
Recipe: Leeks cake

Ingredients (for two people):

1 egg
2 big leeks
200g cheese (preferably cheddar)
1 slice of bread
Salt and pepper to taste

Instructions:

1. Cut the leeks in half and chop in small slices, cook in a pan with a spoon of oil.
2. Toast the slice of bread and crumble.
3. In a bowl mix the leeks, the egg, the crumbled bread and the cheese.
4. Put the mixture inside an oven bowl/tray and add more cheese on top. You could add some seed to give more taste.
5. Cook for 20-30 min at 170°C.



Thrashing day

On the 15th we had the possibility to attend a rare event in this modern days: the thrashing of grain!



We went with Gerald to collect some wheat to bring with us and after some tea and cakes and a little talk about the different experiences in growing ancient grains from Wales, we started thrashing.

The thrashing was managed by Iwan an expert grower from a community next to Aberystwyth. The most exciting thing was that the machine to thrash is an old model and it was fun to be part of the process.



That's
exciting
girls!



Your October COCA Newsletter

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



Here are we, ready to start another exciting day at the farm!

New arrival: Irina!

Q: What made you decide to come to Caerhys Organic Farm?

I have found Caerhys Organic Farm on Woofers website as part of my participation and learning in local farming exchange programs.

Q: What is your background?

Farming background in native Russia.

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

Absolutely! Locally produced and organically grown produce

Q: Which are your future plans?

Further exploring, participating and supporting local farming schemes



In the field

This month we've finished to pick all the potatoes and graded them using a cool old machinery.

Since the fact that now the part of the field where the potatoes used to be is empty we've moved Rocky (our favourite pig) to clean the area and enjoy the last remaining vegetables.



Polytunnel 1 & Polytunnel 2

We've cleaned the polys by pulling out tomatoes, cucumbers and beans to prepare to transplant the winter salads and the spinach.



We put a lot of manure on top of the soil to fertilize it and after a few weeks we mixed the manure with the soil using the fork because the machine had broken!!! That helped us to lose a few Kg in weight (NOW we are fit women)

Paint and tidy the straw-building

We spent one whole day lime washing the internal walls in the straw-building to make it nice and pretty for you. As you can see from the pictures we did everything in our impeccable fashion style!!

