigger and we are taking good care of them trimming the leaves and weeding. We have also changed the structure of the shelves to water our trays without hurting the tomatoes.



Polytunnel 2

The French beans and the cucumber's plants are so big now that it's really difficult for us not to feel like being in the jungle when we work there. We are looking after the delicious Cerbiatta and Lollo Rosso for your fresh dishes.



Useful information

As you saw we have changed the disposition of the boxes: they are in alphabetical order.

Even if the lockdown measures are still in place we have a **good news**! Now you can enjoy the costal path's landscape again, once you come to collect your vegetables.



