

Recipe: quickpickled radishes

Ingredients:

8-10 medium to large radishes

1/2 cup red wine vinegar

1/2 cup water

1 1/2 salt

1 tablespoon granulated sugar

Instructions:

1. Wash the radishes, then remove their green and root.
2. Slice the radishes thinly, and pack them in a jar
3. Whisk together the vinegar, water, salt, and sugar, and pour into jar.
4. Refrigerate at least 15 minutes before serving



Interview

Gill's story of how COCA started

I first met Gerald at the Grove Hotel, at one of the monthly eco-city meetings. During those meetings, we were looking for solutions to make St Davids carbon-neutral. A good number of the people from the eco-city meeting were convinced by Gerald and joined COCA! It was easy, because they already understood what it was about. It was so much work to get COCA off the ground. We were starting with no money, and didn't spend time looking for grants. Each of the members put 25 pounds in the project. We started the COCA project in the middle of April on a beautiful day. A tent was laid in the field, and we had a picnic. A ribbon was cut at the gate to celebrate the start of COCA. We sowed onion sets, broad beans, french beans, etc. in a quarter of the field that we have now. It didn't rain for 3 weeks! And after a sprinkling of rain, everything came out (including the weeds!)



Your May COCA Newsletter

brought to you by the EVS volunteers Verena and Léa



A word from Nele our golden WWOOFer

L: Thank you so much for all the good work you did! What is your best memory from COCA?

N: I really enjoyed the AGM, I loved to have an insight into the CSA system and to get to know who is doing what in COCA's Core Group. I also loved the hospitality of the members that I met.

L: What did you learn at COCA?

N: I learned that community building in a CSA scheme is not that easy because everyone has their own life outside of the CSA - for instance, it is hard to engage the members with the harvest (perhaps because they already have a garden at home?). Otherwise, I enjoyed learning how to trim tomatoes. I wish I had gotten more information about organic and biodynamic growing, in comparison with industrial farming.

L: Where are you going next?

N: I'm going to WWOOF again at a small holding close to Berwick where they have goats and bees. I hope to make some cheese and honey there! Also I'll be back for the Unearthed in A Field Festival!



Polytunnel 1

Tomatoes were strung and straw was put down between the plants to suppress the weeds. We placed a weeping hose to irrigate the plants. They're



Polytunnel 2

French beans are doing great on the left side. New row of beans on the right side. Cucumbers in the middle, chard is finished (we're in tears).



Shelter area 1 and 2

Leeks were transplanted next to the cabbage, the kale, the brussel sprouts, the cauliflower and the early purple sprouting. Courgettes were transplanted.

Field

Parsnips and carrots were sowed - we weed them everyday! Beetroot and salad were transplanted. Plastic was laid out in the field, where cabbage was transplanted. Onions were also put out in the field, thanks to the volunteers who helped Gill!!!

Information about your veg

Buy-in vegetables

5/05: onions, potatoes
12/05: onions, potatoes, parsnip
19/05: onions, potatoes, peppers
26/05: onions, potatoes

Stop to waste!

Friendly reminder: please remember to pick up your box as soon as possible so your veg does not get mouldy :)

Not washed!

None of our vegetables or beautiful fresh salads are washed. We advise that the salads are washed in 2 changes of water before eating.



Coming events

Gill's voluntary day: Sunday 4th June to create a herb garden in front of Cartref for the members to use.

Local events: Blue Lagoon Festival: Friday 2nd June

Unearthed In A Field Festival: 16th - 18th June

Contact us: lea@coca-csa.org

Thanks to all the members who showed up at the AGM and/or completed the survey! Email verena@coca-csa.org for the questionnaire's results and any inquiries about the AGM.