

Recipe: Empanada with kale

Ingredients for the dough:

250 g of whole wheat flour
300 g of curly Kale
½ teaspoon of salt
1 tsp olive oil

Ingredients for the Filling:

You can fill with the vegetables that you prefer. We recommend:

1 can of Tuna
2 peppers
1 onion
(add some cheese)

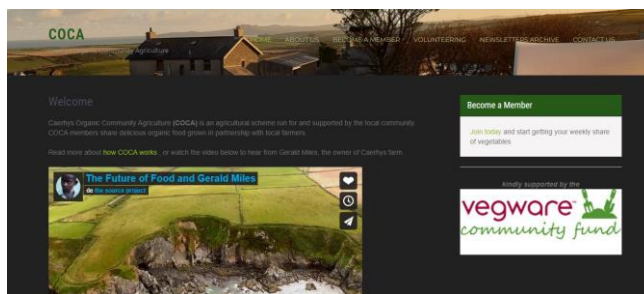
Instructions:

1. Boil the Kale and grind with a blender until creamy, if it's necessary add water.
2. In a bowl put the flour, salt, olive oil and the kale cream and mix.
3. Flatten out the dough and fill with the vegetables you want.
(previously cooked in the pan).
4. Close the mix and decorate with the fork
5. Cook for 30-45 min at 180°C.



Update in COCA

During this last month we've been working updating the website. We invite to check the changes.



Link : <http://www.coca-csa.org/>

We also renovate the apple orchard: we topped with the tractor between the trees, we labelled the trees with their varieties' names, we spread manure around the base of each trunk and finally to prevent wind damages we planted a willow barrier around the edges.



Your November COCA Newsletter

Brought to you by the ESC volunteers Marta and Mireia.



This is our last month; we are leaving soon back to our countries. Italy with its amazing food and Catalonia with its shinny and hot sun.

Definitely we are going to miss you a lot guys!

Goodbye. See you in the
next harvest party ☺ !



The time has arrived!

We are saying goodbye and leaving the farm in the next few days. The adventure has been memorable, but like all the good things is coming to an end. We'd like to thank the community for opening their doors and welcoming us. A special thanks goes to David and John for helping us during all the 9 months we spent here. This Community has given us the chance to grow both professionally and personally and we'll bring COCA and the farm with us forever! Last but not least

THANK YOU ALL MILES FAMILY!!!

In the field

As the weather is changing the work in the field is starting to decrease with just a few maintenance jobs.

Thursday and Friday are the days of the harvest and these last days have been challenging picking the vegetables fighting against wind and rain. This is why we decided to split the harvest in two days.



Polytunnel 1 & Polytunnel 2

Both polytunnels are now full of new seedlings.



In Polytunnel 1 the new spinach are growing good following the weather time. With less hours of light, they are slowly becoming bigger.

Polytunnel 2 has been more difficult to finish because of the large amount of salads that we had. But we are glad to tell you that now all the winter salad is in the soil already growing.



Join us in Harvest

With us leaving, the CSA could need your help. The majority of work for the winter is done. But **we still need a few hands to harvest.**

If you are interested in harvesting on Friday morning, please contact Caz.

